



BREAKFAST

FROM 8 TO 11:30AM



FROM THE FOODBARN BAKERY

FROM 8 AM



Specials

Plant-Based Special 88
Lentil tagine with coconut & curry leaves, glazed pearl onions & roasted cherry tomatoes

Vegetarian Specials 88
Mild fresh goats cheese, ripe avo, olive oil, Noordhoek vinegar, red pepper flakes and sourdough toast

Big green poached eggs: pea & mint pesto on toasted sourdough, tender stem, courgette & edamame, pecorino shavings. 132
Served with olive oil & lemon wedge or hollandaise sauce.

Sammy's Toasted Croissant: whipped labneh with dill, smoked trout, watercress, capers & olive oil. 115

Chia Seed & Coconut Porridge 78
Served with fruit and toasted coconut flakes

Poached Eggs "Benny" 90
Hollandaise sauce, cherry tomatoes & your choice of:
Potato rosti or corn fritter

•add bacon 40

•add smoked salmon trout 45

•add mushrooms & baby spinach 35

Persian Benny: poached eggs on a potato fritter, wilted greens, spicy chickpeas, sautéed cherry tomatoes, edamame beans & chili dusted hollandaise 132

Niçoise Ratatouille 88
With poached eggs and toasted sourdough and "pisto"

Eggs ranchero: spicy red kidney beans topped with 2 free range eggs and cheddar, baked in the oven 87

Sourdough toast "Florentine" 115
With pesto, wilted spinach, 2 poached eggs, creamy emmental sauce & toasted almonds

Whole Goose 135
Two eggs (scrambled or poached), bacon, tomato, mushrooms, porkie, home cut fries, juice, toast & preserves

Foodbarn Fresh 82
Muesli or granola, Greek yoghurt, fruits in season, drizzled with honey

Le Petit 87
An egg (scrambled or poached), bacon, tomato, mushrooms, toast & preserves

Breakfast Enchilada 92
Mexican beans, cheddar, shredded cabbage, tomato and red onion with scrambled egg

Raw Breakfast 85
Avocado, cucumber, fresh mint, tomato & rocket with toasted seeds on your choice of bread



We press fresh juices everyday
please ask about today's flavours

House Pressed Juice R46

House Health Shot R18

Freshly Baked Croissants 32
(The very best in the Deep South)
Served with preserves 40

Lightly Spiced Carrot Cake 48
Served with cream cheese frosting

Baked Cheesecake 57
Topped with fresh fruit & berries

French Crêpes with Cinnamon Sugar & Syrup (Half | Full) 45|82
Served with cream or ice cream

Caprese Panini 85
Toasted homemade panini with mozzarella, tomato confit, nut free pesto & fresh basil (V)

Moroccan Chicken Panini 85
Toasted homemade panini with mozzarella, free range chicken, harissa mayo, candied onions, fresh coriander

"Medi" Panini 90
Toasted homemade panini with brie, chorizo, bacon, roasted garlic pulp, rocket & mild chilli jam

coffee etc FROM 8 AM



Choose from:

CHEFFY BLEND

All African beans
Medium to dark roast

PEACHIE BLEND

All South American beans
Dark roast

Bottomless Filter Coffee (3 cups max) ☺ 28

Cappuccino / flat white 32/35

The Village Giant 42

Espresso / double espresso 25/32

Latte 32

Cortado 30

Hot Chocolate, Milo or Chai 37

Ceylon, Rooibos, Peppermint, Chamomile, Green or Earl Grey Tea 24

Please ask for any non dairy milk should you require

Sodas 28

Tisers 35

Milkshake 50

1 litre Still or Sparkling Purified Water 24