

**VEGANISM** is a way of living which seeks to exclude, as far as is possible and practicable, all forms of exploitation and cruelty to animals for food, clothing, or any other purpose.



**DID YOU KNOW?**

Veganism can solve world hunger! Research shows that we could feed an additional 4 billion humans if we grew our crops directly for human consumption, rather than feeding the crops to farmed animals and then consuming them.

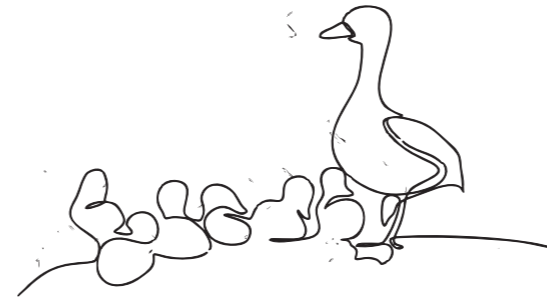
**Thirst Quenchers**

Sodas	R30
Appetizer / Grapetizer	R35
Iced Tea	R32
AFS Mineral / Sparkling Water	R25

**Warm n Cozy**

Tea (Rooibos, Five Roses, Herbal)	R25
Americano	R38
Cappuccino Foam / Cream	R40
Marshmallow & Cream Hot Chocolate	R60
White Hot Chocolate	R60
Café Latte	R50
Chai Latte	R50

*Soya, Almond or Oat milk*



**While you wait**

Fries	R50
Seasoned potato wedges with mayo dip	R50
Crumbed Onion Rings	R45
Crumbed Mushrooms	R60
Sweet potato fries	R45
Crumbed cauliflower nuggets with tartar dip	R60
Hummus and flat bread	R45
Focaccia with garlic and rosemary	R45
Eggplant dip with flat bread	R50

**How to support our sanctuary**

**SIGN UP FOR A MYSCHOOL CARD**

We are a proud beneficiary of the MySchool fundraising initiative which allows you to earn points for your chosen beneficiaries (up to three) every time you swipe at a MySchool partnered store. To sign up for your free MySchool card, visit [www.myschool.co.za](http://www.myschool.co.za) or add us to your list of chosen beneficiaries on your existing MySchool account.



**DOWNLOAD THE ABILLION APP**

Abillion is a world-wide vegan based app that lets users earn credit when they post honest reviews about plant-based food and establishments, as well as cruelty-free consumer products, from anywhere in the world. These credits can be converted into donations for any other farm animal sanctuary partnered with ABV, including Greyton Farm Animal Sanctuary! Simply download the app on your smart device and start reviewing your meal and drinks at our restaurant!



**DOCS TO WATCH**

1. What The Health
2. Dominion
3. The Game Changers
4. Dairy Is Scary
5. Okja
6. Earthlings
7. Forks Over Knives
8. Maximum Tolerated Dose
9. Cowspiracy
10. Milked

**Rich n Thick Shakes**

Cotton Candy	R80
Strawberry Marshmallow	R80
Cookie Monster	R80
Peanut Butter Crunch	R80
Banana Bomb	R80
Mylk Tart	R80
Coffee Mylkshake	R80
Baby shakes (All flavours)	R50

available

**Chilled n Creamy**

Coffee Frappé	R65
Chai Spiced Frappé	R65
White Chocolate Frappé	R65
Berry Bomb Smoothie	R75

Vitamin C and other essentials, enjoy the blend of strawberries, acai powder, dates & bananas



**Salads**

Med salad	R95
Avo*, tomatoes, cucumber, onion, olives, feta cheese and roasted seeds with flat bread on the side	
Chickpea Salad	R60
Tomatoes, onions, chickpeas, avo* on a bed of lettuce with roasted seeds	
Coleslaw	R40
Grated cabbage and carrots, caraway seeds and lemon drenched in delicious vegan mayo	

Please advise waiters of any allergies

\* - subject to availability

Wi-fi



# All Day Options



## Asher's All day Breakfast R95

Delicious tofu, vacan, tomato, onion, cheese with spinach and mushrooms on toast

### Soup of the day R60

Steaming hot soup for those frosty farm mornings, made fresh daily and always filling and scrumptious, served with a slice of crisp toast

(Ask your waiter for the special of the day)

### Pasta R90

Pasta with roasted vegetables in an arrabiata sauce (tomato based)

or

Pasta with cream and mushrooms

### Tofu Toast R75

Scrambled tofu and mushrooms on toast

### Avo Toast R55

Avo\* and roasted seeds on toast

### Mezze Platter R95

Grilled pita pockets, salad cuts, dolmades, falafel, olives, eggplant salad and hummus dip

### Tramezzini R90

With side salad or fries

Cheese and mushroom

or

Spinach and Feta

or

Cheese and Tomato

### Melanzane R90

Layers of brinjal, cheese and tomato with potato slices on the side, drizzled with tomato based sauce

### Falafel in Pita R95

Toasted pita lined with hummus and filled with salad, falafel, sauerkraut, gherkins, all drenched in a tahini drizzle

### Wrap R95

Roasted vegetables, dill, olives, cucumber, hummus and falafel

### Buddha bowl R110

Roasted chickpeas, avo\*, falafel, olives and feta, seeds and salad on a bed of rice or noodles

# Protein Fans

## The Asher's Burger R110

A delicious meaty patty on a bed of crisp lettuce, fresh tomato, topped with gherkins and our homemade burger sauce on a toasted seeded bun and with a side of fries

## The AFL Burger R110

(Asher's take on a fried plant-based chicken burger)

Served on a toasted hamburger bun with shredded lettuce, fresh tomato, and our speciality mustard mayo sauce. The secret's in the crunch!

## The Unbelievable Burger R110

A chargrilled chickenless fillet on a bed of fresh coleslaw topped with sliced tomato, and homemade mayonnaise spread on a toasted, seeded bun and with a side of fries

## The Mediterranean Platter R110

Freshly baked flatbread, spread with homemade hummus, salad, chargrilled eggplant, crispy marinated chickenless fillet, topped with tzatziki dressing

## The South African R145

Delicious mixed basket for the "meat lover" with fried onion rings, cauliflower wings, crumbed mushrooms, sticky ribs and chunky potato wedges with our homemade tartar sauce

# Here is how you can support our sanctuary

## SPONSOR A RESCUE

Our rescues need loving "heroes" to sponsor their monthly feed, bedding, and basic care costs. By participating in the Become a Hero Sponsorship Program, you help provide the necessary support to care for a rescued farm animal. To sponsor a rescue, visit our website, choose the animal who is right for you and proceed to the checkout. Heroes can make a once-off sponsor, monthly sponsorships or pay upfront for 5 months or a year. In return, you will receive a sponsorship certificate for your sponsored friend.

## DONATE TOWARDS OUR MEDICAL FUND



Snap here to pay

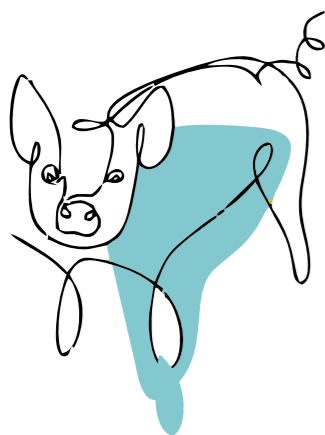


Caring for animals often means unexpected visits from the vet and in some cases, surgery, or intense physiotherapy for our rescues. Our vet bills are our largest and most unpredictable expense, despite generous discounts offered by our vets and / or vet clinics. Help us by donating any amount affordable to you into our medical fund to help with our rescues health care needs. For more information, visit our website.

**Account Name:** Asher's Farm Sanctuary  
**Bank Name:** FNB  
**Branch Name:** Menlyn  
**Branch Code:** 525-445  
**Acc Number:** 62706525302

## BOOK AN EDUCATIONAL TOUR

The rescues at Asher's love visitors as much as you will love touring our farm! Our sanctuary is home to rescued cows, pigs, chickens, horses, and other farm animals - and each has a special story. Their stories of struggle and survival, against all odds, give the public insight into the realities farm animals face in the modern factory farming industry but also introduce us to the inspiring individuals that they are through their incredible survival stories. Tours are limited to 10 people per tour and are free of charge. We also offer educational school tours on appointment with the option of including a meal / snack in the program. Book your tour in advance on our website.



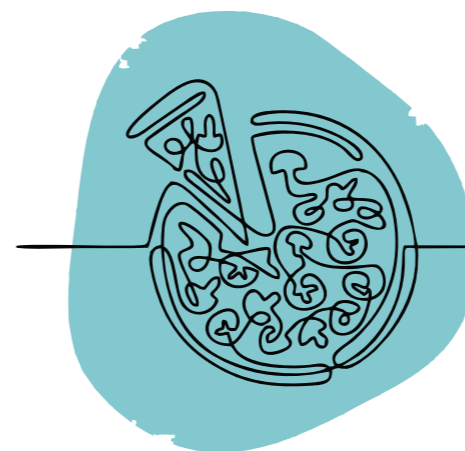
# Oven Baked Pizza

## Classic Margherita R65

Added toppings:

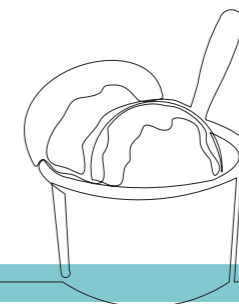
Mushrooms R8  
Green peppers R5  
Olives R8  
Asparagus R8

Onions R5  
Tomato R5  
Avo\* R8  
Feta R8  
Spinach R5



# For the sweet tooth

Ice cream with sprinkled nuts and syrup R65  
Cake of the day - ask your waiter POR  
Fresh fruit salad (summer) R65



083 784 5554

Please advise waiters of any allergies