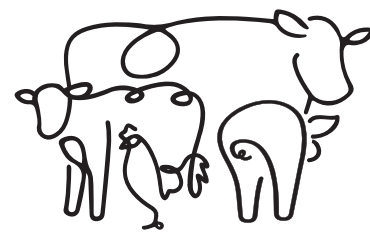


VEGANISM

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.



ASHER'S Corner Café

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.

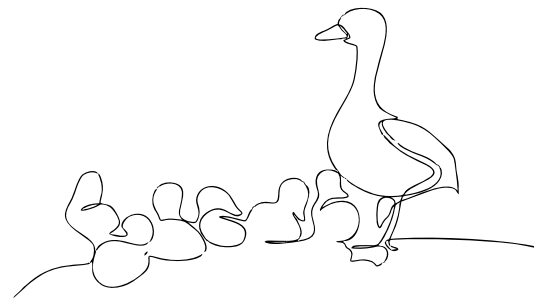
Thirst Quenchers

Sodas <i>(Coca Cola, Coke Zero, Coke Light, Fanta, Cream Soda, Sparletta, Sprite, Sprite Zero, Stoney Ginger Beer)</i>	R32
Appetizer / Grapetizer	R35
Iced Tea	R35
AFS Mineral / Sparkling Water	R25
Non-Alcoholic Drinks	R38
Bobas Tea <i>(Watermelon, strawberry or passion fruit)</i>	R49

Warm n Cozy

Tea (Rooibos, Five Roses, Herbal)	R28
Americano Plunger	R38
Cappuccino Foam / Cream	R42
Creamy Hot Chocolate	R60
Café Latte	R55
Chai Latte	R55

Soya or Almond milk



On The Side

Fries	R50
Seasoned potato wedges with mayo dip	R55
Onion rings fried in batter	R50
Mushrooms fried in batter	R60
Falafel and hummus	R55
Hummus and flat bread	R50

Rich n Thick Shakes

Cotton Candy	R85
Strawberry	R85
Cookie Monster	R85
Peanut Butter Crunch	R85
Bubblegum	R85
Mylk Tart	R85
Coffee	R85

Made with soya mylk, ice cream and cream

Salads For The Healthy

Side Salad	R55
Salad bowl with lettuce, tomato, onions, cucumber, carrot and herbs	
Mediterranean Salad	R85
Avo*, tomatoes, cucumber, onions, olives, feta cheese and roasted seeds with flat bread and hummus on the side	
Chickpea Salad	R85
Tomatoes, onions, roasted chickpeas, avo* and roasted seeds on a bed of lettuce with flat bread and hummus on the side	
Ancient Grain Salad	R110
A generous portion of quinoa, peas, tomato, onions, cucumber, chickpeas and roasted seeds with a special dressing	
*Optional extra chickenless portion	R15

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 or add us to your list of chosen beneficiaries on your existing MySchool account.



DOCS TO WATCH

1. What The Health
2. Dominion
3. The Game Changers
4. Earthlings
5. Okja
6. Cowspiracy
7. Forks Over Knives
8. Dairy Is Scary
9. Food for Thought
(Ashers featured)
10. Milked

Wi-Fi available

Chilled n Refreshing

Coffee Frappé	R70
Chai Spiced Frappé	R70
Berry Bomb Smoothie	R75
Vitamin C and other essentials, enjoy the blend of strawberries, acai powder, dates & bananas	

Soya or Almond milk



* - subject to availability

Please advise waiters of any allergies

www.ashersfarmsanctuary.org

All Day Options



Asher's All day Breakfast R95

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

Tofu Toast R85

(white, brown, rye or seeded bread)

Scrambled tofu and mushrooms on toast with fresh tomato and onion on the side

Or
Grilled tofu on toast with soya sauce, fresh tomato and onion on the side

Mezze Platter R110

Grilled pita pockets, salad cuts, dolmades, falafel, olives and feta with a hummus dip

Pasta R99

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

Or
Asher's homemade basil pesto spaghetti pasta served with mushrooms and topped with cheese

Baked Potato R75

Baked potato with onion, mushrooms and a special sauce with a side salad

Avo Toast R75

(white, brown, rye or seeded bread)

Avo* on toast with roasted seeds, fresh tomato and onion on the side

Buddha bowl R115

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

Tramezzini R95

With side salad or fries

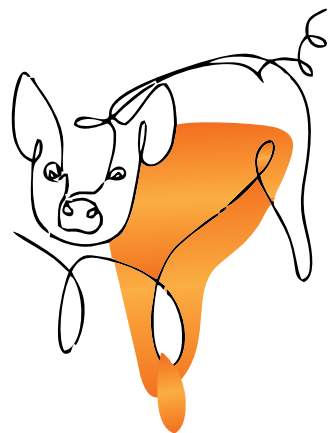
Cheese and mushroom

or
Spinach, feta and olives

or
Cheese and tomato

Falafel in Pita R95

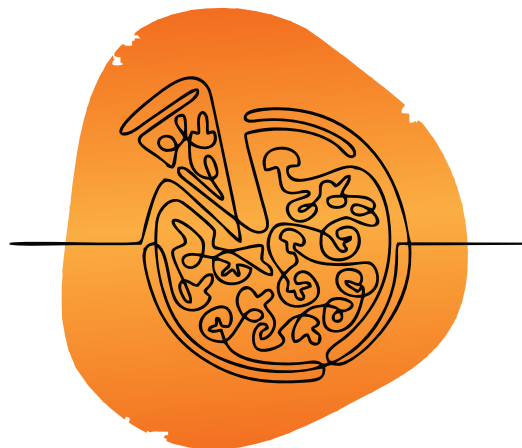
Toasted pita lined with hummus, filled with salad, falafel, sauerkraut and gherkins, all drenched in a tahini drizzle



Oven Baked Pizza

Classic Margherita R65

Additional toppings of your choice:		Onions	R7
Mushrooms	R10	Tomato	R7
Green peppers	R7	Avo*	R10
Olives	R10	Feta Cheese	R10
Asparagus	R10	Spinach	R7
Veg Polony	R15	Soya Mince	R15
Artichoke	R10	Chickenless Portion	R15



Protein Fans

The Asher's Burger R120

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

The AFL Burger R120

(Asher's take on a fried plant-based chicken burger)
Served on a hamburger bun with shredded lettuce, fresh tomato and our speciality mustard mayo sauce with fries on the side

The Unbelievable Burger R120

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 R125

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

The South African R155

A generous portioned meal for the "meat lover" with fried onion rings, cauliflower wings, mushrooms in batter, sticky ribs, chunky potato wedges and our famous 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.

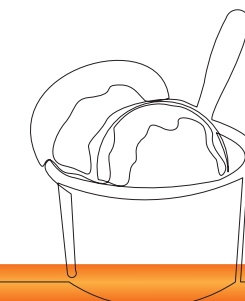
Account Name:
Asher's Farm Sanctuary
Bank Name: FNB
Branch Name: Menlyn
Branch Code: 525-445
Acc Number:
62706525302

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.

For the sweet tooth

Ice cream with sprinkled nuts and syrup	R65
Flapjacks with nuts, cream and chocolate sauce	R80
Waffle with syrup and cream or ice cream	R80



* - subject to availability

Please advise waiters of any allergies