



DU TOITSKLOOF

www.oumeul.co.za

@oumeulbakery

ƒ Ou Meul Bakery and Cafe



Baking the way we do is an art, we mold 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	27 / 28	Red Cappuccino	45
Flat White	39 / 41 / 46	Vanilla/Honey Nut Latte	49
Americano	35 / 37 / 39	Chai Latte / Dirty Chai Latte	46 / 49
Café Latte	42	Iced Coffee	49
Cortado	36	new! Matcha Flat White / Iced Matcha	62 / 65
Magic	37	new! Pistachio White Hot Chocolate	65
Café Mocha	49	new! Gingerbread Latte	65
Hot Chocolate	45	new! Bar-One Mocha	65

ADD ON: Vanilla / Hazelnut Syrup, Espresso Shot - 10

LOOSE LEAF TEA BY ENMASSE - 35

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

SMOOTHIES

mixed berry - honey, banana, mixed berries, milk, yoghurt - 78

peanut butter - banana, cocoa, peanut butter, milk, honey - 78

V+ tropical - pineapple, mango, banana, almond milk, orange juice, fresh mint - 78

HOMEMADES

pineapple and lemon iced tea - 39

strawberry and mint iced tea - 39

lemonade - 39

MINERAL WATER

sparkling/still 500ml - 22

sparkling/still 1L - 37

MILKSHAKES

ORIGINAL - 60

chocolate, vanilla, strawberry,

banana, bootlegger coffee

GOURMET - 65 (made with our homemade tarts)

salted caramel, pecan nut, millionaire shortbread,

peanut butter choc brownie

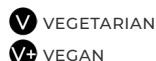
FRESHLY SQUEEZED ORANGE JUICE - 55

FRESHLY PRESSED JUICE

apple, carrot - 55

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

green juice - cucumber, mint, apple - 55



Breakfast

ORDER BY 11:45

substitute for a slice of gluten free bread - 10

V 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

FULL MONTY CROISSANT - 145

freshly baked croissant, scrambled egg, crispy bacon, mozzarella cheese, dijon mayo, avocado

BENEDICT

sourdough toast, poached eggs, blanched spinach, hollandaise sauce

with crispy bacon - 145

with franschhoek salmon trout - 168

V POACHED EGG AND MUSHROOM - 128

potato rosti, creamy mushrooms, poached eggs

add bacon - 30

FRANSCHHOEK SALMON TROUT - 170

potato rosti, franschhoek salmon trout, poached eggs, avocado,

lemon cottage cheese, red onion, rocket

THREE EGG OMELETTE

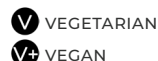
bacon, roasted cherry tomatoes, cheddar cheese, sourdough toast - 125

V creamy mushrooms, truffle oil and thyme, sourdough toast - 125

add bacon - 30

FRENCH TOAST CROISSANT - 115

crispy bacon, golden syrup



BREAKFAST CROISSANT - 120

ORDER BY 11:45

freshly baked croissant, scrambled eggs, crispy bacon

FILLED CROISSANTS

gypsy ham, cheddar cheese, rocket, fresh tomato, dijon mustard - 105

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

crispy bacon, melted mozzarella cheese, fresh tomato - 115

add a fried egg - 10

SPICY MINCE ON SOURDOUGH - 105

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

add sunny side egg - 10

V BUTTERMILK FLAPJACKS - 80

buttermilk flapjacks served with golden syrup

add bacon - 30

add fresh cream - 10

V+ CARAMELISED BANANA AND PEANUT BUTTER OATS - 95

vanilla cooked oats, caramelised banana, peanut butter, chia seeds,

toasted almonds, golden syrup, oat milk

V+ BANANA BERRY BOWL - 108

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

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 - 75

2 slices of freshly baked banana bread, salted butter



Toasted Sandwiches

SERVED FROM 12H00

served on freshly baked sourdough bread served with hand-cut chips

CHICKEN MAYONNAISE - 105

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

OU MEUL CLUB - 155

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

option to be served in a wrap - 15

CHICKEN FLORENTINE - 145

toasted sourdough, sundried tomato pesto, fresh tomato, baby spinach, mozzarella cheese, grilled free-range chicken, dijon mayonnaise

option to be served in a wrap - 15

POPPER GRILLED CHEESE - 110

toasted sourdough, cream cheese, chives, jalapeno chillies, mozzarella cheese, jalapeno mayonnaise

add bacon - 30

Open Sandwiches

served on freshly baked sourdough bread

*substitute for 2 slices of
gluten free bread - 20*

CHICKEN BACON SRIRACHA - 145

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

option to be served in a wrap - 15

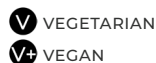
CHICKEN PESTO - 145

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

GRILLED VEGETABLE - 110

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

option to be served in a wrap - 15



Filled Croissants

SERVED FROM 12H00

GYPSY HAM - 105

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

CRISPY BACON - 115

crispy bacon, melted mozzarella cheese, fresh tomato

SALMON TROUT - 155

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

Café Style

SERVED FROM 12H00

CLASSIC CHICKEN SCHNITZEL - 145

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

option to substitute for sweet potato chips OR a side salad - 15

GRILLED MOROCCAN CHICKEN & BARLEY BOWL - 130

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 SALAD - 145

mixed leaves, grilled free-range chicken, carrot ribbons, cucumber ribbons, red cabbage, toasted mixed seeds, feta cheese, avocado, crispy onions, lemon mint dressing

V ROASTED BEETROOT AND BUTTERNUT SALAD - 140

mixed 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 - 135

SERVED FROM 12H00

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

V *option to substitute bacon for roasted butternut*

HAKE FISH CAKES AND SWEETCORN COLESLAW - 135

homemade hake fish cakes, sweetcorn coleslaw, chilli tomato chutney

V+ 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

Soup

SERVED WITH A SLICE OF SOURDOUGH

V TOMATO & SWEET BASIL - 75

rich tomato soup with cream and basil pesto

V CREAMY BUTTERNUT - 75

creamy butternut soup served with toasted pumpkin seeds

TRADITIONAL "BOONTJIE SOP" - 75

hearty beef & bean soup with vegetables

SERVED FROM 12H00

Upgrade Your Soup

V CARAMELISED ONION
AND CHEESE TOASTIE
sourdough, caramelised
onion, cheddar cheese &
mozzarella cheese - 35

* only available when ordering soup



Our hearty soups are made with fresh, locally sourced ingredients to create a warm and hearty meal. Perfectly paired with a slice of our toasted sourdough or one of our delicious cheese toasties. As a convenient option, you can find our deli soups in the retail section which allows you to bring the warmth and comfort of our kitchen to yours.



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 - 160

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

TRUFFLE CHEESE - 150

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

BACON AND CHEESE - 165

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

MUSHROOM - 150

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

CLASSIC - 150

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

CRUMBED CHICKEN AND SLAW - 135

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

THE CHICKEN - 155

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

VEGAN BLACK BEAN - 115

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

Wood-Fired Pizza

SERVED FROM 12H00

V MARGHERITA - 100

tomato, basil, mozzarella cheese, parmesan cheese

V MUSHROOM - 140

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

V FOUR CHEESE - 145

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

V+ BUTTERNUT AND CHICKPEA - 100

spicy roasted butternut, aubergine, caramelised onion, chickpeas, rocket,
pumpkin seeds

add mozzarella cheese - 25

BACON AVO AND FETA - 155

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

REGINA - 135

gypsy ham, mozzarella cheese, mushroom, parmesan cheese

V MEDITERRANEAN - 165

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

DELUXE - 170

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

MUSHROOM & SALAMI - 160

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

CAJUN CHICKEN - 165

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



Kids Menu Breakfast

ONLY FOR KIDS UNDER 12
ORDER BY 11:45

✓ FRENCH TOAST CROISSANT - 90

french toast croissant served with golden syrup on the side

add pork sausage - 25 each

add boerewors - 30 each

add bacon, avo - 30 each

✓ BUTTERMILK FLAPJACKS - 80

buttermilk flapjacks served with golden syrup

add bacon - 30

add fresh cream - 10

✓ 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

Lunch

ONLY FOR KIDS UNDER 12
SERVED FROM 12H00

FISHCAKES AND CHIPS - 80

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 - 90

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

Kids Drinks

MILKSHAKES - 35

vanilla, strawberry, banana, chocolate

HOT CHOCOLATE - 35

BABYCHINO - 10



Sweet Treats

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

HOMEMADE CARROT CAKE SLICE - 70

HOMEMADE CHOCOLATE CAKE SLICE - 70

CHOCOLATE BROWNIE & ICE CREAM - 70

a warm, freshly baked chocolate brownie with vanilla ice cream

VANILLA ICE CREAM & CHOCOLATE SAUCE - 60

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.
