

'WANDERING'

amongst the wilderness,
glimpses of magic
exist in the roots
of the unexpected...

notes on life
1.13

www.afroboer.co.za

Reservations:
012 807 3099 / 083 409 4404
info@afroboer.co.za

a Baker's Café Trading Hours:
Monday-Sunday 07h00-18h00
(kitchen closes at 17h30)

the Café Deli and CoffeeBAR Trading Hours:
Monday-Sunday 07h00-18h00
(kitchen closes at 17h30)

*the disposable cutlery and crockery used for the
garden and coffeeBAR take-aways are fully compostable*

NOT ALL THE INGREDIENTS USED ON THE MENU ITEMS ARE
LISTED - PLEASE NOTIFY US
OF ANY FOOD ALLERGIES OR INTOLERANCES



a baker's café

Food Menu



an afro is a hairstyle worn naturally by people with spunk! It is specifically styled by individuals in such a fashion that it represents a large rounded shape, much like a halo, cloud or ball...

certainly one of the more controversial styles, rebelling against the short hairstyle - that marks a revolutionary... and the long flowing hairstyle that mostly celebrates women's self-image... nonetheless

suitable african
and worn with pride!
on this continent!

"getting your afro on" can also refer to getting your groove on, and "the afro way" can also refer to: this way, that way, or the afro-boer way!

afro-boer®

Boer is the Dutch and Afrikaans word for farmer - a wanderer or traveller...

being nomadic and free-spirited, looking for land to make a living off

the desire to wander, known as tretgees, was a notable characteristic of the Boers

DRAKENSBURG



PLAASHEK

Blaedrooi die alway langs die slingerpad.
Dis of daar venke uit elke vuurpyl spat.
Maar niks, niks raer nie... net 'n luggie wat strams aan die ritselende grassate vat.

Daarbo, die blou, blou lug,
daaronder die rivier
wat deur die boerde kromtel met
'n groene swier.
Niks staar die yle swewerde bergstille hier.

Na' n die jare maak ek weer
'n plaashek op
Waar het my paarie
tog nie geloop
om my hier by'n hek te bring
van al my waan gestroop,
maar met my dente helder
en in my hart die hoop?

Die hek staan in die stad weé van
'n kremetart.
Die stille in my's volkome met
niks traebels, niks verward.
Ek lig die knip... Ek maak
'n hek op in my hart.



Uys Krige
1910 - 1987

tots and tantrums

Eggs & Toast R50

add bacon - R15 add boerewors - R20

Cheese & Ham Omelette R75

toast, jam, butter

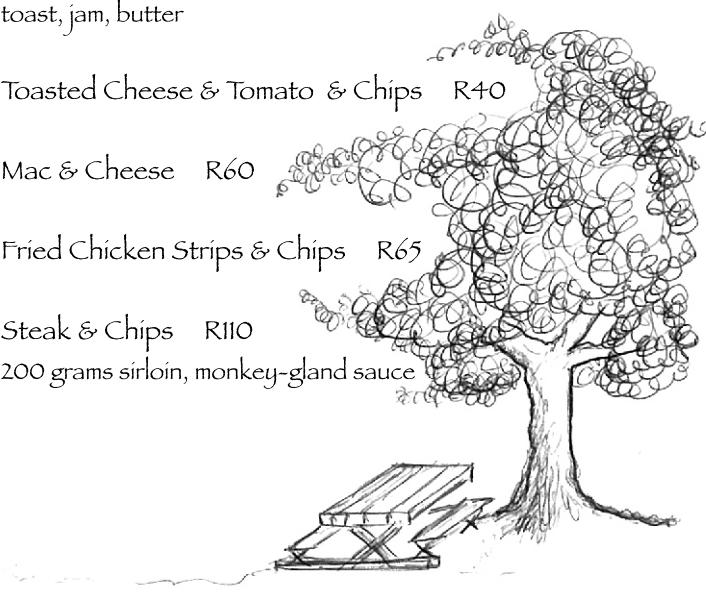
Toasted Cheese & Tomato & Chips R40

Mac & Cheese R60

Fried Chicken Strips & Chips R65

Steak & Chips R110

200 grams sirloin, monkey-gland sauce



house rules

we make and bake daily and prepare from scratch,
it takes a while, so relax, it's coming!

please excuse if we sell out we do aim for that!

we use organic eggs, venison and duck

all the fish used are on the SASSI green list

**the lamb and beef supplied from Chalmar
is pasture reared and grain-fed**

**we use pure butter, coconut oil, and olive oil
in all our cooking and baking
- no substitutes or derivatives available**

**we do have the odd chicken, hen and rooster
roaming about from time to time...
- although free range,
they are not used for any menu items!**

we recycle plastic and organic waste

**we grow... its not enough yet-
but we are linking with our farm to take it further!
(South-Eastern Free State...)**

not all the ingredients we use are listed on the menu

we have selected items on the menu that do not contain some
of the following ingredients: meat, fish, garlic, chilli, wheat,
gluten, starch, carbs, nuts, eggs, alcohol, lactose and calories
...enquire from management

in our world where the new
(almost dangerously accessible)
technological heroin has become a danger to society...
we ask that you will forgive us for not having WIFI
and perhaps consider just sitting back
engage in day-dreaming
social interaction with your surrounding fellow patrons or
just exhale deeply
while sipping on a carefully chosen beverage to accompany
your experience of
winding down
re-aligning
centering
regaining focus
or
calming your inner self...

good morning from the bakery!

Scone R40
cream cheese & lemon curd

Jam & Toast R30
house marmalade, grated cheese, butter,
cranberry-raisin sourdough

Double Baked Almond Croissant R40
marzipan, toasted almond flakes, cream

French Toast R70
bacon, fried banana, syrup



Fresh Fruit Granola Jar R65
wheat-free sweet-potato-pecan nut granola,
layered with house-made granadilla curd and yoghurt

Quiche & Salad R70

breakfast



Avo Smash on Whole-wheat R50
pomegranate seeds and drizzle

Baked Gluten-free Oats R75
poached stone-fruit, treacle brown sugar, cream,
chopped hazelnuts, and a wee dram of Bell's whiskey

Eggs & Toast R50
add bacon - R15 add boerewors - R20

Boere Boepie R110
eggs, stonground bléddie-grof putu pap, kaiings,
boerewors, bacon, grilled tomato

Eggs Benedict R80
home-made English muffin, country ham,
butter-hollandaise sauce



Cha-Cha Pan R110
chorizo, mushrooms, truffle oil, poached eggs,
lemon cream, parmesan served with panini

Biltong Brie Avo Omelette R90
Bang-Bang relish, toast, jam, butter

Smoked Trout Avo Omelette R95
crème fraîche, toast, jam, butter

plates & planks to share

Ketel Chips R30
classic old-world bar snack



Warmed citrus infused olives R60
served with toasted flatbread wedges



Grilled Fresh Asparagus R80
salsa verde, pomegranate seeds, chopped pistachio

Roasted Cauliflower R70
anchovy oil, toasted walnuts, celery, nigella seeds

Orange Roast Beetroot R60
goat's cheese, toasted pumpkin seeds



Chicken Liver Pâté R90
caramelized apples, toasted panini

Beef Carpaccio R110
rocket, parmesan shavings, balsamic glaze

Snoek & Chorizo Croquettes R65
served with zesty mayonnaise

Biltong Dust Bitterballen R70
served with sweet farm-style mustard, pickled café onions

Fried Chicken Strips R70
smokey barbecue sauce, garlic aioli

Creamy Free-Range Chicken Livers R75
fresh chilli, garlic, cream served with toasted panini slices

Sweet Potato & Chickpea Fritters R70
served with mango habanero hot-sauce and vegan mayo

Butter Bean and Red Pepper salad with mint R70
bursting with asian style zing

Pot of Fries R45
hand-cut served with garlic aioli



something sweet

Cherry Clafoutis R60

French dessert of baked batter with cherries

Crème Caramel R65

set custard dessert with a caramel sauce

Afro-Gato R50

Hazelnut ice cream, toasted hazelnuts, espresso shot

Crème Brûlée R50

classic baked custard with a burn sugar topping

Yoghurt Panna Cotta R60

served with poached stone fruit in syrup



very vegan

Trio of Toppings Toast R85

cherry tomato,-raw corn kernel-mint salsa, cashew butter, avo seed & nut bread

Sweet Potato & Chickpea Fritters R85

served in flatbread with mango habanero hot-sauce greens and vegan mayo

Quinoa Salad R90

avo, dates, toasted pistacchio nuts, pomegranate seeds, fennel, citrus-dressing

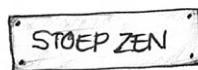


Roast Tomato, Bean and Vegetable Stew R95

cannelloni-, butter-, haricot beans, roast butternut, mushroom, sweetcorn, coconut cream

Pot of Fries R45

hand-cut served with vegan mayo



...in this wild and tender place
may we ever hear the sound
of thrush in the
whispering
of stars,
in the turning of windmills,
in the silence of the veld...



- Antony Osler -

DE GEBED VAN JABES

@beerlon
active intolorese
west bi-politieus

Jirre, stuur tog nou u wolklikeid en
goi u se drippertjie op onse koppe yt

Gee onse neidings meerder gras en
hou ons tog afer u se werkense vas...

Fee die beerlou van onse lyne af weg
en draai tog net onse leuse briejie reg:

Lattie hyl ons nie innie nagte
so slattie, enie tranie ons
nie oppie mirrag sterlik vattie...

-innie stilte van die jirre -

(Griekwa psalms en gedigte) Hans du Plessis

low carb high fat gluten free

Eggs Up! R95

fried eggs, brie, bacon-chilli-jam, sun-dried tomato-sesame seed butter, Banting toast

Avant-garde Banting Avo Trout Benedict R90

Smoked Trout & Roast Beetroot Seed & Nut R85

avo, snapper peas, buttermilk-poppyseed drizzle, seed & nut bread

Beef Carpaccio R110

rocket, parmesan shavings, balsamic glaze



Grilled Fresh Asparagus R80

salsa verde, pomegranate seeds, chopped pistacchio nuts

Roasted Cauliflower R70

anchovy oil, toasted walnuts, celery, nigella seeds

sandwiches

Toasted Chicken Roast Garlic Mayo & Chips R50

Toasted Cheese & Tomato chutney, Onion & Chips R40

Toasted Bacon-butter Brie Pear & Chips R60

Sardines on Rye R75



Bacon & Egg Breakfast Panini R65

bacon, fried or scrambled egg, topped with tomato relish

The Fried Cheese R60

fried sourdough slices with melted Emmental cheese

Pulled Pork Panini R85

apple-almond chutney, rocket, potato rösti
with sweet farm-style mustard

Smoked Trout & Roast Beetroot Seed & Nut R85

avo, snapper peas, buttermilk-poppyseed drizzle,
gluten-free seed & nut bread

flatbreads



Biltong Carpaccio R85

rocket, parmesan shavings, balsamic glaze

Sweet potato & Chickpea Fritters R85

with mango habanero hot sauce, greens and vegan mayo

burgers & hand-cut fries



Fried Chicken R95

pickles, crumbed strips, John:14 slaw salad, zesty mayo

Rump & Avo R130

garlic mayo, lettuce, tomato, 200g rump monkey-gland sauce,
avo, bacon, crème fraîche

Lamb R110

zesty mayo, lettuce, tomato, patty, Mrs. Ball's Jalapeño
chutney, cheddar, onion jam, pickles

soup



Lamb-shank & Tomato R60

crème fraîche, panini

Cauliflower R50

cream, chilli mustard-seed drizzle, panini

Spiced Butternut & Bacon R85

comfort even if it's not cold and it doesn't rain... add a panini

salads



Chicken Caesar R110

leaf mix, boiled egg, croutons, bacon, pine nuts, parmesan
shavings, anchovy-dressing

Vegan Quinoa R90

avo, dates, pistachio nuts, pomegranate seeds, fennel,
citrus-dressing

Smoked Trout Bowl R110

coriander, cherry tomatoes, avo, sesame seeds, greens,
soy-dressing

Roast Cauliflower Butternut Pear R80

rocket, roast cauliflower, roast butternut, goat's cheese,
roast pear, olives, pumpkin seeds, honeyed-vinaigrette

café comforts

Home-made Pasta with Mussels R110

vermouth, chilli parsley



A Chicken Curry R110

served with jasmine rice and baby broccoli spears

Lemon and Thyme Marinated Lamb Chops R180

chickpea mash, whipped feta and roast cherry tomatoes

Steak & Chips R125

300grams sirloin, monkey-gland sauce

Lamb Shank (enough to share) R220

with poached pear for a touch of sweetness, and pearl barley

Braised Oxtail in Red Wine R180

served with green beans and buttery mashed potatoes