

Jourah café





LOUNAH

{loo-nah}

Lounah, named after my twins, Louis and Hannah, opened its doors in 2021. We built this eatery from a mother's love for her children and our focus was to be much more than just another restaurant. It has always been more than just a place to eat, a place where our love for good and beautiful food, our love for the community and togetherness, is cherished.

We hope that when you visit Lounah, you feel our love for what we do; you leave with something more; and you long for your next visit.

We are proud of what we've built and we are excited to share this with you.

With Love,
Aneina

Owner and Founder



*we are a cashless facility
please let us know should you have any allergies*

501 Main Road, Groenvlei, Paarl

Monday - Friday
8am - 4pm
(kitchen closes at 3pm)

Saturday
8am - 3pm
(kitchen closes at 2pm)

we cater for functions - big or small
info@lounah.co.za | +27 60 959 1436



quick & easy

breakfast

CROISSANT | 40

plain butter croissant

TRADITIONAL MELKKOS | 75

creamy melkkos & cinnamon sugar

BANANA BREAD & HONEY | 55

toasted banana bread | butter | honey

MUSHROOM & EGG TOAST | 85

thyme butter mushrooms | poached egg |
parmesan | toasted sourdough

AVOCADO & FETA TOAST | 95

smashed avocado | feta | chilli oil | lemon zest
| toasted sourdough
+ egg 15
+ crispy bacon 35

classic lounah

benedicts

CLASSIC BACON BENEDICT | 120

toasted English muffin | crispy streaky
bacon | two poached eggs | hollandaise |
chives

MUSHROOM & TRUFFLE BENEDICT (V) | 115

toasted English muffin | thyme mushrooms |
two poached eggs | hollandaise | truffle oil

SMOKED SALMON & AVOCADO BENEDICT | 165

toasted English muffin | smoked salmon |
smashed avocado | two poached eggs |
hollandaise | dill | lemon

**gluten free english muffin available*

**english muffin can be substituted for
sourdough or ciabatta*

**substitute english muffin for
croissant +25*

something

sweet

MONARCH FRENCH TOAST | 125

coffee drenched croissant | cinnamon sugar |
berry compote | whipped cream | honey
+ crispy bacon 35

DATE & COCONUT GRANOLA | 95

homemade date granola | yogurt | seasonal
fruit | honey

breakfast

favourites

ROASTED BUTTERNUT & EGGS (V) | 95

roasted butternut | brown butter | sage |
poached eggs | feta | toasted sourdough
+ *streaky bacon* 35

SHAKSHUKA | 125

slow braised tomato & chorizo ragù |
mushrooms | spinach | poached eggs | feta |
chickpeas | toasted ciabatta

JALAPENO & CHEDDAR WAFFLE | 145

jalapeno & cheddar waffle | crispy chicken |
bacon | avocado | fried egg | maple syrup

FARMER'S BREAKFAST | 155

two eggs of your choice | toasted ciabatta |
roasted tomatoes | thyme mushroom |
boerewors | streaky bacon

THREE EGG CHEESE OMELETTE | 70

three eggs | white cheddar
+ *field mushrooms* 20
+ *tomato (fresh OR roasted)* 15
+ *feta* 20
+ *crispy bacon* 35
+ *smoked salmon* 45
+ *avocado* 35

SPICED BEEF & EGG FLATBREAD | 120

spiced beef mince | fried egg | roasted
tomato | feta | warm flatbread
+ *avocado* 35

hot pressed

croissants

BACON, EGG & CHEESE | 105

crispy streaky bacon | fried egg | cheddar &
parmesan | tomato relish

CHICKEN, AVOCADO & MOZZARELLA | 125

herb roast chicken | avocado |
mozzarella | green mayo

ITALIAN CROISSANT | 120

salami | tomato | mozzarella | basil pesto

FETA, ROASTED PEPPER & PESTO (V) | 100

feta | roasted peppers | basil
pesto | avocado | rocket



bouls & wraps

SMOKED SALMON POKE BOWL | 170

black rice | smoked salmon | avocado |
cucumber ribbons | pickled ginger |
kimchi | edamame beans | radish | mayo |
crispy rice paper

ROASTED AUTUMN VEG BOWL (VV/GF) | 105

red quinoa | roasted butternut | baby marrow |
tenderstem broccoli | avocado | toasted seeds |
tahini dressing
+ *harissa chicken fillet 35*

SOUP OF THE DAY | 85

soup of the day | ciabatta cheese toastie

ROASTED CHICKEN CURRY | 120

roasted chicken | fragrant coconut curry |
jasmine rice | roasted cauliflower |
broccoli | coriander

SLOW BRAISED BEEF (GF) | 160

slow braised beef & butternut | mash potato |
caramelised onions | herb yoghurt

ASIAN CHICKEN WRAP | 135

crispy buttermilk chicken | mayo | rocket |
kimchi | avocado | asian soya glaze
substitute kimchi for bacon

ROAST VEG & FETA WRAP (V) | 120

roasted butternut | baby marrows | peppers |
feta | sundried tomato pesto | rocket
+ *field mushrooms 20*
+ *avocado 35*
**vegan - substitute feta for mushrooms*

sandwiches & buns

HAM, CHEESE & ONION TOASTIE | 105

pressed sourdough | smoked ham |
cheddar | caramelised onions | sundried
tomato pesto

CLASSIC CHICKEN MAYO | 110

sourdough | classic chicken mayo with
gherkin & red onion | basil pesto | rocket
+ *feta 20*
+ *crispy bacon 35*
+ *avocado 35*

CORONATION CHICKEN ON TOAST | 115

sourdough | lightly curried chicken mayo |
golden raisins | toasted almonds | coriander

BRAAIBROODJIE (V) | 95

sourdough | tomato | two cheese |
caramelised onions | chutney
+ *crispy bacon 35*
+ *sirloin steak 45*

LOUNAH BEEF BURGER | 155

2 x 100g pure beef patties | white cheddar |
lettuce | caramelised onions | brioche bun |
mayo | handcut fries

hot + cold drinks

Espresso	28
Cortado	34
Americano	30 35
Cappuccino	36 42
Latte	42
+ add syrup (Vanilla Hazelnut Caramel Mocha)	10
Flavoured Latte (Matcha Rooibos Beetroot Turmeric)	45
Flat White	38
Cafe Bombon - Double Espresso Condensed Milk	34
Dark Hot Chocolate	38 44
Chai Latte	38 44
Red Cappuccino	38 44
Dirty Chai - Chai Latte Espresso shot	45
Rooibos Chai Latte - Chai Latte Rooibos espresso shot	45
Tea (Earl Grey Rooibos English Breakfast Mint Green Tea)	30
+ Decaf	+8
+ Add Almond Milk Oat Milk	+ 10
Water Still & Sparkling 500ml 1 litre	25 40
Soft Drinks - Coke Coke Zero	30
Appetizer Grapetizer	45
Glass of Apple juice Glass of Orange juice	35
Coldpressed Juices (Red Green Yellow)	50
Bos Ice Tea (Peach Sparkling Strawberry)	35
Homemade Cordial & Soda	35
Fresh Red Rooibos Espresso with Apple Juice	45
Iced Chai Latte	45
Iced Coffee French Vanilla Iced Coffee	50 52
MILKSHAKES	
Vanilla	55
Strawberry & Shortbread	55
Oreo OR Chocolate	55
Peanut Butter	55
SMOOTHIES	
Tropical - Mango, Pineapple & Orange Juice	65
Green - Mango, Pineapple, Spinach & Apple Juice	65
Very Berry - Mixed Berries, Yogurt, Honey & Milk	65
Peanut Butter Bomb - Peanut Butter, Cacao, Banana & Oat Milk (VV)	65
Carrot Cake - Chai, Banana, Carrot, Yogurt, Chia Seeds, Cinnamon	65
Mocha - Espresso, Yogurt, Coconut milk, Cacao	65
Add 1 scoop "13 nutrition" vanilla whey protein	+35

alcoholic drinks

COCKTAILS | SPRITZERS

Bloedlemoen Gin & Tonic	75
Andiamo Spritz	80
Cheeky Monkey Mimosa	75
Espresso Martini	85

BEERS

CBC Lager	45
Devils Peak Lager	45
Devils Peak Lite	45
Castle Light	35
Savanna Light	45

WINES

Bosman Family Vineyards

Bosman Generation 8 Chenin Blanc 2025	190
Bosman Generation 8 Shiraz 2025	190

Doolhof Wine Estate

Mountain Range Sauvignon Blanc	230
Mountain Range Malbec/Merlot	230

La Motte

La Famille Sauvignon Blanc	250
Vin de Joie Rosé	290
Millennium	280

Allée Bleue Wine Estate

Blue Owl Collection Pinotage 2021	210
Blue Owl Collection Chardonnay 2024	210
Estate Collection Shiraz Rosé 2025	260
Estate Collection Chenin Blanc 2025	300

Lounah House White Glass	50
Lounah House Red Glass	55

Moreson Miss Molly Cap Classique	60 275
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