

# MENU

FOR FLAVOUR • FOR FAVOURITES  
FOR FRESHNESS • FOR YOU  
**FOR FAMILY • FOR FRIENDS**



[www.fornos.co.za](http://www.fornos.co.za)



# BREAKFAST

## Daybreak breakfast 62.90

Choice of toast topped with bacon, spinach & 2 poached eggs

## Fournos breakfast 89.90

2 eggs, bacon/macon, chips, 3 sausages (beef or cheese griller) & toast

## Light breakfast 69.90

Bacon, 1 egg, 2 sausages, grilled tomato & toast  
Beef or cheese griller sausages

## Omelette 69.90

3 egg omelette with mozzarella or cheddar, served with chips and toast (fillings of your choice extra)

## Rosti breakfast 89.90

Potato rosti with bacon, spinach, feta, and avo topped with a poached egg

## Salmon rosti 99.90

Smoked salmon & potato rosti with avo salsa & cream cheese

## Chicken livers 69.90

Spice dusted & pan fried with whole grain mustard, crème fraîche, served with poached eggs & toast

## Savoury crepes 74.90

2 crepes filled with creamy ham and mushroom sauce topped with 2 poached eggs and drizzled with basil pesto

## Mince on toast 54.90

Topped with fried or poached egg & a choice of toast

## Shakshuka 64.90

2 poached eggs in a tomato, chilli, onion & herb sauce, served with toast

## Smashed avo 49.90

Smashed avo, feta and a poached egg, served on your choice of toast

## Breakfast croissant 54.90

Toasted croissant filled with bacon & a choice of scrambled or fried eggs

## Fournos benedict

• Spinach & feta 82.90

• Bacon 82.90

2 poached eggs on a toasted roll, topped with a light hollandaise sauce

## Rolled oats

Rolled oats topped with:

• Peanut butter & banana 45.90

• Toasted almonds & honey 51.90

## Extras:

Tomato (fresh or grilled) 7.90

Full portion of chips 30.50

Spinach 21.90

Spinach & feta 29.90

Avocado (seasonal) 29.90

Grilled mushrooms 19.90

Grilled haloumi 31.90

Ham or bacon 24.90

Macon 29.90

Smoked salmon 48.90

Mozzarella or cheddar cheese 19.90

Beef sausage or cheese griller 25.90

Scrambled eggs & toast 31.90

Single egg (fried or poached) 7.90



## WANT IT TOASTED

	Sandwich	Croissant	Tramezzini
Cheese*	48.90	55.90	65.90
Cheese* & tomato	52.90	59.90	67.90
Ham & cheese*	65.90	71.90	79.90
Ham, cheese* & tomato	69.90	74.90	82.90
Chicken mayonnaise	59.90	65.90	71.90
Bacon & cheese*	69.90	75.90	79.90
Bacon & egg	64.90	69.90	74.90
Bacon & avo	69.90	72.90	79.90
Spinach, feta, olive & artichoke	64.90	69.90	74.90
Grilled veg, mozzarella & basil pesto	69.90	74.90	79.90

\*Mozzarella or cheddar

All toasted treats are served with chips or a side salad  
Fresh avo subject to availability



## BURGERS

All burgers served on a Brioche Bun, with pickled red onion, rocket and homemade sauce and served with chips

### Grilled chicken burger 79.90

150g sous vide deboned chicken thigh served with pickled red onion, rocket & homemade burger sauce

### Beef burger 85.90

150g pure beef patty served with pickled red onion, rocket & homemade burger sauce

### Vegetarian burger 80.90

150g falafel patty served with pickled red onion, rocket & tzatziki

## WRAPS & SALADS

### Wraps 89.90

### Salads 79.90

With a choice of one of the following:

- Avo, feta & bacon
- Avo, feta & chicken
- Roasted chicken & peppadew
- Butternut, pumpkin seed & halloumi

Our salad dressings & sauces are all homemade  
Fresh avo subject to availability

### Greek salad 59.90

### Greek wrap 59.90

Feta cheese, olives, mixed leaves, red onions, cherry tomatoes & cucumber with a olive oil vinaigrette  
Add chicken 19.00

### Wrappinni 95.90

Folded toasted wrap filled with grilled veg, pastrami and cheddar, served with a light creamy tomato and chilli sauce and chips

## FAVOURITES

### Salmon bagel 116.90

Smoked salmon, cream cheese, red onion, sliced tomato & mixed lettuce

### Ramen bowl 89.90

Soy and ginger infused consommé, filled with egg noodles, baby spinach, mushrooms topped with spring onion, sesame seeds, a medium poached egg and your choice of protein:

- Chicken
- Pork
- Broccoli

### Noodle stir fry with veg 68.90

Add chicken 87.90

### Peri-peri chicken livers 61.90

Served with a toasted Portuguese roll

### Grilled chicken breast

Marinated with olive oil, garlic & herbs, served with chips or salad

- 120gr 55.90
- 240gr 69.90

### Half spit roasted chicken 84.90

With fresh rosemary, onion, garlic & salt, served with chips or salad

### Chicken prego roll 74.90

150g sous vide deboned chicken thigh, dipped in house prego sauce, served on a portuguese roll

### Butter chicken curry 74.90

Fragrant chicken curry served with brown rice, poppadum & sambals

### Bangers and mash 74.90

2 bangers, creamy mashed potato, brown onion gravy and green peas. With a choice of sausage:

- Apple infused pork
- Spicy lamb

### Quiche of the day 79.90

Served with chips or salad

### Classic pie and gravy 49.90

Served with chips

Photos are for illustrative purposes only  
All prices include VAT



## PASTA

Gluten free pea pasta available @ 10.00 extra

### Pasta Napolitana 75.90

A fresh tomato & basil sauce

### Polo Con Pesto 89.90

Grilled chicken strips with a creamy tomato pesto sauce

### Pasta Bolognese 85.90

Slow braised beef mince with a fresh tomato & basil sauce

### Pasta Alfredo 89.90

Creamy ham or chicken and mushroom sauce

## SWEET TREATS

### Cake & coffee 55.00

A delicious slice of our famous Fournos cake of the day paired with a cup of filter coffee



# HOT BEVERAGES

## Filter coffee

Filter coffee	25.90
plus one refill	

## Cappuccino

Normal	29.90
Double	39.90
Con panna	36.90
Double	42.90
Caffè latte	32.90
Double	39.90
Caffè mocha	39.90

## Espresso

Normal	21.90
Double	25.90
Con panna	25.90
Americano	25.90
Cortado	27.90
Macchiato	25.90
Double macchiato	29.90

## Flavoured coffee

Available in salted caramel or black vanilla

Latte	41.90
Cappuccino	39.90

All coffees are available in decaf @ 5.00 extra

Dairy free alternative available @ 8.90 extra

Pouring cream available @ 8.90 extra



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## Tea

Five Roses	19.90
Earl Grey tea	22.90
Chamomile	22.90
Rooibos tea	19.90
Green tea	22.90
Hot water, lemon & honey	15.90

## Red espresso

Red espresso	24.90
Red cappuccino	31.90
Red latte	35.90

## Other hot options

Hot chocolate	32.90
Hot choc skinny	35.90
White hot choc	35.90
Spicy chai	32.90
Milo	35.90

# COLD BEVERAGES

Soda cans	19.90
Tizers	23.90
Lipton iced teas	21.90
Still water	14.90
Sparkling water	17.90

Freezos	
Coffee	49.90
Chocolate	49.90
Black vanilla	49.90
Salted caramel	49.90
Milkshakes	39.90

Vanilla, Strawberry, Chocolate, Banana, Bubblegum, Coffee, Lime

Fresh pressed juices	36.50
Fresh orange juice	34.50

Fresh orange juice is seasonal & subject to availability



All prices include VAT

All Fornos products are made in a production area that handles nuts

Any substitutions or extras will change the price of your meal & may take additional preparation time.

# PIZZA MENU

## Margherita 59.90

Tomato & herbs

## Regina 79.90

Ham & mushrooms

## Bacon & avo 104.90

Smoked back bacon & avo

## Mexicana 99.90

Bolognaise, peppers, onions & chillies

## Hawaiian 79.90

Smoked back bacon & pineapple

## Vegetarian 85.90

Peppers, artichokes, olives & onion

## Sweet chilli chicken 89.90

Chicken, feta, roasted peppers & sweet chilli

## Chiquita 109.90

Chicken, bacon, feta, red peppers & avo

## Oly pop 89.90

Spinach, bacon, feta & avo

## Quattro stagioni 89.90

Artichoke, olives, mushroom & chorizo

## Pear & blue cheese 85.90

Mascarpone, blue cheese, pears, mozzarella & balsamic glaze

## Chicken mayo 69.90

Chicken mayo, mozzarella & garlic

## Siciliana 99.90

Anchovies, capers, onion, olives & mozzarella

## Focaccia 29.90

Garlic, olive oil & herbs



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# CATERING?

**Lets us do it for you**

For a full range of products  
and to order online

**[www.fournos.co.za](http://www.fournos.co.za)**

Fournos uses only the finest, natural,  
freshest ingredients available.

**FOURNOS GROUP (PTY) LTD**

Tel: 011 771 2500 • Email: [info@fournos.co.za](mailto:info@fournos.co.za)