

# THE OLD SOUL

## LUNCH MENU

FROM 12:00-15:00

plant-based surinamese soul food

PITA SANDWICHES

<b>POM*</b> oven roasted pomtayer, lettuce and pickles	9.5
<b>POM CROQUETTES</b> croquettes made out of pomtayer served pickles	12
<b>BATJAW JACK*</b> jackfruit marinated saltfish style	8.5
<b>STICKY TEMPEH</b> tempeh in a sticky soy marinade	8.5
<b>VEGAN PORK CHOP*</b> spicy marinated oyster mushrooms	9
<b>CHAR SIU*</b> barbecue oyster mushrooms	10
<b>SPICY FRIED CHICK'N</b> crispy cauliflower, chili, sesame seeds and spring onion	12

\*CAN BE MADE GLUTEN-FREE

SALADS

<b>OKRA SWEET POTATO (GF) SALAD</b> with red onion, lettuce and mustard vinaigrette	12
<b>SOPROPO SALAD (GF)</b> bittermelon, radish, pecans and a sweet sesame dressing	16
<b>MANGO QUINOA SALAD (GF)</b> red cabbage, lima beans and a fresh mango dressing	16
<b>PETJIL</b> longbeans, white cabbage, tempeh and peanut sauce served with cassava chips	15

SOUPS AND ROLLS

<b>ROTI ROLL</b> masala potatoes, pumpkin, chickpeas and longbeans	16
gluten-free option +1	
<b>SURINAMESE SOUP OF THE MOMENT (GF)</b>	10

SNACKS AND SWEETS

<b>CASSAVA FRIES</b> served with celery mayonnaise	8.5
<b>POM CROQUETTES</b> pomtayer croquettes served with piccalilli mayonnaise	8
<b>BAKABANA</b> battered and deep-fried plantain	3
peanut sauce +1.5	
<b>SURINAMESE PATTIES</b> surinamese stuffed puff pastry	6.5
<b>SWEETS OF THE MOMENT</b>	6

### 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.

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## DRINK MENU

WINE	<b>PINOT GRIGIO</b> citrus, fresh, light and accessible	6.25	OTHER	<b>SJOEROE ICED TEA</b> hibiscus iced tea	5.5
	<b>CHARDONNAY</b> fresh, fruity and light	5.75		<b>ORGEADE</b> surinamese almond drink	5
	<b>CABERNET SAUVIGNON</b> accessible fruity red wine	6		<b>GINGA BIRI</b> homemade gingerbeer	5.5
BEER	<b>PARBO BEER, 33CL/1L 5%</b> smooth, refreshing, and mildly bitter taste, with notes of bready malt and fruity esters	6.5/19.5		<b>MINT/GINGER TEA</b>	4.5
	<b>IJWIT, 6.5%</b> a fresh and strong white beer brewed with lemon and coriander seeds	6.25		<b>ESPRESSO</b>	3.25
	<b>HEINEKEN, 0.0%</b> the low alcohol version of Heineken	4.5		<b>LUNGO</b>	3.25
	<b>HEINEKEN, 4%</b> clean and crisp, with a balance of mild malt sweetness and a signature light hop bitterness	4.5		<b>LATTE MACCHIATO</b>	4
	<b>CORONA, 4%</b> fruity-honey aromas and a touch of malt	5.5		<b>CAPPUCCINO</b>	3.75
SMOOTHIES	<b>AVOCA-DUO</b> avocado, banana, lime and vanilla	6.25		<b>CHAI LATTE</b>	4.25
	<b>GREEN SMOOTHIE</b> spinach, banana, apple and almond milk	5.75		<b>ROSE LEMONADE</b>	4
	<b>SOURSOP SMOOTHIE</b> soursop, coconut milk and agave	6		<b>COLA/COLA ZERO</b>	4
				<b>SPARKLING WATER 25CL/50CL</b>	3.75/4.85
				<b>COCONUT WATER</b>	4.75
				<b>APPLE JUICE</b>	4.5
				<b>FRESH ORANGE JUICE</b>	4.75
				<b>DROP DA BEET</b> beetroot, apple, carrot and ginger	9
				<b>SWEETNESS</b> sweet potato, green apple and ginger	9