

THE OLD SOUL

DINNER MENU

plant-based surinamese soul food

DISHES

SURINAMESE SOUP OF THE MOMENT (GF) 9.5

OKRA WITH TOFU (GF) 15
stir-fried with tomato paste topped with thai basil

RED CABBAGE TOPPED WITH KELEWELE (GF) 11
stir-fried red cabbage with cinnamon plantain

OYSTER MUSHROOM BATJAW (GF) 15
topped with fresh radish and sunflower cress

POMTAJER CROQUETTES 8
with pickled onions and piccalilly mayonaise

SPICY LONGBEANS (GF) 9
in a creamy coconut sauce with crunchy peanuts

FRIED CASSAVA (GF) 6.5
served with celery mayonnaise

TEMPEH SKEWER 11
with peanut sauce, fried onions and spring onion

JERK SEITAN 16
served with mashed yam and popped wild rice

HERI HERI (GF) 16
cassave, plantain, sweet potato topped with spiced coconut oil and a rich tomato sauce

SIDES

PICKLES (GF) 5
pickled cucumber and bittermelon

ROTI SHEET 5.5
flaky roti served with whipped butter and masala spices

MOKSI ALESI (GF) 6.5
a bowl of spiced rice with beans

DESSERTS

BOJO (GF) 8.5
cassava cake with coffee caramel sauce and almond crisp

COCONUT PUDDING 7
with hibiscus sauce and ginger crumble

TOS CHOICE MENU

SMALL CHOICE 35 p.p
a 4-dish surprise menu

OLD SOUL CHOICE 48 p.p
a 6-dish surprise menu

ABOUT US

Welcome to **The Old Soul!**
We serve plant-based Afro-Surinamese soul food that's nourishing, bold and sustainable. Rooted in tradition, our dishes are re-imagined with care and creativity.

Thank you for joining us.

Curious about our ingredients or story? Just ask – **we'd love to share.**

THE OLD SOUL

DRINK MENU

COCKTAILS

GINGER PARADISE gingerbeer, vodka, lemon and almond syrup	15
TAMALIN TONIC tamarind, gin and tonic	15
SJOEROE PUNCH orange, hibiscus, rum and cinnamon	13
GINGER SOUR (MOCKTAIL) ginger, lemon, almond syrup and sparkling water	10

BEER

PARBO BEER, 33CL/1L 5% smooth, refreshing, and mildly bitter taste, with notes of bready malt and fruity esters	6.5/19.5
IJWIT, 6.5% a fresh and strong white beer brewed with lemon and coriander seeds	6.25
HEINEKEN, 0.0% the low alcohol version of Heineken	4.5
HEINEKEN, 4% clean and crisp, with a balance of mild malt sweetness and a signature light hop bitterness	4.5
CORONA, 4% fruity-honey aromas and a touch of malt	5.5

WINE

PINOT GRIGIO citrus, fresh, light and accessible	6.25
CHARDONNAY fresh, fruity and light	5.75
CABERNET SAUVIGNON accessible fruity red wine	6

OTHER

SJOEROE ICED TEA hibiscus iced tea	5.5
ORGEADE surinamese almond drink	5
GINGA BIRI homemade gingerbeer	5.5
MINT/GINGER TEA	4.5
ESPRESSO	3.25
LUNGO	3.25
LATTE MACCHIATO	4
CAPPUCCINO	3.75
CHAI LATTE	4.25
ROSE LEMONADE	4
COLA/COLA ZERO	4
SPARKLING WATER 0.5L	4.85
COCONUT WATER	4.75
APPLE JUICE	4.5
FRESH ORANGE JUICE	4.75