



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 every day. We use the highest quality ingredients from local suppliers wherever possible.





COFFEE

By Bootlegger Coffee Company

Espresso	26 / 27	Red Cappuccino	44
Flat White	38 / 41 / 46	Vanilla/Honey Nut Latte	47
Americano	34 / 36 / 38	Turmeric Golden Milk Latte	44
Café Latte	41	Beetroot & Cocoa Latte	44
Cortado	35	Chai Latte	44
Magic	36	Iced Coffee	47
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 - 75

peanut butter - banana, cocoa, peanut butter, milk, honey - 75

V+ tropical - pineapple, mango, banana, almond milk, orange juice, fresh mint - 75

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 - 55

juice mix - apple, orange, carrot, beetroot - 57

MINERAL WATER

sparkling/still 500ml - 22

sparkling/still 1L - 37

Breakfast

ORDER BY 11:45

 **SMASHED AVOCADO TOAST - 115**

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

add bacon - 30

THE OLD MILL - 145

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

add boerewors - 30

add pork sausage - 25

 **CARAMELISED BANANA AND PEANUT BUTTER OATS - 95**

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

BENEDICT

sourdough toast, poached eggs, blanched spinach, hollandaise sauce

with crispy bacon - 140

with franschhoek salmon trout - 165

 **POACHED EGG AND MUSHROOM - 125**

potato rosti, creamy mushrooms, poached eggs

add bacon - 30

SPICY MINCE ON SOURDOUGH - 98

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

FRANSCHHOEK SALMON TROUT - 170

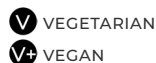
potato rosti, franschhoek salmon trout, poached eggs, avocado,
lemon cottage cheese, red onion, rocket

 **GRANOLA BOWL - 90**

seasonal fruit, greek yoghurt, homemade granola

 **BUTTERMILK FLAPJACKS - 90**

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



BREAKFAST CROISSANT - 120

freshly baked croissant, scrambled eggs, crispy bacon

add avocado - 30

add cheddar cheese - 15

THREE EGG OMELETTE WITH SOURDOUGH TOAST

bacon, roasted cherry tomatoes, cheddar cheese. - 125

V creamy mushrooms, truffle oil and thyme - 125

add bacon - 30

V+ BANANA BERRY BOWL - 105

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

FRENCH TOAST CROISSANT - 110

crispy bacon, golden syrup

Bakery

SERVED ALL DAY, SUBJECT TO AVAILABILITY

V SCONES - 65

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

add cheddar cheese - 15

V TOASTED BANANA BREAD - 70

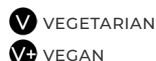
2 slices of freshly baked banana bread, salted butter

FILLED CROISSANTS

gypsy ham, cheddar cheese, rocket, fresh tomato, dijon mustard - 115

crispy bacon, melted mozzarella cheese, fresh tomato - 115

salmon trout, lemon cottage cheese, cucumber, rocket, capers - 155



Sandwiches

SERVED FROM 12H00

served on freshly baked sourdough bread

CHICKEN MAYONNAISE TOASTED SANDWICH - 95

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

CHICKEN BACON SRIRACHA SANDWICH - 145

open sandwich on 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 - 145

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

OU MEUL CLUB TOASTED SANDWICH - 145

toasted sourdough, crispy bacon, grilled free-range chicken,
white cheddar cheese, smoked paprika aioli, tomato, lettuce
option to be served in a wrap - 15

V GRILLED VEGETABLE SANDWICH - 110

open sandwich on toasted sourdough, hummus, grilled mixed vegetables,
basil pesto, feta cheese, rocket, balsamic reduction
option to be served in a wrap - 15

Café Style

SERVED FROM 12H00

CHICKEN SCHNITZEL

classic - panko crumbed free-range chicken breast, served with hand cut chips & a choice
between mushroom sauce OR cheese sauce - **145**
option to substitute for sweet potato chips OR a side salad - 15

caesar - panko crumbed free range chicken schnitzel, topped with lettuce, parmesan,
capers and caesar dressing. - **125**

milanese - panko crumbed free range chicken schnitzel, topped with a salad of
rocket, cherry tomatoes and parmesan cheese - **125**

GRILLED MOROCCAN CHICKEN & BARLEY BOWL - 130

SERVED FROM 12H00

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

CHICKEN SALAD - 145

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

VEGETARIAN 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 - 30

add free-range chicken - 35

CREAMY MUSHROOM & BACON PASTA - 130

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

VEGETARIAN option to substitute bacon for roasted butternut

HAKE FISH CAKES AND SWEETCORN COLESLAW - 140

homemade hake fish cakes, sweetcorn coleslaw, chilli tomato chutney

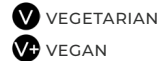
VEGAN+ HEALTH BOWL - 120

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



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.



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 - 160

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

VEGAN BLACK BEAN BURGER - 115

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

Pizza

SERVED FROM 12H00

ORIGINAL:

-  **MARGHERITA - 100**
tomato, basil, mozzarella cheese, parmesan cheese
-  **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
-  **BUTTERNUT AND CHICKPEA - 100**
spicy roasted butternut, aubergine, caramelised onion, chickpeas, rocket, pumpkin seeds
add mozzarella cheese - 25

BACON AVO AND FETA - 150

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

REGINA - 130

gypsy ham, mozzarella cheese, mushroom, parmesan cheese

GOURMET:

-  **MEDITERRANEAN - 160**
artichokes, calamata olives, danish feta, fresh rocket, mozzarella, sundried tomatoes, 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 - 160**
mozzarella cheese, garlic confit, cajun chicken, peppadews, feta, avocado



Kids Menu Breakfast

ONLY FOR KIDS UNDER 12
ORDER BY 11:45

✓ SCRAMBLED EGG ON TOAST - 60

2 eggs and a slice of toasted farm loaf

add pork sausage - 25 each

add boerewors - 30 each

add bacon, avo - 30 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 - 25 each

add boerewors - 30 each

add bacon, avo - 30 each

Lunch

ONLY FOR KIDS UNDER 12
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



Sweet Treats

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

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 cream OR vanilla ice 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.



THANK YOU FOR JOINING US.

How was your visit?

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