



*a baker's café and bistro*

**Food Beverages Wine**





fynbos  
heide  
HEATHER

*...if you happened to have wandered  
in here... whether with dust between  
your toes, or memories of mountain  
covered fynbos dew brushing off  
onto your shoulders - and you are  
charged towards a day filled with  
agenda, or with a heart that is  
ready to day dream...  
then I hope,  
you can sit back, switch off, and wander  
in thought some more... not because  
you can let your thoughts get lost, but  
because now you can connect with the  
beautiful journey of meandering towards  
the familiar smells of freshly ground coffee,  
and plaasbrood baking in the oven...*

## Pressed Smooth Cool Frosted Shakin

### pressed juice

Breakfast Showdown	o/j, strawberries, apple, pineapple	v 56
Office Detox	paw-paw, pineapple, ginger, carrot, beetroot	v 58
Stoep Zing	apple, pineapple, ginger	v 56
O. J.	freshly pressed orange juice	v 58
Executive Dresser	pineapple, cucumber, blueberries, beetroot	v 58

### smoothies

Peanut-butter Banana	yoghurt, honey	62
Trashy Berry	mixed berries, yoghurt, honey	60
Nutty Trainer	espresso, protein powder, nut chocolate	64
Going Green	avo, apple, pear, spinach, cinnamon, coconut cream	v 62
Piña Colada	pineapple, almond milk coconut cream, banana	v 58
Sunny Mango	mango, turmeric, coconut milk, maple syrup	v 58

### coolers

Rooibos-cranberry	strawberries, lemon, mint, sparkling water	42
Vintage-lemonade	citrus house syrups, sparkling water	42
Hibiscus-lemon	sparkling water, lemon, mint	44

### frosts

Minted	house-made lemonade syrup, fresh mint	46
Pineapple	coconut milk	v 48

### shakes

Chocolate Brownie	chocolate brownie chunks, cream	58
Milk-tart	home-made custard, cinnamon	52
Lemon Meringue Pie	vanilla ice cream, lemon curd, meringue	55
Strawberry Shortcake	shortbread, strawberries, cream	58
Nastergal	night-shade berry jam, cream	52

## Tea-Time

### Rooibos Tea

cultivated only in the mountains and valleys of the Cederberg region, indigenous to South Africa and its Khoisan people, used globally for its antioxidant and medicinal purposes

served with milk or lemon and honey

#### the Lize Mouton Tea Collection...

Pure Rooibos 24

Pear and Elderflower 26

Ginger and Lemongrass 28

Red Cappuccino single red espresso, milk, foam 38

Red Grande double red espresso, milk, foam 44

Kook-tee double red espresso, condensed milk, steamed milk 46

### Other Teas

the Satemwa tea range is hand-harvested in Malawi, built in 1937, the last remaining of the original founding tea estates. Satemwa is Fair-trade, UTZ and Rainforest Alliance Certified

#### black tea served with hot or cold milk

African Breakfast 28

Coconut Almond 32

Earl Grey 32

French Vanilla 30

#### green tea served with lemon, honey

Malawi Uvumbu 32

Maroccan Mint 32

#### white tea served with lemon and honey

Forest berries 30

#### herbal tea served with lemon and honey

Honey-bush 30

Chamomile 34

Chai Latte spiced cloves and cardamom syrup, steamed milk, foam 42

## Hot and Cold Alternatives

### vegan lattes

Golden turmeric-spice mix, almond milk v 46

Beetroot beetroot, ginger, maple syrup, almond milk v 46

Matcha matcha, maple syrup, almond milk v 48

### hot chocolates

Retro Marie-marshmallow chocolate Marie-s'more 46

Afro-Boer Ganache organic dark chocolate, steamed milk 48

Peppermint Crisp white hot chocolate, peppermint crisp 46

Evil Pear White white chocolate ganache, pear, cinnamon 48

### ice cold

Soft Drinks 29

BOS Iced Tea berry, lemon, peach 32

Fruit Juice orange, mango, apple, cranberry 32

Tiser's red, white 35

Rock-shandy lemonade, soda water, bitters, lemon 44

Red Bull 36

### Playground Littlies

Moppet Milk 30  
glass of milk, oat-choc-chip cookies for tiny hands

Baby Shake 40  
lime, chocolate, strawberry or banana syrup  
house-made syrups, no preservatives

Mini-me-cino 12  
baby choccocino

## Getting The Caffeine Fix Here

### espresso based coffee

Double Espresso		30
Con Panna	double espresso, pouring cream	34
Meie de Leite	double espresso, steamed milk	32
Macchiato	double espresso, foam	34
Café Miel	double espresso, steamed milk, honey	32
Cortado	double espresso, steamed milk, foam	34
Café Americano	double espresso, hot or cold milk	36
Grande Americano	double espresso, hot or cold milk	40

### milk-based coffee

Cappuccino Regular	single espresso, steamed milk, foam	36
Cappucino Grande	double espresso, steamed milk, foam	46
Flat White	double espresso, steamed milk, thin foam layer	38
Café Latte	double espresso, filled with steamed milk, foam	42
Salted Caramel Latte	house-made salted caramel	45
Crème Brulée Latte	house-made vanilla bean custard	45
Moerkoffie	dark and sweet - helps for moerigheid!	46
Polisiekoffie	Frangelico added to Moerkoffie - as jou moer klaar koer...	58
Milk Alternatives	almond , oat, coconut, pouring cream	10

### Iced coffee

Iced Black	double espresso on ice, Demerara sugar, cream	40
Sweet Espresso Frost	condensed milk, chocolate ganache	52
Vanilla Café	vanilla ice cream, espresso, whipped cream	55

*Afro is a hairstyle worn naturally by people of this continent...*

*We aptly decorate ours with a protea, to remind ourselves that as African travellers we should have grace in our hearts... and flowers in our hair!*

### KING PROTEA

*distinctive member of the protea, having the largest flower in the genus - also known as the giant protea, honeypot or king sugar bush*

*Because of the fascinating myth that it comes with, of transformation and change... and its one of a kind charm, the protea flower is symbolic of beauty that stands out, embracing uniqueness and diversity, and the boldness to create and accept change...*





Good Morning from the Baker's Café

**early café starters**

**Old-fashioned Scone** 60  
 served with a choice of toppings cream cheese & lemon curd or berry jam, butter and cream

**Toasted Salami and Cheese Croissant** 80

**Plaasbrood French Toast** 110  
 topped with bacon, fried banana, strawberries in koeksister syrup served with whipped cream

**Quiche and Salad** 80  
 - enquire about the house flavours served with a house salad

**Fruit Bowl** V GF 75  
 seasonal fruit

**Granola Bowl** GF 85  
 home-made sweet-potato pecan-nut granola seasonal fruit, yoghurt, house-made granadilla curd

**Coconut Labne on seed-and-nut-bread** V GF 115  
 topped with avo, radishes and dried gooseberries and drizzled with buchu-syrup

**Scottish Oats** GF 80  
 creamy baked with toasted hazelnuts and a shot of Bell's Whiskey

**Toast with Toppings** 90

creamy mushrooms, poached egg and parmesan shavings

or sardines, rocket, sesame seed sprinkle, tomato relish

or pesto, cherry tomatoes, salami slices, avo, parmesan

or avocado, radishes, dukkah, pomegranate seeds, rocket V

choose between toasted slices of our house-made  
 plaasbrood V whole-wheat V  
 sourdough V 100% rye V

**Cooked Eggs in Plates Bowls and Pans**

**breakfasts**

**Scrambled Eggs Bowl with Potato Cakes** 110  
 smokey fried bacon potato cake topped with scrambled eggs and fried cherry tomatoes

**Boere Boepie** 125  
 eggs, stoneground bléddie-grof putu pap, kailings boerewors, bacon, grilled tomato, tomato smoor

**Eggs Pap & Boerewors** 90  
 eggs served with fried pap-wedges, boerewors and Sheba sauce

**Biltong and Brie Omelette** 110  
 filled with added avo, served with toast jam and butter and a side of bang-bang relish

**Wild Rosemary and Gruyere Omelette** 90  
 filled with caramelized onions and served with toast, jam and butter

**Smoked Salmon Trout Omelette** 120  
 filled with avo, topped with crème fraîche and served with toast, jam and butter

Suikerbossie protea

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... Boer is the Dutch and Afrikaans word for

farmer - a wanderer... or traveller...

nomadic and free spirited



### Shi-Shi Bowl

130

pampoen koekies topped with bacon, poached eggs and ladled hollandaise sauce

### Poached Egg on Asparagus

120

topped with buttery hollandaise sauce served with panini slices for mopping up and shining the plate

### Eggs Benedict

110

English muffin topped with country ham slices, poached eggs and buttery hollandaise sauce

### Avant-garde Banting Benedict

GF 140

Banting bread slices topped with 80g smoked trout, avocado poached eggs, and ladled with hollandaise sauce

### Cha-Cha Pan

130

chorizo, mushrooms and truffle oil topped with poached eggs, hollandaise sauce, parmesan shavings, and served with toasted panini slices

### Extras

- avo 25
- bacon 30
- boerewors 35
- cheese-griller 40
- mushrooms 20
- smoked salmon trout (40g) 52
- Banting Bread 35

we are all farmers earning a living off this land... with grace in our hearts and flowers in our hair

Suikerbossie protea

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## Loaded Snacking

### fresh paninis

#### Heritage-style Lamb 120

fresh panini topped with lettuce, tomato, and slow-cooked shredded lamb topped with South Africa's favourite Mrs. H.S. Ball's Chutney

#### Pork Shoulder 110

fresh panini topped with rocket, potato and bacon cake house-made apple-almond chutney, slow-cooked pulled pork with clove-spice and served with a sweet farm-style mustard

#### The Iconic Gatsby 140

fresh panini topped with hand-cut fries, chive mayo drizzle sliced fried cheese-griller slices, masala rump slices, lettuce and tomato slices and served with trashy tomato sauce, mustard sauce and vinegar!

### burgers & hand-cut fries

#### Bacon & Egg Breakfast 120

mayo, rocket, scrambled eggs, bacon tomato relish, cheddar, red onion - all loaded onto a burger bun

#### Crunchy Fried Chicken 140

Buttermilk Fried Chicken Breast with John:14 slaw salad zesty mayo, and avo smash

#### Double Cheese 140

burger bun topped with garlic mayo, lettuce, tomato, cheddar cheese, 100% pure beef mince patty, cheese sauce, fig & chorizo jam

#### Café Rump, Bacon and Avo 160

200 grams rump basted with monkey-gland sauce topped with fried bacon, avo smash and a dollop of crème fraîche

### flatbreads

#### Dried Fig & Chorizo 140

freshly toasted flatbread drizzled with garlic butter, caramelized onions, fried chorizo, rocket leaves, dried fig slices, and a balsamic glaze

#### Smoked Trout & Capers 140

freshly toasted flatbread spread with cream cheese & chive mayo topped with smoked salmon trout, caper berries, red onion, rocket and drizzled with a lemon-infused balsamic and olive oil vinaigrette

## Tots and Tantrums

#### Biltong Putu Pap GF 60

#### Toasted Ham and Cheese & Chips 65

#### Toasted Chicken Mayo & Chips 70

#### Toasted Bacon & Cheese & Chips 80

bacon butter, maple syrup drizzled bacon strips, mozzarella cheese

#### Spaghetti Bolognese 90

#### Mac & Cheese 80

#### Tots Chicken Strips & Chips 95

served with Monkey-gland sauce

## Something Sweet

#### Ginger Almond Praline Dusted Crème Brûlée 75

#### Koeksister Balls in syrup with Ice Cream 70

please see our display counter  
for cake and goodies



## Slow Food and Street-food Favourites

### comforting meals

**Creamy Organic Chicken Livers** 110  
served with coriander, a touch of chilli, panini and butter

**Ouma's Fishcakes** 130  
served with home-made mayo, pickled café onions, and house salad

**Lemony Mushroom and Chicken Pasta** 130  
served topped with Parmesan shavings

**Oxtail Pasta** 170  
served topped with Parmesan shavings

**Line-fish Of The day** GF 190  
served with honeyed baby vegetables and a Beurre Blanc

**Lamb Shank** 230  
falling-of-the-bone meat with root vegetables  
served on soft maize pap enriched with butter and Parmesan cheese

**Chicken Tikka Curry** 160  
served with basmati rice, tomato chutney, naan, and cucumber salsa

**Beer Battered Fish and Chips** 140  
classic oldie served with zesty mayo

**Pork-Belly Bowl** GF 190  
served on cauliflower mash, with burnt butter  
topped with an apple-mustard-celery and fennel salad

### Bar Snacks

**Citrus Marinated Olives Bowl** V GF 55

**French Leaf Salad** V GF 70

**Pot of Fries** 70

hand-cut fries, served with house-made garlic mayo

**Crumbed Chicken Strips** 110  
served with smokey barbecue sauce

**Peppadew Bruschetta** 90  
toasted ciabatta slices topped with  
goat's cheese, salami and peppadews

## Winter Warmers and Slimming Sneaks

### soups

**Roast Squash Soup** V 80  
topped with rosemary croûtons, roast squash and a drizzle of coconut cream

**Lamb-shank & Tomato** 90  
slow cooked with onions, carrots and tomatoes,  
topped with a crème fraîche served with toasted panini slices and butter

### salad bowls

**Green Bean Fresh Apple and Asparagus** V GF 90  
topped with toasted hazelnuts, herbed leaf mix, and a roast-pear-dressing

**Chicken Caesar** 120  
parmesan shavings, boiled egg, bacon and an anchovy-dressing

**Fruit & Veg and Chilli Crunch Detox Bowl** V GF 130  
Finely chopped fennel, radishes, avo, cucumber, paw-paw and mango  
tossed with coconut yoghurt-apple-cider dressing  
served with a toasted sunflower-seed and chili-flake crunch

**Crumbed Chicken Chop Chop** 140  
chicken strips, leaf mix, pickled café onions, cherry tomato,  
avo, radishes, feta finely sliced fresh sweetcorn,  
served with a condensed-milk dressing

**Spinach & Lamb** GF 140  
tossed with baby spinach leaf mix, cranberries, toasted pine-nuts,  
Parmesan shavings, and served drizzled with a balsamic-vinaigrette

### Extras

avo 25

chicken breast 40

extra fries 35

extra boiled baby potatoes 30

extra house salad 40

Safari sunset  
prote a

Tjin - Tjin Cheering

**Our Happy Hour**  
**Monday - Saturday 16h30 - 17h30**

*Our Bistro Evenings*  
*Wednesday - Saturday*

No Sugar and Zero Heroes

**Beer Cider Bubbles Wine**

Devil's Peak Hero Beer	Non-alcoholic - 330ml - 0.5%	36
Noon Gun <i>The General IPA</i>	Non-alcoholic - 330ml - 0.5%	48
Savanna Lemon <i>Cider</i>	Non-alcoholic - 330ml - 0.3%	40
Theonista <i>Ginger Beer</i>	Sugar Free - contains xylitol/stevia - 330ml	48
Allure De-Alcoholised Sparkling Wine		240
Pinot Noir Chardonnay - Non-alcoholic - 0.5%		
Darling Cellars <i>Sauvignon Blanc</i>		v 200
Darling Cellars <i>Rosé</i>		
Darling Cellars <i>Shiraz</i>		
De-Alcoholised - Non-alcoholic - 0% - Low Calorie Wines		

**Mocktails**

Pomegranate Cosmo	cordial, soda, lemon, pomegranate seeds	65
Pink Mojito	pink lemonade, mint, lemon, strawberries	65
Duchess Botanical G & T	Non-alcoholic - 300ml - 0.0% ABV	52

**Non Alcoholic Gin**

Litchi & Ginger <i>Boutique</i>	<i>kolle-gin</i> The Classic Lizzy - 0%	30
Prickly Pear & Elderflower	<i>kolle-gin</i> - 0% - sugar free	30

Gudge Sugar-free Cordials contains xylitol/stevia 12  
Pink Lemonade, Pomegranate, Turkish Delight, Watermelon

**Cocktails**

Mimosa	Steenberg Sparkling Sauvignon Blanc, orange juice	70
Short Margarita	Olmecca Tequila, Cointreau, lime	65
G & T	Gordon's London Dry Gin, tonic water, cucumber slices	70
A Dry Martini	Gordon's London Dry Gin, lemon twist	80
Naartjie Paloma	Espolon Reposado, naartjie, Steenberg Sparkling	75
Inverroche Amber	juniper berries, elderflower cordial	80
Fynbos Dirty Pink	Wilderer Gin, melon syrup, lime, cranberry juice	80
Turkish Delight Twist	Rhino Beetle Gin, Limoncello, rose syrup	80

**Beer & Cider**

Amstel <i>Lager</i>		34
Black Label <i>Lager</i>		34
Bone Crusher <i>Wit Beer</i>		48
Castle <i>Light</i>		34
Corona <i>Extra Cerveza</i>		45
Jozi Blonde <i>Blonde Ale</i>		58
Newtown Nemesis <i>Stout</i>		48
Striped Horse Co. <i>Pilsner</i>		38
Windhoek Draught <i>Lager</i>		38
Flying Fish <i>Flavoured Beer</i>	Pressed Lemon	38
Hunter's Gold <i>Cider</i>		42
Savanna <i>Dry</i>		42
Savanna <i>Light</i>		42

**Gin**

Gordon's London Dry		25
Hendrick's		40
Malfy Originale		35
Bloedlemoen		35
Finery Pink Grapefruit		30
Inverocche Amber		40
Inverroche Verdant		40
Musgrave Pink Rose Water		40
Rhino Beetle Turkish Delight		35
Six Dogs		35
Whitley Neill		40
Wilderer Fynbos		35

Fitch & Leeds Indian Tonic, Lemonade, Ginger Ale, Bitter lemon 24  
Sugar Free Indian Tonic, Rose & Cucumber

## Bubbly Celebrations

### **Durbanville Hills**

Glass Sparkling Wine 70

### **Steenberg Sparkling Sauvignon Blanc**

Sparkling Wine 310

### **Strandveld Die Skaamgesiggie**

Méthode Cap Classique 360

### **Ken Forrester Sparkle Horse**

Méthode Cap Classique 460

### **L'Ormarins Blanc de Blanc**

Méthode Cap Classique 490

## Wines by the Glass

### **Look-out Cape Leopard Mountain**

White Semi-Sweet 50

### **Sophie Te'Blanche**

Sauvignon Blanc 60

### **Arabella**

Chardonnay 60

### **Alvi's Drift**

Chenin Blanc 60

### **Neethlingshof**

Gewürztraminer 80

### **Groote Post**

Riesling 100

### **Haute Cabrière Chardonnay Pinot Noir**

White Blend 78

### **Stellenzicht Thunderstone**

Rosé 70

### **Bellingham Big Oak Red**

Shiraz 60

### **David Finlayson The Berry Box**

Merlot 70

### **Doolhof Dark Lady**

Pinotage 80

## Wines by the Bottle

### **Prosecco**

Da Luca DOC 300

### **Creation**

Vioignier 320

### **Cederberg**

Sauvignon Blanc 290

### **De Grendel Koetshuis**

Sauvignon Blanc 430

### **De Wetshof Limestone Hill**

Chardonnay 260

### **Springfield Miss Lucy**

White Blend 260

### **Ghost Corner The Bowline**

White Blend 620

### **Tamboerskloof Katharien**

Rosé 240

### **Bartho Eksteen Die Blom**

Rosé 300

### **Hoopenburg**

Pinot Noir 260

### **Raka Biography**

Shiraz 340

### **Glen Carlou**

Cabernet Sauvignon 360

### **Rupert & Rothschild Classique**

Red Blend 460

### **Saronsberg Seismic**

Red Blend 390

## 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**

although just about completely depleted from the oceans,  
all the fish used are on the SASSI green list

**we grow leaves... it's not enough yet... but we grow...**

not all the ingredients we use are listed on the menu

**we have selected items on the menu that do or do  
not contain some of the following ingredients:**

plants, 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... breathing deep... zzzzzzz (snore...)

**if your cellphone interferes  
with the natural garden ambience,  
and the gossip at the table next to you,  
it might get thrown over the wall...**

**- NOT ALL THE INGREDIENTS USED  
ON THE MENU ITEMS ARE LISTED...**

**- PLEASE NOTIFY US  
OF ANY FOOD ALLERGIES OR  
INTOLERANCES**

*everything here is  
hand-made and home-made*



Reservations:

012 807 3099

**078 457 6616 (WhatsApp only)**

**info@afroboer.co.za**

www.afroboer.co.za