



STANFORD

[www.oumeul.co.za](http://www.oumeul.co.za)  
@oumeulbakery  
f Ou Meul Bakery and Cafe



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## COFFEE

By Bootlegger Coffee Company

Espresso	26 / 27	Red Cappuccino	44
Flat White	37 / 41 / 46	Vanilla/Honey Nut Latte	47
Americano	32 / 36 / 38	Turmeric Golden Milk Latte	44
Café Latte	41	Beetroot & Cocoa Latte	44
Cortado	35	Chai Latte	44
Magic	36	Iced Coffee	45
Café Mocha	48		
Hot Chocolate	44		

**ADD ON:** Almond / Oat Milk, Vanilla / Hazelnut Syrup, Espresso Shot - 10

## LOOSE LEAF TEA BY ENMASSE - 35

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

## SMOOTHIES

mixed berry - honey, banana, mixed berries, milk, yoghurt - **70**

peanut butter - banana, cocoa, peanut butter, milk, honey - **70**

**V+** tropical - pineapple, mango, banana, almond milk, orange juice, fresh mint - **70**

## 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 - **55**

## MINERAL WATER

sparkling/still 500ml - **22**

sparkling/still 1L - **37**

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## Breakfast

ORDER BY 11:45

### SMASHED AVOCADO TOAST - 115

sourdough toast, smashed avocado, poached eggs, parmesan cheese, sesame seeds, chilli flakes

*add bacon - 25*

### CARAMELISED BANANA AND PEANUT BUTTER OATS - 90

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

### BANANA BERRY BOWL - 105

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

### GRANOLA BOWL - 85

seasonal fruit, greek yoghurt, homemade granola

### BUTTERMILK FLAPJACKS - 85

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

### POACHED EGG AND MUSHROOM - 125

potato rosti, creamy mushrooms, poached eggs

*add bacon - 25*

### THREE EGG OMELETTE WITH SOURDOUGH TOAST

ratatouille mixed vegetables, feta cheese - 115

bacon, roasted cherry tomatoes, caramelised onion, parmesan - 120

gypsy ham, peas, basil pesto, feta cheese, fresh rocket - 120

### FRENCH TOAST CROISSANT

traditional - crispy bacon, golden syrup - 110

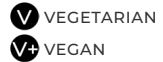
stewed fruit - rooibos infused stewed fruit, cream cheese, honey - 110

### THE OLD MILL - 145

eggs as you like, crispy bacon, roasted cherry tomatoes, mushrooms, toasted sourdough, potato rosti

*add boerewors - 22*

*add pork sausage - 22*



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### BREAKFAST CROISSANT - 115

freshly baked croissant, scrambled eggs, crispy bacon

*add avocado - 25*

*add cheese - 15*

### 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

ORDER BY 11:45

## 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 - 115

crispy bacon, melted mozzarella cheese, fresh tomato - 115

Baking the way that we do is an art, we mold 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 every day. We use the highest quality ingredients from local suppliers wherever possible.



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## Sandwiches

SERVED FROM 12H00

served on freshly baked sourdough bread

### CHICKEN MAYONNAISE TOASTED SANDWICH - 100

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

### CHICKEN BACON SRIRACHA SANDWICH - 140

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 - 140

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

### OU MEUL CLUB TOASTED SANDWICH - 140

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

*option to be served in a wrap - 15*

### GRILLED VEGETABLE SANDWICH - 105

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

*option to be served in a wrap - 15*

## Cafe Style

SERVED FROM 12H00

### CREAMY MUSHROOM & BACON PASTA - 130

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

 *option to substitute bacon for roasted butternut*

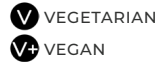
### ROASTED BEETROOT AND BUTTERNUT SALAD - 140

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*

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### HAKE FISH CAKES AND SWEETCORN COLESLAW - 135

homemade hake fish cakes, sweetcorn coleslaw, chilli tomato chutney

SERVED FROM 12H00

### GRILLED MOROCCAN CHICKEN & BARLEY BOWL - 125

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

### CORIANDER CHICKEN CURRY & HOMEMADE FLAT BREAD - 130

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

### CHICKEN SCHNITZEL - 145

panko crumbed free-range chicken breast, served with hand cut chips & a choice between mushroom sauce OR cheese sauce

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

### 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*

## Soup

SERVED WITH A SLICE OF SOURDOUGH

SERVED FROM 12H00

#### TOMATO & SWEET BASIL - 70

rich tomato soup with cream and basil pesto

#### CREAMY BUTTERNUT - 70

creamy butternut soup served with toasted pumpkin seeds

#### TRADITIONAL "BOONTJIE SOP" - 70

hearty beef & bean soup with vegetables

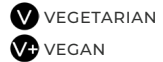
### Upgrade Your Soup

#### CAMELISED ONION

#### AND CHEESE TOASTIE

sourdough, caramelised onion, cheddar cheese & mozzarella cheese - 35

\* only available when ordering soup



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## 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 - 15

### MOZZARELLA MELT BURGER - 140

beef patty, sesame crumbed mozzarella, sundried tomato pesto, rocket,  
dijon mayo, basil pesto mayo

### TRUFFLE CHEESE BURGER - 145

beef patty, cheddar cheese, caramelised onion, homemade gherkins, truffle mayo

### BACON AND CHEESE BURGER - 160

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

### MUSHROOM BURGER - 145

beef patty, lettuce, tomato, homemade gherkins, dijon mayo,  
mushroom sauce

### CLASSIC BURGER - 145

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

### CRUMBED CHICKEN AND SLAW BURGER - 135

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

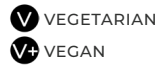
### THE CHICKEN BURGER - 150

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

### VEGAN BLACK BEAN BURGER - 115

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

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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.





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## Kids Menu Breakfast

ORDER BY 11:45

### 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

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## Sweet Treats

\* SUBJECT TO AVAILABILITY IN STORE AS OUR SWEET TREATS ARE FRESHLY BAKED DAILY

**V** ALL SWEET TREATS ON THIS MENU ARE VEGETARIAN

HOMEMADE CARROT CAKE SLICE - 65

HOMEMADE CHOCOLATE CAKE SLICE - 65

CHOCOLATE BROWNIE & ICE CREAM - 60

a warm, freshly baked chocolate brownie with vanilla ice cream

VANILLA ICE CREAM & CHOCOLATE SAUCE - 55

APPLE CRUMBLE TART - 55

*served with vanilla ice cream OR cream*

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.

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## Wine, Beer, Cider

Windhoek Lager - 39  
Castle Lite - 37  
Savanna Light / Dry - 39

### WHITE

Leeuwenkuil Chenin Blanc - 58 / 175  
South Hill Sauvignon Blanc - 60 / 175  
Sutherland Sauvignon Blanc - 60 / 175  
Diemersdal Chardonnay - 58 / 175

### RED

Leeuwenkuil Shiraz - 55 / 165  
Usana Fox Cabernet Sauvignon - 70 / 250  
Diemersdal Pinotage - 62 / 180

### ROSÉ

Ask about our selection of Rosé

### BUBBLY

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

### NON-ALCOHOLIC

Castle Free - 39  
Devil's Peak - 39

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THANK YOU FOR JOINING US.

How was your visit?

Please take some time to rate us on Google, leave a comment on our Facebook page, follow us on Instagram or email us at [info@oumeul.co.za](mailto:info@oumeul.co.za)

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