



*a baker's café and bistro*

**Food Beverages Wine**

Cc

cone bush  
protea

Cc

conebush  
protea



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 juice

Breakfast Showdown	o/j, strawberries, apple, pineapple	54
Office Detox	paw-paw, pineapple, ginger, carrot, beetroot	54
Stoep Zing	apple, pineapple, ginger	52
O. J.	freshly pressed orange juice	52
Green	spinach, apple, celery, asparagus	50

## smoothies

Peanut-butter Banana	yoghurt, honey	52
Trashy Berry	mixed berries, yoghurt, honey	54
Nutty Trainer	espresso, protein powder, nut chocolate	62
Almond Vegan Piña Colada	pineapple, coconut, banana	54

## coolers

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

## frosts

Sweet Espresso	condensed milk, chocolate ganache	46
Pineapple	coconut milk (very vegan)	44
Minted	house-made lemonade syrup, fresh mint	42

## shakes

Chocolate Brownie	chocolate brownie chunks, cream	48
Milk-tart	home-made custard, cinnamon	46
Lemon Meringue Pie	house-made lemon curd, meringue	48
Vanilla Café	vanilla ice cream, espresso, whipped cream	46
Strawberry Shortcake	shortbread, strawberries, cream	46
Nastergal	night-shade berry jam, cream	44

## coffee alternative and tea lattes

Golden	turmeric-spice mix, almond milk (very vegan)	42
Beetroot	beetroot, ginger, maple syrup, almond milk (very vegan)	44
Chai	spiced cloves and cardamom syrup, steamed milk, foam	42
Matcha	matcha, maple syrup, almond milk (very vegan)	48
Red Cappuccino	equal parts double espresso, milk, foam	38
Kook-tee	double red espresso, condensed milk, steamed milk	44

## 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

Sodas		28
BOS Iced Tea	berry, lemon, peach	32
Fruit Juice	orange, mango, apple, cranberry	32
Grapetiser	red, white	36
Rock-shandy	lemonade, soda water, bitters, lemon	44

## the littlies

Spilt Milk	glass of milk, oat-choc-chip cookies for tiny hands	30
Baby Shake	lime, chocolate, strawberry or banana syrup	40

house-made syrups, no preservatives

## espresso based coffee

Double Espresso		24
Con Panna	double espresso, pouring cream	28
Meie de Leite	double espresso, steamed milk	26
Macchiato	double espresso, foam	26
Café Miel	double espresso, steamed milk, honey	28
Cortado	double espresso, steamed milk, foam	30

Café Americano	double espresso, hot or cold milk	30
Iced Black	double espresso on ice, Demerara sugar, cream	40

## milk-based coffee

Cappuccino Regular	single espresso, steamed milk, foam	34
Cappuccino Big	double espresso, steamed milk, foam	38
Cappuccino Grande	double espresso, steamed milk, foam	42
Flat White	double espresso, steamed milk, thin foam layer	36
Café Latte	double espresso, filled with steamed milk, foam	40
Salted Caramel Latte	house-made salted caramel	44
Crème Brûlée Latte	house-made vanilla bean custard	42

Moerkoffie	dark and sweet - helps for moerigheid!	42
Polisiekoffie	Whiskey, Brandy or Frangelico added to Moerkoffie - as jou moer klaar koer...	56

Milk Alternatives	almond, oat, coconut	12
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## black tea

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

served with hot or cold milk

African Breakfast	24
Coconut Almond	28
Earl Grey	26
French Vanilla	24

## green tea

unfermented - served with lemon, honey

Malawi Uvumbu	28
Maroccan Mint	30

## white tea

served with lemon and honey

Forest berries	30
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## herbal tea

served with lemon and honey

Honey-bush	26
Chamomile	32

## rooibos tee

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

*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!

Toasted Salami and Cheese Croissant R65

Old-fashioned Scone R60

served with cream cheese & lemon curd or berry jam, butter and cream

Plaasbrood French Toast R95

topped with bacon, fried banana, strawberries in koeksister syrup and served with whipped cream

Quiche and Salad R85

served with a house salad - enquire about the house flavours

Fruit Bowl R70

seasonal fruit  
(gluten-free, very vegan)

Granola Bowl R85

home-made sweet-potato pecan-nut granola  
seasonal fruit, yoghurt, house-made granadilla curd  
(gluten-free)

Coconut Labne & Toasted Seed and Nut bread R110

topped with avo, dried gooseberries and drizzled with buchu-syrup  
(gluten-free, very vegan)

Scottish Oats R80

creamy baked with toasted hazelnuts and a shot of Bell's Whiskey

Toast with Toppings R95

creamy mushrooms, poached egg and parmesan shavings

sardines, rocket, sesame seed sprinkle, tomato relish

pesto, sliced cherry tomatoes, salami slices, avo, parmesan shavings

avocado, radishes, dukkah, pomegranate seeds, rocket (very vegan)

choose between toasted slices of our house-made  
plaasbrood (very vegan) | whole-wheat (very vegan)  
sourdough (very vegan) | 100% rye (very vegan)

## breakfast

Scrambled Eggs Bowl with Potato Cakes R110

smokey fried bacon potato cake topped with scrambled eggs and fried cherry tomatoes

Boere Boepie R120

eggs, stoneground bléddie-grof putu pap, kaiings  
boerewors, bacon, grilled tomato, tomato smoor

Eggs Pap & Boerewors R90

eggs served with fried pap-wedges, boerewors and Sheba sauce

Biltong and Brie Omelette R95

filled with added avo, served with toast jam and butter  
and a side of bang-bang relish

Wild Rosemary and Gruyere Omelette R90

filled with caramelized onions and served with toast, jam and butter

### Shi-Shi Bowl R120

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

### Poached Egg on Asparagus R120

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

### Eggs Benedict R115

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

### Avant-garde Banting Benedict R140

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

### Cha-Cha Pan R125

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

### Extras

avo - R25

bacon - R30

boerewors - R35

cheese-griller - R35

mushrooms - R20

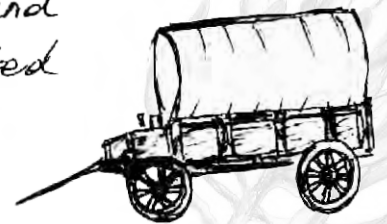
smoked salmon trout (40g) - R38

Banting Bread - R35

... Boer is the Dutch and  
Afrikaans word for

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

nomadic and  
free spirited



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

## fresh paninis

### Heritage-style Lamb R110

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 R110

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 R140

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 R120

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

### Crunchy Fried Chicken R140

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

### Double Cheese R140

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 R160

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

## flatbreads

### Dried Fig & Chorizo R120

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

### Smoked Trout & Capers R140

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

## soup

### Cauliflower R70

topped with mustard seed and chili oil served with toasted panini slices

### Lamb-shank & Tomato R90

slow cooked with onions, carrots and tomatoes, topped with a crème fraîche served with toasted panini slices and butter

## salads

### Green Bean Fresh Apple and Asparagus R90

topped with toasted hazelnuts, herbed leaf mix, and a roast-pear-dressing (very vegan)

### Chicken Caesar R120

parmesan shavings, boiled egg, bacon and an anchovy-dressing

### Crumbed Chicken Chop Chop R120

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

### Spinach & Lamb R140

tossed with baby spinach leaf mix, cranberries, toasted pine-nuts Parmesan shavings, and served drizzled with a balsamic-vinaigrette

## comforting meals

**Creamy Organic Chicken Livers** R90  
served with coriander, a touch of chilli, panini and butter

**Oxtail Pasta** R160  
served topped with Parmesan shavings

**Ouma's Fishcakes** R120  
old sentiments of gently poached hake, fresh parsley from the veggie garden and finely mashed potato, lovingly hand-shaped and pan-fried  
served with home-made mayo, pickled café onions, and house salad

**Chicken Tikka Curry** R160  
served with basmati rice, tomato chutney, naan, and cucumber salsa

**Beer Battered Fish and Chips** R140  
classic oldie served with zesty mayo

**Pork-Belly Bowl** R180  
served on cauliflower mash, with burnt butter  
topped with an apple-mustard-celery and fennel salad

**Lamb Shank** R220  
falling-of-the-bone meat with root vegetables  
served on soft maize pap enriched with butter and Parmesan cheese

## something sweet

**Afro-Gato** R65  
double espresso poured over vanilla ice cream...

**Boereraad Brandy Dom Pedro** R60  
Artisanal brandy shot - vanilla ice cream

**Crème Brûlée** R70  
classic French baked custard with a burnt layer of sugar

please see our cake counter selection  
for more added cakes and goodies

## bar nibbles

**Citrus Marinated Olives Bowl** R35

**French Leaf Salad** R70  
(very vegan)

**Pot of Fries** R65  
hand-cut fries, served with house-made garlic mayo

**Crumbed Chicken Strips** R110  
served with smokey barbecue sauce

**Parmesan Crumbed Cauliflower Nibs** R110  
served with house-made garlic mayo

## tots and tantrums

**Biltong Putu Pap** R65

**Spaghetti Bolognaise** R90

**Mac & Cheese** R80

**Toasted Ham and Cheese & Chips** R65

**Toasted Chicken Mayo & Chips** R75

**Tots Chicken Strips & Chips** R85  
served with Monkey-gland sauce



## Beer & Cider

Amstel Lager	34
Black Label Lager	34
Bone Crusher Wit Beer	48
Castle Light	34
Corona	45
Devil's Peak Hero - Non-alcoholic - 330ml - 0.5%	40
Jozi Blonde Blonde Ale	58
Newtown Nemesis Stout	48
Striped Horse Co. Pilsner	38
West Coast IPA	40
Windhoek Draught Lager	32

Dragon's Fiery Ginger	46
Hunter's Gold	38
Savanna Dry	40
Savanna Lemon - Non-alcoholic - 330ml - 0.3%	40
Savanna Light	40
Red Bull	36

## Tjin - Tjin Cocktails

Blueberry Fizz 85  
*House-infused blueberry Vodka, blueberries, tonic*

Short Margarita 65  
*Olmecca Tequila, Cointreau, lime, ice*

A Dry Martini 80  
*Gordon's London Dry Gin, lemon twist*

Dark 'n Stormy 80  
*Whistler Dark Rum, ginger ale, lime*

Mimosa 70  
*Pongracz MCC Brut, orange juice*

Naartjie Paloma 75  
*Espolón Reposado Tequila, naartjie juice, MCC Brut*

Gin Jam 70  
*Bloedlemoen Gin, berry jam, splash of MCC Brut*

G&T 70  
*Gordon's London Dry Gin, tonic water, cucumber slices*

Inverroche Amber 80  
*Amber Inverroche Gin, juniper berries, elderflower cordial*

Rose-water Lady 85  
*Musgrave Gin, hibiscus syrup, tonic*

Fynbos Dirty Pink 80  
*Wilderer Gin, melon syrup, lime, cranberry juice*

Turkish Delight Twist 80  
*Rhino Beetle Gin, Limoncello, rose-syrup*



## 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
John Ross Botanicals Pioneer Original NonAlcoholic - 0%	30
Seedlip Garden 108 Non Alcoholic - Zero calories - 0%	30

GIN ADD-ON - Gudge Sugar-free Cordials 6  
*Pink Lemonade, Pomegranate, Turkish Delight, Watermelon*

MIXERS - Fitch & Leeds Tonic Water Assorted 24

## Wine By The Glass

*Durbanville Hills*  
Sparkling Wine 50

*Pongracz Brut*  
Méthode Cap Classique 60

*Look-out Cape Leopard Mountain*  
White Semi-Sweet 45

*Antonij Rupert Protea*  
Sauvignon Blanc 50

*Arabella*  
Chardonnay 60

*Alvi's Drift*  
Chenin Blanc 50

*Neethlingshof*  
Gewürztraminer 70

*Groote Post*  
Riesling 100

*Haute Cabrière*  
White Blend 60

*Napier Petite Marie*  
Rosé 60

*Bellingham Big Oak Red*  
Shiraz 40

*David Finlayson The Berry Box*  
Merlot 70

*Doolhof Dark Lady*  
Pinotage 80

## 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:

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