

-breakfast-
served until 12h00

scone -45-

freshly baked scone, fresh cream, cheddar cheese, homemade strawberry compote, salted butter

toasted banana bread -45- (v)

freshly baked banana bread, honey infused butter, fried banana

banana berry smoothie bowl (v+) -64-

banana, strawberries, blueberries, almonds, oats, chia seeds, pumpkin seeds, coconut flakes

all green smoothie bowl (v) -64-

green apple, spinach, almonds, oats, banana, mint, avocado, honey, almond milk, pistachio nuts, chia seeds, coconut flakes

tropical smoothie bowl (v) -64-

mango, pineapple, almonds, oats, banana, turmeric, honey, coconut milk, orange, coconut flakes, chia seeds, goji berries

hummus toastie -65- (v)

sourdough toast, hummus, avocado, poached eggs, dukkah

smashed avocado poached (v) -65-

sourdough toast, smashed avocado, poached eggs, parmesan cheese

add bacon -18-

breakfast croissant -69-

freshly baked croissant, scrambled eggs, crispy bacon

add avocado -18-

french toast croissant

crispy bacon, golden syrup -65-

nutella, honey, flaked almonds, fresh berries (v) -75-

poached egg and mushroom (v) -70-

sourdough toast, creamy mushrooms, poached eggs

add bacon -18-

the old mill -75-

eggs as you like, crispy bacon, roasted cherry tomatoes, brown mushrooms, toasted sourdough

add boerewors -18-

add pork sausage -18-

croque madame -75-

sourdough toasted sandwich, gypsy ham, white cheddar cheese, dijon mustard, béchamel sauce, sunny side egg

benedict

sourdough toast, poached eggs, blanched spinach, hollandaise sauce

crispy bacon -78-

franschhoek salmon trout -92-

three egg omelette with sourdough toast

spinach, feta cheese, mushrooms (v) -80-

creamy mushrooms, caramelized onion, truffle oil, thyme (v) -85-

crispy bacon, roasted cherry tomatoes, cheddar cheese -85-

salmon sweetcorn fritters -95-

sweetcorn fritters, franschhoek salmon trout, poached eggs, avocado, lemon cottage cheese, red onion, rocket

the full monty -95-

freshly baked croissant, scrambled eggs, crispy bacon, white cheddar cheese, rocket, avocado

-lunch-
served from 12h00

filled croissants

gypsy ham, white cheddar cheese, rocket, fresh tomato, dijon -65-

crispy bacon, melted mozzarella cheese, fresh tomato -65-

salmon trout, lemon cottage cheese, cucumber, rocket, capers -85-

chicken mayonnaise toasted sandwich -54-

toasted sourdough, free-range chicken mayonnaise, rocket

grilled vegetable open sandwich (v) -65-

toasted sourdough, grilled mixed vegetables, basil pesto, goat cheese, fresh tomato, rocket, balsamic reduction

substitute for a wrap -5-

chicken florentine grilled cheese sandwich -75-

toasted sourdough, grilled free-range chicken, grilled mozzarella cheese, sundried tomato pesto, baby spinach, fresh tomato, mayonnaise

popper grilled cheese sandwich -75-

toasted sourdough, crispy bacon, cream cheese, jalapeno chili, grilled mozzarella cheese, chives, mayonnaise

ploughman's open sandwich -75-

toasted sourdough, wholegrain mustard mayonnaise, rocket, gherkins, tomato, cucumber, gypsy ham, white cheddar cheese, red onion marmalade

pulled beef toasted sandwich -80-

toasted sourdough, slow roasted pulled beef, white cheddar cheese, dijon mustard, tomato, red onion marmalade

Ou Meul club toasted sandwich -80-

toasted sourdough, crispy bacon, grilled free-range chicken, white cheddar cheese, dijon mustard, tomato, lettuce

chicken bacon sriratcha open sandwich -82-

toasted sourdough, grilled free-range chicken, crispy bacon, feta cheese, avocado, rocket, fresh tomato, sriratcha mayonnaise

substitute for a wrap -5-

chicken pesto open sandwich -82-

toasted sourdough, grilled free-range chicken, basil pesto mayonnaise, mozzarella cheese, fresh tomato, rocket, avocado

substitute for a wrap -5-

schnitzel toasted sandwich -89-

toasted sourdough, rocket, tomato, crumbed free-range chicken breast, smoked paprika aioli, white cheddar cheese

-café style-

hake fish cakes and sweetcorn coleslaw -75-

homemade hake fish cakes, sweetcorn coleslaw, chilli tomato chutney

chicken schnitzel -85-

panko crumbed free-range chicken breast, hand cut chips or a side salad

add cheese sauce -15-

add mushroom sauce -20-

coriander chicken curry -90-

mild free-range chicken curry, tzatziki, roasted almond flakes, fresh coriander, basmati rice

-salads-

roast vegetable and chickpea salad (v) -75-

butternut, baby marrow, red onion, cherry tomatoes, chickpeas, red kidney beans, crumbed feta cheese, rocket, tahini and parsley dressing

add free-range chicken -29-

the chicken salad -85-

mixed leaves, grilled free-range chicken, avocado, green beans, crispy onions, cherry tomato, carrot ribbons, sundried tomato, feta cheese, lemon and mint dressing

barbeque chicken salad -95-

mixed leaves, barbeque grilled free-range chicken, cucumber, cherry tomatoes, red onion, red cabbage, carrot ribbons, parmesan cheese, avocado, lemon mint dressing

smoked salmon salad -110-

mixed leaves, franschhoek smoked salmon trout, cherry tomatoes, cucumber, red onion, pickled ginger, peas, avocado, lemon mint dressing, horseradish mayonnaise, carrot ribbons, beetroot, sesame seeds

-burgers-

*served on a freshly baked sesame seed burger bun
hand cut chips or a side salad
substitute for sweet potato chips -10-*

chickpea and lentil burger (v) -80-

homemade chickpea lentil patty, lettuce, tomato, homemade gherkin, red onion, dijon mayonnaise, red pepper relish

the classic burger -90-

wagyu blend beef patty, white cheddar cheese, lettuce, tomato, homemade gherkin, red onion, dijon mayonnaise, red onion marmalade

the Ou Meul original burger -95-

wagyu blend beef patty, red pepper relish, lettuce, tomato, homemade gherkin, red onion, dijon mayonnaise

prego burger -95-

wagyu blend beef patty, lettuce, tomato, homemade gherkin, red onion, dijon mayonnaise, prego sauce, caramelized onion

jalapeno chicken burger -95-

crumbed free-range chicken, jalapeno chilli, cheddar cheese lettuce, tomato, homemade gherkin, red onion, dijon mayonnaise, jalapeno mayonnaise

bacon and cheese burger -105-

wagyu blend beef patty, white cheddar cheese, crispy bacon, lettuce, tomato, homemade gherkin, red onion, dijon mayonnaise

the chicken burger -105-

grilled free-range chicken breast, crispy bacon, avocado, rocket, tomato, homemade gherkin, red onion, dijon mayonnaise