

**VEGANISM** is a way of living which seeks to exclude, as far as is possible and practicable, all forms of exploitation of 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	R28
Appetizer / Grapetizer	R34
Iced Tea	R31
AFS Mineral / Sparkling Water	R23
Kombucha Selection 500ml	R55

*Warm n Cozy*

Rooibos OR Five Roses OR Herbal Tea	R25
Americano	M-30 / L-R38
Cappuccino Foam / Cream	M-38 / L-R40
Marshmallow & Cream Hot Chocolate	R60
White Hot Chocolate	R60
Café Latte	R45
Chai Latte	R45

available

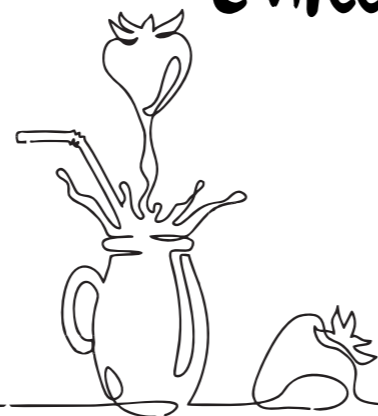
**Rich n Thick Shakes**

Cotton Candy	R72
Strawberry Marshmallow	R72
Cookie Monster	R72
Peanut Butter Crunch	R72
Banana Bomb	R72
Mylk Tart	R75
Baby shakes (All flavours)	R45

Wi-fi

**Chilled n Creamy**

Coffee Frappé	R60
Chai Spiced Frappé	R60
White Chocolate Frappé	R60



Swap Soy for Almond or Oat milk R10

**Chilled n Creamy Smoothies**

<b>NEW Green Smoothie</b>	R65
Packed with plant-based protein & antioxidants, spirulina powder, fresh spinach, pumpkin seeds & banana combo	
<b>NEW Berry Bomb Smoothie</b>	R70
Vitamin C and other essentials, enjoy the blend of strawberries, acai powder, dates & banana	

**For Little Fingers**

<b>Grilled Cheese Sandwich</b>	R55
Grilled cheese and sliced tomato on your choice of either white, brown, or rye bread served with a side of baby fries	
<b>Mini Pita Pockets</b>	R45
3pc Mini pita pockets stuffed with cheese, grilled to perfection, and served with a side of baby fries	
<b>Toasted Chick'n Mayo</b>	R60
Served with a side of baby fries	

For a GF-version, enquire with your waiter / \* - subject to availability 100% plant-based menu

*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 ABILLIONVEG APP**

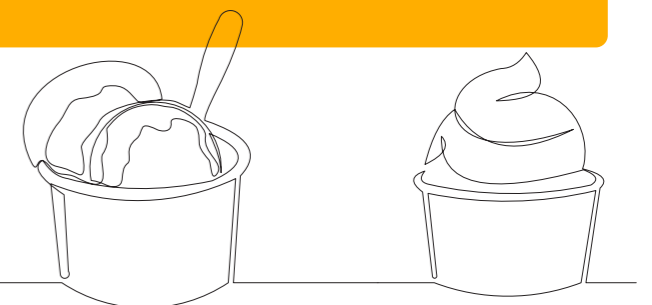
Abillionveg is a world-wide vegan based app that lets users earn credit when they post honest reviews about plant-based food and establishments, as well as cruelty-free consumer products, from anywhere in the world. These credits can be converted into donations for any other farm animal sanctuary partnered 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!



*For the sweet tooth*

NEW

Ice cream with sprinkled nuts and syrup	R60
Chia berry dessert	R80
Cupcake -ask your waiter	R25





## Main Meals

**NEW All day Breakfast** R75  
Scrambled tofu with spinach and mushrooms on toast

**Soup of the day** R55  
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)

**NEW Pasta of the day** R85  
Freshly made pasta every day in our kitchen. Our pasta dishes are served with a mouth watering sauce and aromatic fresh ingredients  
(Ask your waiter for the special of the day)

**The South African** R125  
Delicious mixed basket for the "meat lover" with fried cauliflower wings, crumbed mushroom, sticky ribs, samoosas, onion rings, and chunky potato wedges served with our homemade tartar sauce

**NEW Mezze Platter** R85  
A platter of salad, greek dolmades, and mixed olives, centered around a flavoured homemade hummus dip OR a homemade tzatziki dip with falafel balls and toasted pita pockets

**The Mexican** R95  
Baked fold over stuffed with salsa, roast vegetables, chilli mayo and crispy chickenless fillet and topped with a mild chilli cheese

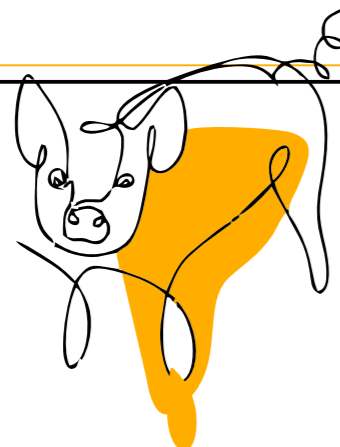
**The Mediterranean** R95  
Freshly baked flatbread, spread with homemade hummus, salad, chargrilled eggplant, crispy, marinated chickenless fillet and topped with tzatziki

**NEW Pesto Couscons** R75  
Roasted veggies on a bed of couscous with delicious homemade pesto

**NEW Falafel in Pita** R85  
Toasted pita with falafel balls in salad with homemade basil pesto

**NEW Peperonata** R80  
Brinjal, green pepper and onion on savoury pancake

**NEW Tramezzini** R70  
With side salad or chips  
Spinach and mushroom  
Spinach and Feta  
Cheese and Tomato



For a GF-version, enquire with your waiter / \* - subject to availability  
100% plant-based menu

## Burger Fans

**The Beyond™ Tower** R199

Two beyond meat patties stacked on a bed of crisp lettuce, fresh tomato, grilled onion, topped with a melted \*cheddar slice, gherkin, and our special homemade burger sauce on a toasted, seeded bun

**The AFC Burger** R90

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

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

**The Beyond™ Burger** R125

The beyond meat patty on a bed of crisp lettuce, fresh tomato, grilled onion, topped with gherkin and our homemade burger sauce on a toasted, seeded bun

**The Unbelievable Burger** R85

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

## Sides

Fries GF R40

Fresh Coleslaw GF R20

Onion Rings R25

Crumbed Mushrooms R55

Side Salad GF R45

NEW Beyond™ Sausage R35

NEW Roasted Veggies R40

GF - gluten free / \* - subject to availability / 100% plant-based menu

## 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

SnapScan

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 / snacks in the program. Book your tour in advance on our website.

### DOGS 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