



23 GLEN DRIVE VERWOERDPARK ALBERTON

082 924 9996

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BREAKFAST



Early Bird - 1 slice of toast, 1 egg, 2 rashers of bacon, fries and a slice of tomato - **R49**

Big Soul - 2 Slices of toast, 2 eggs, 3 rashers of bacon, fries and a slice of tomato - **R65**

Halloumi and Avo Breakfast Bowl - 2 eggs served on 3 slices of halloumi topped with sliced avocado, served with grilled cherry tomatoes - **R69**

French Toast - a classic breakfast dish made with 2 slices of bread soaked in a mixture of eggs and milk, then cooked until golden brown. Choose one of the following options.

- Syrup - **R25**
- Syrup, seasonal berries, and a dollop of cream - **R39**
- Bacon and cheese and a drizzle of syrup - **R45**

Granola - Seasonal fruit, plain yogurt, honey and muesli - **R55**

Add a filter coffee for just R10 to any of our breakfasts



LUNCH

BREAD AND BUTTER

The "Bread and Butter" section of our menu is perfect for those who love to customize their meals. With a variety of fillings to choose from, you can create your own toasted sandwich or tramezzini just the way you like it.

Base - Toasted sandwich (R25), Tramezzini (R40)
(Served with fries or side salad)

Filling options - bacon (R10), ham (R7), egg (R7), cheddar (R7), mozzarella (R10), avo* (R10), chicken mayo (R15), tomato (R5), feta (R10)

THE LOADED WITCHES - R65 (Served with fries or side salad)

The perfect menu item for sandwich lovers who want to taste something truly magical! The Loaded Witches are made from two slices of ciabatta bread and loaded with fresh and delicious toppings that are sure to bewitch your taste buds.

(Swop the ciabatta for healthy bread at no extra cost)

Chicken Mayo Witch - honey glazed bacon loaded with chicken and mayo topped with sliced avo*.

Bacon, Avo, Feta Witch - loaded with mozzarella cheese topped with bacon bits, avo* and feta, garnished with olives and served on a tomato and sweet basil base.

THAT'S A WRAP

Chicken Wrap - crumbed chicken, tomato, lettuce, cucumber and cheddar cheese, drenched in Soul Sista sauce - **R59**

Bacon, Avo and Feta Wrap - bacon, avo, feta, lettuce and cucumber - **R65**

SOUL SUB - R59

In true street food style, The Soul Sub is a spin on the classic Spatlo but served on a sub. Packed with fries, russian, and cheese, and smothered in our famous Soul Sista sauce, this sub is not for the faint-hearted.



SINNERS AND SAINTS BURGERS



The Mary - Made with a pure beef patty, this burger is nothing but pure goodness. You really don't need anything else - **R50**

The Zachheus - Looking for a burger that's pure indulgence and pure grace? Look no further than our Zachheus cheeseburger! Each bite is heavenly, so come on and treat yourself to something both sinful and divine - **R55**

The Delilah - This sweet chilli burger is a tantalising treat that surprises the taste buds with a delicious blend of sweet and spicy flavours. Despite its unassuming appearance, this burger packs a punch that will leave you craving for more - **R55**

The Lucy - With its "hot as hell" chilli sauce and bold seasoning, this burger is not for the spiritless. Bite into it if you dare! - **R55**

The Taboo - Satisfy your cravings with our indulgent bacon and cheeseburger. Each bite is a temptation you won't be able to resist. Juicy beef, crispy bacon, and melted cheese make this burger a flavour explosion in your mouth - **R65**

The New Life - This mouth-watering creation will give your taste buds a new lease on life with this burger's perfect combination of perfectly baked egg, savory bacon, and melted cheese - **R70**

The Goliath - A gigantic towering masterpiece that will put your appetite to the test! With two delicious handmade beef patties, two slices of cheese, a strip of bacon, and our special "Chris sauce" this burger is a real monster. But come on, you can defeat this one! - **R85**

The Gideon - Indulge in the guilt-free pleasure of our golden crumbed chicken burger, because sometimes it's okay to be chicken - **R55**



SOMETHING SWEET



Bar One Waffle

Muffins

Chocolate - R20

Blueberry - R20

Scone with butter - R20

Add one of the following extras
Jam (R5), Cheese (R7), Cream (R10)

Waffles

Plain Jane - For the less is more crowd... two mouth-watering Belgian waffles, topped with a generous dollop of ice cream or cream and served with sweet delicious maple syrup - **R35**

Bar One Delux - For a waffle experience that goes beyond plain, try our Bar One Deluxe Waffles! Two Belgian waffles smothered in rich Bar One sauce and topped with chunks of the delicious Bar One. Served with Ice cream or cream and maple syrup - **R55**

Don't forget to check out our selection of sweet and savoury treats available in our deli.

DRINKS

Filter Coffee - R15

Tea - R15 (Rooibos or Black)

Americano - R23

Cappuccino - R28

Caffé Latte - R28

Espresso - Single R18
Double R22

Spoorweg Coffee - Strong, filter coffee served with loads of condensed milk - **R30**

Ca Phe Sua Da (Vietnamese Iced Coffee) - Strong filter coffee, with sweetened condensed milk, served in a tall glass filled with ice - **R30**

Iced tea - R25

Soft Drinks - R15 (Fanta, Coke, Coke Zero, Cream Soda, Sprite and Sprite-Zero)

Juice - orange, mango and orange, pineapple and orange, guava

Small - **R15**

Large - **R25**



Milk Shake - R29 (Vanilla, Lime, Chocolate, Strawberry and Bubblegum)

Soul Shakers - R45 (Death by Chocolate and Cookies and Cream)

FOR INTEREST SAKE



Some interesting facts and trivia about Soul Café and some of our menu items.

Origins of the Soul Cafe concept - Inspired by Leonard Sweet's book Soul Cafe, a concept of a refreshing approach to creating a welcoming and inclusive community, a group of individuals came together to create a space where people can gather and bond over food. From sharing meals to intimate conversations, the concept is centered around the idea that food can bring people together just like Jesus did.

Spoorweg koffie is a popular South African drink that translates to "railway coffee" in English. It is a strong-filter coffee enjoyed with a generous amount of condensed milk. The drink is said to have originated from the railway workers who would brew strong coffee on their trains during breaks. Spoorweg koffie is a beloved staple beverage in many South African households and is often served during social gatherings or when camping.

Vietnamese iced coffee, also known as Ca Phe Sua Da, is a delicious and refreshing drink that originates from Vietnam. It is made by combining dark roasted coffee with sweetened condensed milk and then serving it over a tall glass filled with ice.

Soul Sista Sauce - is a mouth-watering pink sauce that is a secret invention by Chris Britz. This delectable sauce is made of a combination of mayonnaise and other condiments. Its unique blend of flavors and creamy texture make it a perfect complement to any dish. The sauce is known for its versatility and can be used as a dip, dressing, or spread.

The Chris Sauce is a versatile condiment created by Chris Britz that can be used as a basting sauce or a burger sauce. Its unique blend of ingredients gives it a flavor that is both savoury and sweet, making it a perfect addition to any dish. Its smooth and creamy texture makes it easy to spread on your favourite meat or use as a dipping sauce.

The Loaded Witches - The Loaded Witch is a sandwich name that takes inspiration from two completely different sources. The first is the word sandwich in which the second part of the word sounds like witch. But other than how it sounds the word sandwich has nothing to do with sand witches, but has its origins from John Montagu, 4th Earl of Sandwich, who was credited with inventing the first sandwich.

The second source is the story of the Witch of Endor, who was a medium, approached by King Saul of Israel to summon the spirit of the prophet Samuel. Despite initially refusing to do so, she ultimately succeeded in bringing Samuel's spirit forth from the afterlife. The story continues to be a subject of interpretation and debate among scholars and theologians.

The Sinners and Saints Burger section - why all the Biblical names? Sinners and saints are two terms that are often used to describe people in religious contexts and is often used as a tool of judgement. We believe that all are created in God's image and inherently good. We also believe that everybody sins and that the distinction between sinners and saints is often subjective and varies depending on one's beliefs and values. Therefore, it's important not to judge others based on their perceived sins or saintliness. Regardless of whether we are perceived as sinners or saints, we are all covered by the grace of God. We used these different Sinners (sins) and Saints (blessings) in the Bible to help illustrate this... and because it is FUN.

The Mary - Mary the mother of Jesus, is one of the most revered figures in Christianity. According to the Bible, Mary was a young woman who was visited by the angel Gabriel and told she would give birth to a son, Jesus, who would be the Son of God. Mary was known for her unwavering faith and devotion to God, and she played a crucial role in the life and ministry of Jesus. She was present at his birth, his crucifixion, and his resurrection. Mary is often depicted as a symbol of purity and motherly love.

The Zacchaeus - Zacchaeus is a biblical figure primarily known for his encounter with Jesus Christ. He was a wealthy tax collector who lived in the town of Jericho. Despite his wealth, Zacchaeus was not well-liked by the people of Jericho, who saw him as a collaborator with the Roman authorities and a greedy man who took advantage of his position. Despite his unpopularity, Zacchaeus was curious about Jesus and wanted to see him when he passed through Jericho. Being a short man, he climbed a sycamore tree to get a better view of Jesus. Jesus saw him in the tree and invited himself to Zacchaeus's house, which caused a stir among the people of Jericho. During the meal, Zacchaeus was transformed by Jesus's presence and promised to give half of his wealth to the poor and to repay anyone he had cheated four times the amount. This encounter with Jesus is seen as a symbol of the transformative power of faith and the power of redemption in the face of social stigma and prejudice.

The Delilah is best known for her role in the story of Samson, a judge of Israel who possessed great strength. Delilah was a Philistine woman who was approached by the Philistine rulers to discover the secret of Samson's strength, as they wanted to capture and subdue him. Delilah repeatedly questioned Samson about the source of his power, but he gave her false answers. Eventually, Samson revealed to her that his strength came from his uncut hair. Delilah betrayed Samson and cut his hair while he was sleeping, causing him to lose his strength and be captured by the Philistines. The story of Samson and Delilah is often used as an example of the dangers of succumbing to temptation and the importance of being honest and true to oneself.

The Lucy - Lucifer is a name that appears in the Bible, although it is not used to refer to the devil as many people assume. In fact, the name appears only once in the King James Version of the Bible, in Isaiah 14:12, where it is used as a metaphor to describe the fall of the king of Babylon. The name "Lucifer" comes from the Latin word for "light-bearer" and was used to describe the planet Venus, which was seen as a symbol of light and beauty. Over time, however, the name became associated with the devil and is now often used as a synonym for Satan. Despite this popular association, the Bible itself does not use the name Lucifer to refer to the devil.

The Taboo - In the Old Testament, the consumption of pork was considered unclean and forbidden according to the Jewish dietary laws. This prohibition is outlined in the book of Leviticus, where it is listed as one of the animals that should not be eaten. The reasons for this prohibition are not entirely clear, but it is believed that the pig was considered unclean due to its scavenging habits and the potential for disease transmission. Despite this, not all Israelites adhered to these dietary laws, and there are accounts in the Bible of people consuming pork. However, it was generally considered a taboo food and was avoided by those who followed the laws strictly.

The New Life Burger - The egg is a powerful symbol in Christianity that represents new life, resurrection, and rebirth. According to Christian tradition, the egg symbolizes the empty tomb of Jesus after his resurrection. Just as a chick hatches from an egg and begins a new life, Christians believe that through Jesus's death and resurrection, believers can have eternal life. The egg is often used during the Easter season and is a reminder of the hope and new beginnings that come with the resurrection of Jesus Christ. Additionally, the egg is frequently associated with the concept of forgiveness, as it is believed that just as a chick hatches from an egg with a clean slate, Christians can begin anew with a clean slate through the forgiveness offered by Jesus.

The Gideon - In the Bible, Gideon is known for his initial fear and timidity in the face of adversity. When God called upon him to lead the Israelites against their enemies, Gideon was hesitant and afraid, or in modern metaphorical language, Gideon was a chicken. However, with the guidance and encouragement of God, Gideon overcame his fear and went on to become a powerful leader, leading his people to victory in battle. This story serves as a reminder that even the strongest and bravest among us can experience fear and doubt, but with faith and perseverance, we can overcome our fears and accomplish great things.

The Goliath - in the Bible, Goliath is a giant Philistine warrior who was defeated by the young shepherd David in a legendary battle. He is described as being over nine feet tall and wearing heavy armor. Goliath challenged the Israelites to send out a champion to fight him, but they were too afraid. David, however, stepped forward and defeated Goliath with a single blow from a sling and a stone. The story of David and Goliath has become a symbol of the triumph of the underdog and the power of faith and courage.