



# COFFEE bar

almond milk +6

**ESPRESSO | 15**  
**AMERICANO | 22**  
**CAPPUCCINO SGL | 20**

**TEA | CEYLON | ROOIBOS | GREEN 22**

**FLAT WHITE | 24**  
**RED ESPRESSO | 28**  
**MATCHA GREEN TEA | 32**

**APPLE ADDICT | 36**  
Apple, ginger, lemon, honey

**LEMON & HOT WATER | 12**

**LATTE | 27**  
**BEETROOT VELVET SUPER LATTE | 38**  
**TURMERIC GOLDEN SUPER LATTE | 38**  
**RED ESPRESSO | 34**  
**HAZELNUT & CINNAMON | 32**  
**VANILLA CHAI | 32**  
**NOMU HOT CHOCOLATE | 32**



Tree Natural has created an environment where you can concentrate on healthy living through healthy eating. Being conscious of what you put into your body is the first step towards a healthier lifestyle.

Come and enjoy a delicious and wholesome meal in our healthy and natural café.

[www.treenatural.co.za](http://www.treenatural.co.za)



@TreeNaturalConceptSA



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## all day BREAKFAST

EGGS ARE FREE RANGE  
WE DON'T USE REFINED SUGAR

**ARTISAN BREAD SELECTION:**  
Sourdough | Health Seed  
Grain Free Tree loaf +9/slice

**PANTAN PAW PAW | GF | 61**

Paw paw, Greek yoghurt, almonds, honey

**CHITTA GRANOLA | GF, SF | 45**

Greek yoghurt, grain free granola, honey  
add seasonal fruit salad +18

**SUPERFOOD BERRY POT | GF, SF, DF | 80**

Greek yoghurt, raspberries (seasonal), raw cacao, raw almonds, almond butter, cinnamon, honey & banana

**NUTTY-MAPLE OAT FLAPJACK STACK | R85**

A stack of four oat flour flapjacks all layered with marscopone, fresh banana, almond nut butter, toasted almond flakes, cinnamon and drizzled with maple syrup

\*Chef suggestion: Add Frozen Yoghurt (+15)

**NUTTY CHIA POT | GF, PL, SF, DF | 80**

Activated coconut chia, berry coulis, nutty seed cream

**BIJOU'S BIRCHER | GF, SF | 82**

Quinoa, buckwheat, Greek yoghurt, apple, cranberries, almonds, cinnamon, honey

**ALMOND OATS | DF, SF | 75**

Warm oats, almond butter, banana, cranberries, coconut milk, almonds, vanilla, honey

**DARTIE'S ALMOND WAFFLE | GF | 70**

Almond waffle, frozen yoghurt, banana, almonds, vanilla, honey

## SMOOTHIE bowls

**ACAI SMOOTHIE BOWL | GF, SF, DF | 83**

Seasonal berries, acai, banana, almond butter, almond milk, vanilla, goji berries, coconut

**COCO CACAO | GF, SF | 85**

Frozen yoghurt, cacao, banana, coconut, goji berries, milk, toffee sauce

**CHARCOAL GALAXY SMOOTHIE BOWL | DF | 70**

Mixed berries, avo, banana, activated charcoal, coconut milk, coconut water, activated chia, dates and coconut flakes

**TIM TAM HAZELNUT SMOOTHIE BOWL | DF | 99**

Tree's twist on this classic favorite - Raw cacao, cacao nibs, Chocolate \*Wazoggles plant based protein powder, almond nut butter, avo, dates, banana, almonds milk, \*Tree toffee sauce, vanilla gluten-free cookies and roasted hazelnuts

**HEALTHY GIRL'S PROTEIN BOWL | GF, PL, SF | 94**

A protein rich bowl with chia, maca, vanilla pod, cinnamon, coconut milk, almond butter, activated oats and cacao nibs, garnished with \*Healthy Girl Vanilla Crunch Protein Balls, coconut flakes and banana

## tree top EGGS

**EGGS on TOAST | DF | 45**

Poached / scrambled eggs, rocket on toast  
add avo +16

**FOUNDATION | DF | 65**

Mashed avo, poached eggs on toast with lemon-thyme dressing

**THE RISING (open sandwich) | DF, SF | 75**

Kale pesto, poached eggs, avo, rosa tomato, pumpkin seeds on toast

**BUBBLE 'n SQUEAK | 85**

A healthy twist on a South African classic - sweet potato and onion fried in coconut oil, Dargle Valley diced crispy bacon, two poached eggs, fresh avo served on a bed of baby spinach leaves.

**SAFFA BREAKFAST PLATE OR WRAP | 72**

Two free range eggs, avocado, Dargle Valley bacon, cherry tomatoes and a slice of sourdough

**SPANISH OMELETTE | 70**

3 egg omelette, onion, cheese and tomato + \*3 extra fillings served with a slice of sourdough

\*Add your choice of 3 ingredients: onions/cherry tomatos/ mozzarella/ feta/ peppers

+ Other added extra's include

sweet potato (+15)  
bacon (+20)  
avo (+14)  
parmesan (+16)  
hormone free beef (35)  
smoked trout (+44)



**OUR KEY** GF: Gluten free | PL: Paleo

DF: Dairy free | SF: Superfood

## wraps & SALAD bowls

ALL ITEMS AVAILABLE AS A WHOLEWHEAT  
TOASTED WRAP OR AS A SALAD BOWL

**ZUCCHINI TWIST | 82**

Raw zucchini, feta, avo, sunflower seeds, croutons, pea shoots, lemon-thyme dressing

**CRESCENT BEET | 85**

Roasted beets, chick peas, parmesan, walnuts, seed mix, rocket, pea shoots, honey-soy vinaigrette

**WASABI TUNA | 85**

Tuna, feta, avo, broccoli, celery, cucumber, rosa tomato, lettuce, basil, pea shoots, wasabi mayo

**OMEGA | 125**

Smoked trout, poached eggs, avo, cream cheese, sesame seeds with lemon-thyme dressing

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