



## **-breakfast-**

*served until 12h00*

### **scone -45-**

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

### **overnight oats (v)**

strawberry compote, yoghurt, fresh strawberries -49-

choc peanut butter, yoghurt, banana, honey, dark choc -49-

### **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

### **toasted banana bread -45- (v)**

freshly baked banana bread, honey infused butter, fried banana

### **hummus toastie (v) -65-**

sourdough toast, hummus, avocado, poached eggs, dukkah

### **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-

**smashed avocado poached (v) -65-**

sourdough toast, smashed avocado, poached eggs, parmesan cheese

*add bacon -18-*

**poached egg and mushroom (v) -70-**

sourdough toast, creamy mushrooms, poached eggs

*add bacon -18-*

**salmon sweetcorn fritters -95-**

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

**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

**breakfast wrap -85-**

crispy bacon, scrambled eggs, cheddar cheese, avocado, red pepper relish, rocket

**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 **-80-**

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

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

**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-

## **-sandwiches-**

*served on freshly baked sourdough*

### **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

### **chicken bacon sriracha open sandwich -82-**

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

### **chicken mayonnaise toasted sandwich -54-**

toasted sourdough, free-range chicken mayonnaise, rocket

### **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

**schnitzel toasted sandwich -89-**

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

**-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

**aubergine burger (v) -80-**

aubergine, pomodoro sauce, homemade hummus, lettuce, tomato, homemade gherkin, red onion, dijon mayonnaise

**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

**-pizza-**

**margherita -85-**

tomato, basil, mozzarella cheese, olive oil, parmesan cheese

**butternut and chickpea (v+) -85-**

roasted butternut, aubergine, caramelized onion, chickpeas, rocket, pumpkin seeds

*add mozzarella cheese -18-*

**vegan caprese (v+) -85-**

homemade hummus, tomato, fresh basil, garlic olive oil, balsamic reduction, maldon sea salt

**regina -95-**

gypsy ham, mozzarella cheese, mushroom, parmesan cheese

**bacon avo and feta -95-**

mozzarella cheese, parmesan cheese, bacon, avocado, feta cheese

**cajun chicken -95-**

mozzarella cheese, garlic confit, cajun chicken, peppadews, feta, avocado

**mushroom -115-**

bianco – confit garlic, asiago cheese, rosemary, truffle mayonnaise, parmesan cheese

**pork fennel sausage -125-**

tomato, baby spinach, mushroom, pork fennel sausage, caramelized onion, smoked mozzarella cheese

## **-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

### **calamari salad -95-**

mixed leaves, fried Patagonian calamari, cherry tomatoes, cucumber, olives, peppadews, red pepper, carrot ribbons, capers, soya 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

## **-café style-**

### **ravioli lasagne -75-**

ricotta spinach ravioli pockets, beef mince bolognese, parmesan cheese, mozzarella cheese

### **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

### **nachos (v) -85-**

tortilla chips, pomodoro sauce, red kidney beans, corn kernels, white cheddar cheese, mozzarella cheese, tomato salsa, crème fraiche, guacamole, spring onion

with spicy chicken and jalapeno chilli -110- / with spicy mince -110-

## **-kid's menu-**

*all café style kid's meals are served with hand cut chips, this can be substituted for a side salad*

### **fishcakes and chips -39-**

two homemade fishcakes, fresh veg fingers, hand cut chips

### **crispy chicken tenders and chips -39-**

crumbed free-range chicken strips, fresh veg fingers, hand cut chips

### **beef burger and chips -45-**

wagyu blend beef patty, lettuce, tomato, fresh veg fingers, hand cut chips

## **-coffee-**

### **by bootlegger coffee company**

flat white -25/29-  
americano -23/27-  
vanilla/honey nut latte -33-  
golden milk latte -33-  
red velvet latte -33-  
chai latte -33-  
iced coffee -33-  
cortado -27-  
magic -29-  
hot chocolate -32-  
café latte -32-  
red cappuccino -32-

## **-loose leaf tea by enmasse-**

organic rooibos, black breakfast, hot cross bun, earl grey, rooibos green -22-

## **-fresh pressed juice-**

orange, apple, carrot, beetroot -32-  
add ginger -5-

## **-homemades-**

pineapple and lemon iced tea -29-  
strawberry and mint iced tea -29-  
lemonade -29-

## **-milkshakes-**

double chocolate, salted caramel, pecan nut tart, bootlegger coffee, vanilla, homemade  
strawberry, banana, choc brownie, millionaire shortbread  
-39-

## **-mineral water by mountain falls-**

sparkling/still 500ml -16-  
sparkling/still 1l -26-



## **-wine, beer and cider-**

windhoek lager -29-  
windhoek light -29-  
castle light -29-  
savanna dry -29-  
savanna light -29-  
CBC lager / amber weiss small -35-  
CBC lager / amber weiss large -45-

leeuwenkuils chenin blanc -35/130-  
de morgenzon chenin blanc -280-  
south hill sauvignon blanc -40/150-  
sutherland sauvignon blanc -40/160-  
constantia uitsig chardonnay -47/180-  
sutherland rose -35/140-

usana fox cabernet sauvignon -45/170-  
tamboerskloof syrah -55/195-  
diemersdal pinotage -35/140-  
graham beck brut MCC -195-  
graham beck brut rose MCC -195-