



## **-breakfast-**

*Order by 11:45*

### **scone -50-**

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

*add cheddar cheese -8-*

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

2 slices of freshly baked banana bread, salted butter

### **vanilla cooked oats (v) -60-**

banana, peanut butter, milk, chia seeds, honey, pistachio nuts

### **banana berry smoothie bowl (v+) -85-**

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

### **green smoothie bowl (v+) -85-**

apple, spinach, banana, oats, chia seeds, avo, honey, almond milk, pistachio nuts, almonds, coconut flakes

### **homemade granola and fresh fruit (v) -75-**

homemade honey nut granola, yoghurt, homemade strawberry compote, seasonal fruit salad, honey, mint.

### **hummus on toast (v) -75-**

sourdough toast, hummus, avocado, poached eggs, dukkah

### **smashed avocado toast (v) -75-**

sourdough toast, smashed avocado, poached eggs, parmesan cheese

*add bacon -22-*

### **poached egg and mushroom (v) -75-**

sourdough toast, creamy mushrooms, poached eggs

*add bacon -22-*

### **beetroot hummus on toast (v) -80**

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

**french toast croissant**

crispy bacon, golden syrup -75-

nutella, honey, flaked almonds, strawberries (v) -85-

**berry french toast bake -75-**

baked croissants, strawberry compote, toasted almonds, fresh strawberries, cream

**breakfast croissant -75-**

freshly baked croissant, scrambled eggs, crispy bacon

*add avocado -22-*

**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-

**salmon on sourdough -100-**

sourdough toast, franschhoek salmon trout, poached eggs, avocado, lemon cottage cheese, red onion, rocket

**croque madame -80-**

toasted sourdough 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

*with crispy bacon -80-*

*with franschhoek salmon trout -100-*

**the old mill -80-**

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

*add boerewors -22-*

*add pork sausage -22-*

**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 mustard -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) -85-**

toasted sourdough, beetroot hummus, grilled mixed vegetables, basil pesto, goat cheese, rocket, balsamic reduction

### **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 -95-**

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

### **chicken pesto open sandwich -95-**

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

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

toasted sourdough, crispy bacon, grilled free-range chicken, white cheddar cheese, smoked paprika aioli, tomato, lettuce

## **-café style-**

### **jaffles**

curried mince, cheddar cheese, pomodoro sauce, hand cut chips or a side salad **-70-**

coriander chicken curry, tzatziki, hand cut chips or a side salad **-70-**

### **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**

*served with lemon tahini dressing*

charred cauliflower, butternut, quinoa, spinach, courgette, beetroot hummus, toasted seeds, smashed peas and radish **-85- (v+)**

*add chicken -30-*

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

*add chicken -30-*

### **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-*

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

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

*option to add bbq basting*

### **smoked salmon salad -125-**

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

**grilled hake salad -95-**

grilled hake, baby potatoes, green beans, red onion, yellow pepper, rocket and horseradish mayo on the side

**beetroot croquette salad – 90-**

mixed leaves, green beans, roast butternut, beetroot and goats cheese croquette balls, toasted almonds and butternut chips, lemon vinaigrette

**couscous & quinoa salad -85-**

quinoa, couscous, roast butternut, beetroot hummus, feta, chickpeas, rocket, dukkah, butternut chips, lemon mint dressing

**-burgers-**

*served on a freshly baked sesame seed burger bun*

*with hand cut chips*

*substitute for sweet potato chips, a side salad or roast veg -10-*

**chickpea and lentil burger (v) -85-**

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

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

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

**the classic burger -95-**

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

**the Ou Meul original burger -95-**

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

**prego burger -95-**

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, jalapeno mayonnaise

**bacon and cheese burger -110-**

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, smoked paprika aioli

**-pizza-**

**margherita -85-**

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

**butternut and chickpea (v+) -90-**

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

*add mozzarella cheese -22-*

**vegan caprese (v+) -90-**

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

**regina -100-**

gypsy ham, mozzarella cheese, mushroom, parmesan cheese

**bacon avo and feta -115-**

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

**cajun chicken -115-**

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

**mushroom -120-**

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-



## **kids menu**

### **-breakfast-**

*Order by 11:45*

#### **scrambled egg on toast -35-**

2 eggs and a slice of toasted farmloaf

*add pork sausage, bacon, avo, boerewors -22 each-*

#### **cheese omelette -55-**

eggs and cheddar cheese with a slice of toasted farmloaf

#### **french toast croissant -65-**

french toast croissant served with golden syrup on the side

*add pork sausage, bacon, avo, boerewors -22 each-*

### **-lunch-**

*served from 12h00*

#### **fishcakes and chips -45-**

2 homemade fishcakes, fresh veg fingers, hand cut chips

#### **crispy chicken tenders and chips -45-**

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

#### **beef burger and chips - 55-**

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