



## **-breakfast-**

*served until 12h00*

### **scone -50-**

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

### **toasted banana bread -50- (v)**

freshly baked banana bread, honey infused butter, fried banana

### **vanilla cooked oats**

banana, peanut butter, milk, chai seeds, honey, pistachio nuts **(v) -60- NEW!**

apple, cinnamon, coconut, milk, chai seeds, honey **(v) -60- NEW!**

### **savoury yoghurt bowl (v) -60- NEW!**

full cream yoghurt, two poached eggs, toasted ciabatta, rocket, roasted chickpeas, dukkah, cucumber, radish

### **banana berry smoothie bowl (v+) -70-**

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

### **hummus on toast (v) -70-**

sourdough toast, hummus, avocado, poached eggs, dukkah

### **french toast croissant**

crispy bacon, golden syrup **-70-**

nutella, honey, flaked almonds, fresh berries **(v) -85-**

### **smashed avocado toast (v) -70-**

sourdough toast, smashed avocado, poached eggs, parmesan cheese

*add bacon -20-*

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

sourdough toast, creamy mushrooms, poached eggs

*add bacon -20-*

**breakfast croissant -75-**

freshly baked croissant, scrambled eggs, crispy bacon

*add avocado -20-*

**beetroot hummus on toast (v) -70- NEW!**

sourdough toast, beetroot hummus, smashed peas, avocado, poached eggs, feta cheese, radish, dukkah

**homemade granola and fresh fruit (v) -75- NEW!**

homemade honey nut granola, yoghurt, homemade blackberry compote, strawberries, gooseberries, apple, banana, red grapes, nartjie, passion fruit, honey, mint

**three egg omelette with sourdough toast**

spinach, feta cheese, mushrooms (v) -85-

crispy bacon, roasted cherry tomatoes, cheddar cheese -90-

creamy mushrooms, caramelized onion, truffle oil, thyme (v) -90-

black beans, green pepper, cherry tomato, corn, spring onion, cheddar cheese, jalapeno chilli, lemon cottage cheese, ranchero sauce, fresh coriander (v) -85- NEW!

*add bacon -20-*

gypsy ham, spinach, peas, cheddar cheese, basil pesto -95- NEW!

**salmon sweetcorn fritters -100-**

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

**the old mill -80-**

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

*add boerewors -20-*

*add pork sausage -20-*

**croque madame -80-**

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

**breakfast wrap -95-**

crispy bacon, scrambled eggs, cheddar cheese, avocado, homemade tomato relish, rocket

**benedict**

sourdough toast, poached eggs, blanched spinach, hollandaise sauce

*crispy bacon -80-*

*franschhoek salmon trout -100-*

**the full monty -105-**

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 -75-

crispy bacon, melted mozzarella cheese, fresh tomato -75-

salmon trout, lemon cottage cheese, cucumber, rocket, capers -90-

**-sandwiches-**

*served on freshly baked sourdough*

**chicken mayonnaise toasted sandwich -65-**

toasted sourdough, free-range chicken mayonnaise, rocket

**grilled vegetable open sandwich (v) -80-**

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

*substitute for a wrap -5-*

**chicken florentine grilled cheese sandwich -80-**

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

**popper grilled cheese sandwich -80-**

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

**ploughman's open sandwich -85-**

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

**chicken bacon sriracha open sandwich -90-**

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 -90-**

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

*substitute for a wrap -5-*

**pulled beef toasted sandwich -95-**

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

**Ou Meul club toasted sandwich -95-**

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

**schnitzel toasted sandwich -95-**

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

**-café style-**

**soup of the day with sourdough**

beef, bacon and barley **-65- NEW!**

creamy chicken, pea and couscous **-65- NEW!**

white bean and truffle **(v) -65- NEW!**

**jaffles**

curried mince, cheddar cheese, pomodoro sauce, hand cut chips or a side salad **-69-**

coriander chicken curry, tzatziki, hand cut chips or a side salad **-69-**

**hake fish cakes and sweetcorn coleslaw -80-**

homemade hake fish cakes, sweetcorn coleslaw, chilli tomato chutney

**chicken schnitzel -90-**

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

*add cheese sauce -15-*

*add mushroom sauce -20-*

## **health bowls**

*with your choice of dressing - lemon tahini/soy and sesame/tahini parsley*

charred cauliflower, butternut, quinoa, spinach, courgette, roasted chick peas, red cabbage, toasted seeds **-80- (v+) NEW!**

quinoa, spiral carrots and courgette, rocket, vegan cashew nut cream cheese, coriander and chilli pesto, toasted mixed seeds **-85- (v+) NEW!**

### **coriander chicken curry -95-**

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

## **-salads-**

### **roast vegetable and chickpea salad (v) -80-**

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

*add free-range chicken -30-*

### **the chicken salad -95-**

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 -125-**

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

## **-nachos-**

tortilla chips, pomodoro sauce, red kidney beans, corn kernels, white cheddar cheese, mozzarella cheese, tomato salsa, crème fraiche, guacamole, spring onion (v) **-85-**

with spicy chicken and jalapeno chilli **-110-**

with spicy mince **-110-**

## **-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) -85-**

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

### **aubergine burger (v) -85-**

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

### **the classic burger -95-**

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 -110-**

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

### **the chicken burger -110-**

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

**-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-