



STANFORD

[www.oumeul.co.za](http://www.oumeul.co.za)

@oumeulbakery

f Ou Meul Bakery and Cafe



## 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	<i>new!</i> Matcha Flat White / Iced Matcha	62 / 65
Magic	37	<i>new!</i> Pistachio White Hot Chocolate	65
Café Mocha	49	<i>new!</i> Gingerbread Latte	65
Hot Chocolate	45	<i>new!</i> 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

## MILKSHAKES

### ORIGINAL - 60

chocolate, vanilla, strawberry,

banana, bootlegger coffee

## MINERAL WATER

sparkling/still 500ml - 22

sparkling/still 1L - 37

### 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*

 **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


 **POACHED EGG AND MUSHROOM - 128**

potato rosti, creamy mushrooms, poached eggs

*add bacon - 30*

**THREE EGG OMELETTE**

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

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

*add bacon - 30*

**SPICY MINCE ON SOURDOUGH - 105**

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

*add a sunny side egg - 10*

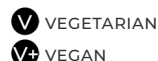
 **CARAMELISED BANANA AND PEANUT BUTTER OATS - 95**

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

**FRENCH TOAST CROISSANT - 115**

crispy bacon, golden syrup

---



---

### BREAKFAST CROISSANT - 120

freshly baked croissant, scrambled eggs, crispy bacon

ORDER BY 11:45

### FILLED CROISSANTS

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

crispy bacon, melted mozzarella cheese, fresh tomato - 115

*add a fried egg - 10*

### BUTTERMILK FLAPJACKS - 80

buttermilk flapjacks served with golden syrup

*add bacon - 30*

*add fresh cream - 10*

### **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

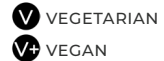
*add cheddar cheese - 15*

### **V** TOASTED BANANA BREAD - 75

2 slices of freshly baked banana bread, salted butter

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.





---

## 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*

### **V** 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

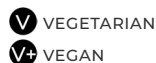
toasted sourdough, grilled free-range chicken, basil pesto mayonnaise, mozzarella cheese, fresh tomato, rocket, avocado

### **V** 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

## 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

option to substitute bacon for roasted butternut

**HAKE FISH CAKES AND SWEETCORN COLESLAW - 140**

homemade hake fish cakes, sweetcorn coleslaw, chilli tomato chutney

## Soup

SERVED WITH A SLICE OF SOURDOUGH

**TOMATO & SWEET BASIL - 75**

rich tomato soup with cream and basil pesto

**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

**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 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

---





## 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.

---



---

## Wine, Beer, Cider

Windhoek Lager - 39  
Castle Lite - 37  
Savanna Light / Dry - 45

### WHITE

Leeuwenkuil Chenin Blanc - 58 / 195  
Sutherland Sauvignon Blanc - 70 / 210  
Diemersdal Chardonnay - 65 / 195

### RED

Leeuwenkuil Shiraz - 60 / 195  
Kanonkop Cabernet Sauvignon - 55 / 130  
Diemersdal Pinotage - 75 / 220

### ROSÉ

Kanonkop Rosé - 55 / 130

### BUBBLY

Graham Beck Brut MCC - 310  
Graham Beck Brut Rose MCC - 310

### NON-ALCOHOLIC

Castle Free - 39  
Devil's Peak - 39

---



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)

[www.oumeul.co.za](http://www.oumeul.co.za)

@oumeulbakery

f Ou Meul Bakery and Cafe

---