



PINELANDS

www.oumeul.co.za

@oumeulbakery

f Ou Meul Bakery and Cafe



Baking the way we do is an art, we mould the breads by hand, we peel real bananas for our banana bread. 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.





COFFEE

By Bootlegger Coffee Company

Flat White	35 / 38 / 42	Red Cappuccino	40
Americano	31 / 34 / 37	Vanilla/Honey Nut Latte	45
Café Latte	40	Golden Milk Latte	43
Cortado	35	Red Velvet Latte	43
Magic	36	Chai Latte	40
Café Mocha	45	Iced Coffee	44
Hot Chocolate	40		

LOOSE LEAF TEA BY ENMASSE - 28

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

SMOOTHIES

mixed berry - honey, banana, mixed berries, milk, yoghurt - **68**

peanut butter - banana, cocoa, peanut butter, milk, honey - **68**

V+ tropical - pineapple, mango, banana, almond milk, orange juice, fresh mint - **68**

HOMEMADES

pineapple and lemon iced tea - **39**

strawberry and mint iced tea - **39**

lemonade - **39**

MILKSHAKES

ORIGINAL - 55

chocolate, vanilla, strawberry,
banana, bootlegger coffee

GOURMET - 60 (made with our homemade tarts)

salted caramel, pecan nut, millionaire shortbread,
peanut butter choc brownie

FRESHLY SQUEEZED JUICE *subject to availability

orange, apple, carrot - **45**

juice mix - apple, orange, carrot, beetroot - **45**

MINERAL WATER

sparkling/still 500ml - **22**

sparkling/still 1L - **37**

Breakfast

ORDER BY 11:45

 **GRANOLA BOWL - 85**

seasonal fruit, greek yoghurt, homemade granola

 **BANANA BERRY BOWL - 105**

banana, strawberries, blueberries, oats, chia seeds, almond milk, coconut flakes

 **BUTTERMILK FLAPJACKS - 85**

buttermilk flapjacks served with seasonal fruit, golden syrup and fresh cream

 **CARAMELISED BANANA AND PEANUT BUTTER OATS - 85**

vanilla cooked oats, caramalised banana, peanut butter, chia seeds, toasted almonds, golden syrup, oat milk

 **SMASHED AVOCADO TOAST - 110**

sourdough toast, smashed avocado, poached eggs, parmesan cheese
add bacon - 25

BENEDICT

sourdough toast, poached eggs, blanched spinach, hollandaise sauce
with crispy bacon - 135
with franschhoek salmon trout - 155

THE OLD MILL - 140

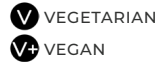
eggs as you like, crispy bacon, roasted cherry tomatoes, mushrooms,
toasted sourdough, potato rosti
add boerewors - 22
add pork sausage - 22

 **POACHED EGG AND MUSHROOM - 120**

potato rosti, creamy mushrooms, poached eggs
add bacon - 25

BREAKFAST CROISSANT - 110

freshly baked croissant, scrambled eggs, crispy bacon
add avocado - 25
add cheese - 15



THREE EGG OMELETTE WITH SOURDOUGH TOAST

ORDER BY 11:45

🍃 spinach, feta cheese, mushrooms - 110

🍃 creamy mushrooms, truffle oil, thyme - 120

crispy bacon, roasted cherry tomatoes, cheddar cheese - 120

SPICY MINCE ON SOURDOUGH - 98

sourdough toast, spicy mince, sunny side egg, cumin roasted cherry tomatoes

CROQUE MADAME - 105

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

FRANSCHHOEK SALMON TROUT - 160

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

FRENCH TOAST CROISSANT - 110

crispy bacon, golden syrup

Bakery

SERVED ALL DAY, SUBJECT TO AVAILABILITY

🍃 SCONES - 65

freshly baked scones, fresh cream, homemade strawberry compote, salted butter
add cheddar cheese - 15

🍃 TOASTED BANANA BREAD - 70

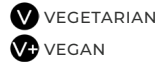
2 slices of freshly baked banana bread, salted butter

FILLED CROISSANTS

gypsy ham, cheddar cheese, rocket, fresh tomato, dijon mustard - 110

crispy bacon, melted mozzarella cheese, fresh tomato - 110

salmon trout, lemon cottage cheese, cucumber, rocket, capers - 150



Sandwiches

served on freshly baked sourdough bread

SERVED FROM 12H00

CHICKEN MAYONNAISE TOASTED SANDWICH - 90

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

V GRILLED VEGETABLE SANDWICH - 100

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

option to be served in a wrap - 15

CHICKEN BACON SRIRACHA SANDWICH - 135

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

option to be served in a wrap - 15

CHICKEN PESTO SANDWICH - 135

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

OU MEUL CLUB TOASTED SANDWICH - 135

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

option to be served in a wrap - 15

Cafe Style

SERVED FROM 12H00

HAKE FISH CAKES AND SWEETCORN COLESLAW - 130

homemade hake fish cakes, sweetcorn coleslaw, chilli tomato chutney

HAKE POPS WITH CHIPS AND AIOLI - 130

battered hake pieces served with homemade chips and aioli sauce

V FALAFEL BOWL - 115

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

 ROASTED BEETROOT AND BUTTERNUT SALAD - 140

salad leaves, rocket, roasted butternut, roasted beetroot, cucumber, goat's cheese, sesame sugar coated cashews, served with a minted apple dressing

add avocado - 25

add free-range chicken - 35

EGG NOODLE SALAD

egg noodles, peppers, spinach, carrots, spring onion, cabbage, sesame seeds, tangy peanut dressing
grilled chicken with sesame seeds - **130**

homemade hake fish cakes - **140**

 HEALTH BOWL - 120

quinoa, avo, spiral carrots and courgette, rocket, vegan cashew nut cream cheese, coriander and chilli pesto, toasted mixed seeds, served with lemon tahini dressing

add free-range chicken - 35

GRILLED MOROCCAN CHICKEN & BARLEY BOWL - 120

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

CHICKEN SCHNITZEL - 120

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

substitute for sweet potato chips, or a side salad - **15**

add cheese sauce - 25

add mushroom sauce - 25

CORIANDER CHICKEN CURRY - 130 (served with homemade flat bread)

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

CHICKEN SALAD - 140

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 burger bun with hand cut chips
substitute for sweet potato chips or a side salad - 15

 **VEGAN BLACK BEAN BURGER - 110**

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

CRUMBED CHICKEN AND SLAW BURGER - 130

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

MUSHROOM BURGER - 145

beef patty, lettuce, tomato, homemade gherkins, red onion, dijon mayo, creamy mushroom sauce

CLASSIC BURGER - 145

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

BACON AND CHEESE BURGER - 160

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

THE CHICKEN BURGER - 150

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 buns are freshly baked in our bakery daily.

Pizza

SERVED FROM 12H00

ORIGINAL:

 **MARGHERITA - 100**

tomato, basil, mozzarella cheese, parmesan cheese

 **BUTTERNUT AND CHICKPEA - 100**

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

 **MUSHROOM - 135**

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

 **FOUR CHEESE - 140**

parmesan, danish feta, white cheddar, mozzarella, caramelised onion, fresh coriander

REGINA - 130

gypsy ham, mozzarella cheese, mushroom, parmesan cheese

BACON AVO AND FETA - 150

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

GOURMET:

 **MEDITERRANEAN - 155**

artichokes, calamata olives, danish feta, fresh rocket, mozzarella, sundried tomato, basil pesto

DELUXE - 165

bacon, chicken, spicy mince, mozzarella cheese, roasted red pepper, red onion

MUSHROOM & SALAMI - 155

mushrooms, salami, roasted red pepper, calamata olives, mozzarella cheese, garlic oil

CAJUN CHICKEN - 155

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



Kids Menu Breakfast

SERVED UNTIL 12H00

SCRAMBLED EGG ON TOAST - 60

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

CHEESE OMELETTE - 70

eggs and cheddar cheese with a slice of toasted farm loaf

FRENCH TOAST CROISSANT - 85

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 - 75

2 homemade fishcakes, fresh veg fingers, hand cut chips

CRISPY CHICKEN TENDERS AND CHIPS - 70

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

BEEF BURGER AND CHIPS - 85

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.



Wine, Beer, Cider

Windhoek Lager - 37
Castle Lite - 37
Savanna Light / Dry - 39
CBC Lager / Amber Weiss Small - 40
CBC Lager / Amber Weiss Large - 55

WHITE

Leeuwenkuil Chenin Blanc - 55 / 175
South Hill Sauvignon Blanc - 57 / 175
Sutherland Sauvignon Blanc - 57 / 175
Diemersdal Chardonnay - 55 / 175

RED

Leeuwenkuil Shiraz - 50 / 165
Usana Fox Cabernet Sauvignon - 70 / 250
Diemersdal Pinotage - 57 / 180

ROSÉ

Ask about our selection of Rosé

BUBBLY

Graham Beck Brut MCC - 298
Graham Beck Brut Rose MCC - 298

GIN & TONIC

Bombay Sapphire Gin & Tonic - 65
Pink, Grapefruit or Original Tonic

NON-ALCOHOLIC

Castle Free - 37
Devil's Peak - 37
