



PINELANDS

www.oumeul.co.za

@oumeulbakery

f Ou Meul Bakery and Cafe



Heard about our Beer Special?

Grab a CBC lager for R30 between
4pm and 8pm daily.

*T's & C's Apply.



COFFEE

By Bootlegger Coffee Company

Flat White	30 / 35 / 38	Red Cappuccino	37
Americano	27 / 31 / 33	Vanilla/Honey Nut Latte	39
Café Latte	35	Golden Milk Latte	39
Cortado	29	Red Velvet Latte	39
Magic	30	Chai Latte	37
Café Mocha	39	Iced Coffee	39
Hot Chocolate	35		

LOOSE LEAF TEA BY ENMASSE - 25

Organic Rooibos, Black Breakfast, Hot Cross Bun, Earl Grey, Rooibos Green

SMOOTHIES

mixed berries, milk, yoghurt, honey, banana - **58**

peanut butter, milk, honey, banana, cocoa - **58**

V+ pineapple, mango, banana, almond milk, orange juice, fresh mint - **65**

HOMEMADES

pineapple and lemon iced tea - **37**

strawberry and mint iced tea - **37**

lemonade - **35**

MILKSHAKES - 50

double chocolate, salted caramel, pecan nut tart, Bootlegger coffee, vanilla, homemade strawberry, banana, peanut butter choc brownie, millionaire shortbread

FRESH JUICES

ask your waiter about our selection of fresh juices

MINERAL WATER BY MOUNTAIN FALLS

sparkling/still 500ml - **19**

sparkling/still 1L - **33**

Breakfast

ORDER BY 11:45

V+ CARMELISED BANANA AND PEANUT BUTTER VANILLA COOKED OATS - 65

Vanilla oats, oat milk, caramelised banana, peanut butter, chia seeds, syrup and almond flakes

V+ BANANA BERRY SMOOTHIE BOWL - 90

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

V SMASHED AVOCADO TOAST - 85

sourdough toast, smashed avocado, poached eggs, parmesan cheese

add bacon - 25

BENEDICT

sourdough toast, poached eggs, blanched spinach, hollandaise sauce

with crispy bacon - 99

with franschhoek salmon trout - 115

THE OLD MILL - 105

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

toasted sourdough, homemade tomato relish

add boerewors - 22

add pork sausage - 22

add potato rosti - 22

V POACHED EGG AND MUSHROOM - 85

potato rosti, creamy mushrooms, poached eggs

add bacon - 25

FRENCH TOAST CROISSANT - 85

crispy bacon, golden syrup

BREAKFAST CROISSANT - 95

freshly baked croissant, scrambled eggs, crispy bacon


add avocado - 25

add cheese - 12

THREE EGG OMELETTE WITH SOURDOUGH TOAST

ORDER BY 11:45

 spinach, feta cheese, mushrooms - 90

 creamy mushrooms, truffle oil, thyme - 95

crispy bacon, roasted cherry tomatoes, cheddar cheese - 95

BREAKFAST WRAP - 89

crispy bacon, scrambled eggs, cheddar cheese, homemade tomato relish, rocket
add avocado - 25

CROQUE MADAME - 85

white farm loaf, Gypsy ham, white cheddar cheese, dijon mustard,
béchamel sauce, sunny side egg

FRANSCHHOEK SALMON TROUT - 115

potato rosti, franschhoek salmon trout, poached eggs, avocado, lemon cottage cheese,
red onion, rocket

Bakery

SERVED ALL DAY, SUBJECT TO AVAILABILITY

 **SCONES - 59**

freshly baked scones, fresh cream, homemade strawberry compote, salted butter
add cheddar cheese - 12

 **TOASTED BANANA BREAD - 55**

2 slices of freshly baked banana bread, salted butter

FILLED CROISSANTS

gypsy ham, white cheddar cheese, rocket, fresh tomato, dijon mustard - 89

crispy bacon, melted mozzarella cheese, fresh tomato - 89

salmon trout, lemon cottage cheese, cucumber, rocket, capers - 98



Baking the way that we do is an art, we mould the breads by hand, we peel real bananas for the banana bread and we put a lot of love and attention into each and every product everyday. We use the highest quality ingredients from local suppliers wherever possible.

Sandwiches

SERVED FROM 12H00

served on freshly baked sourdough bread

CHICKEN MAYONNAISE TOASTED SANDWICH - 75

toasted sourdough, free-range chicken mayonnaise, diced red onion, rocket

V GRILLED VEGETABLE SANDWICH - 89

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

option to be served in a wrap - 10

CHICKEN BACON SRIRACHA SANDWICH - 110

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

option to be served in a wrap - 10

CHICKEN PESTO SANDWICH - 110

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

OU MEUL CLUB TOASTED SANDWICH - 110

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

option to be served in a wrap - 10

Soup

CREAMY CHICKEN SOUP - 65

creamy chicken soup with vegetables, fresh herbs and cous cous

V TOMATO AND BASIL SOUP - 65

Rich tomato soup with cream and fresh basil

V BUTTERNUT SOUP - 65

Creamy butternut soup with a hint of spice

V CAMELISED
ONION AND CHEESE
TOASTIE

Sourdough, caramelised
onion, cheddar and
mozzarella cheese - 35

Cafe Style

SERVED FROM 12H00

HAKE FISH CAKES AND SWEETCORN COLESLAW - 89

homemade hake fish cakes, sweetcorn coleslaw, chilli tomato chutney

CHICKEN SCHNITZEL - 95

panko crumbed free-range chicken breast, served with hand cut chips

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

add cheese sauce - 25

add mushroom sauce - 25

CORIANDER CHICKEN CURRY - 125

mild chicken curry, basmati rice, toasted coconut flakes, fresh coriander

V+ HARISSA SWEET POTATO BOWL - 89

harissa roasted sweet potato, quinoa, spinach, roast carrots, peas, chickpeas, roasted beetroot, served with beetroot tahini dressing

add free-range chicken - 30

V FALAFEL BOWL - 89

falafels, green hummus, pickled red cabbage, blanched spinach, roasted beetroot, roasted carrots, pearl barley, plain yoghurt, dukkah

GRILLED MOROCCAN CHICKEN & BARLEY BOWL - 89

grilled moroccan spiced chicken, green hummus, pearl barley, roasted red onion, peas, chickpeas, spinach, spring onions, sunflower seeds, feta, tahini parsley dressing

CREAMY BOLOGNESE PASTA - 89

Creamy mince bolognese, penne pasta, fresh coriander

CREAMY MUSHROOM & BACON PASTA - 115

Creamy mushrooms, bacon, penne pasta, béchamel, parmesan, fresh coriander

V *option to substitute bacon for roasted butternut*

CHICKEN SALAD - 115

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

option to add bbq basting

Burgers

SERVED FROM 12H00

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

 **VEGAN BLACK BEAN BURGER - 95**

homemade black bean patty, lettuce, tomato, homemade gherkin, red onion, tomato relish

CRUMBED CHICKEN AND SLAW BURGER - 110

panko crumbed chicken breast, lettuce, red onion, dijon mayonnaise, coleslaw, pickled red cabbage

OU MEUL ORIGINAL BURGER - 110

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

CLASSIC BURGER - 120

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

BACON AND CHEESE BURGER - 125

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

THE CHICKEN BURGER - 125

grilled free-range chicken breast, crispy bacon, avocado, rocket, tomato, homemade gherkin, red onion, smoked paprika aioli



We work closely with local butchers and suppliers to find the best free-range chicken, tastiest beef and highest quality ingredients for our burgers. We prepare our patties from scratch and our sesame seed buns are freshly baked in our bakery daily.

Pizza

SERVED FROM 12H00

MARGHERITA - 90

tomato, basil, mozzarella cheese, parmesan cheese

BUTTERNUT AND CHICKPEA - 95

roasted butternut, aubergine, caramelised onion, chickpeas, rocket, pumpkin seeds
add mozzarella cheese - 22

VEGAN CAPRESE - 95

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

REGINA - 110

gypsy ham, mozzarella cheese, mushroom, parmesan cheese

SALAMI - 115

mozzarella cheese, parmesan cheese, basil, salami, caramelised onion, spring onion

BACON AVO AND FETA - 125

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

CAJUN CHICKEN - 125

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

MUSHROOM - 125

bianco – confit garlic, mozzarella cheese, rosemary, truffle mayonnaise,
parmesan cheese, rocket



Kids Menu

Breakfast

SERVED UNTIL 12H00

SCRAMBLED EGG ON TOAST - 40

2 eggs and a slice of toasted farm loaf
add pork sausage, boerewors - 22 each
add bacon, avo - 25 each

CHEESE OMELETTE - 59

eggs and cheddar cheese with a slice of toasted farm loaf

FRENCH TOAST CROISSANT - 70

french toast croissant served with golden syrup on the side
add pork sausage, boerewors - 22 each
add bacon, avo - 25 each

Lunch

SERVED FROM 12H00

FISHCAKES AND CHIPS - 49

2 homemade fishcakes, fresh veg fingers, hand cut chips

CRISPY CHICKEN TENDERS AND CHIPS - 55

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

BEEF BURGER AND CHIPS - 65

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

Kids Drinks

MILKSHAKES - 30

vanilla, strawberry, banana, chocolate

BABYCHINO - 10

HOT CHOCOLATE - 35



Celebrating a birthday
or special occasion soon?

Chat to your local Ou Meul Manager
about pre-ordering our products
for your special occasion. Place
your order 48 hours in advance for
collection from your local Ou Meul.



Wine, Beer, Cider

Windhoek Lager - 34
Castle Lite /Lager - 34
Savanna Light / Dry - 34
CBC Lager / Amber Weiss Small - 35
CBC Lager / Amber Weiss Large - 45

WHITE

Leeuwenkuil Chenin Blanc - 47 / 135
South Hill Sauvignon Blanc - 47 / 155
Sutherland Sauvignon Blanc - 47 / 160
Diemersdal Chardonnay - 47 / 130

RED

Leeuwenkuil Shiraz - 49 / 135
Usana Fox Cabernet Sauvignon - 55 / 220
Diemersdal Pinotage -55 /166

ROSÉ

Ask about our selection of Rosé

BUBBLY

Graham Beck Brut MCC - 250
Graham Beck Brut Rose MCC - 250

NON-ALCOHOLIC

Castle Free - 34
Devil's Peak - 35
