

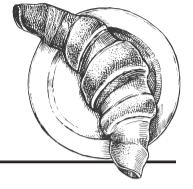


BREAKFAST

FROM 8 TO 11:00AM



FROM THE FOODBARN BAKERY



Specials

Plant-Based Special 88
smashed avo on toast, falafels, crunchy cucumbers, fresh mint and homemade mild chili sauce, olive oil

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. 140
Served with olive oil & lemon wedge or hollandaise sauce.

Sammy's Toasted Croissant: whipped labneh with dill, smoked trout, watercress, capers & olive oil. 135

	Chia Seed & Coconut Porridge	78
	Served with fruit and toasted coconut flakes	
	Poached Eggs "Benny"	95
	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	137
	Niçoise Ratatouille (Traditional Southern French veggie stew)	88
	With poached eggs and toasted sourdough and "pistou"	
	Eggs ranchero: spicy red kidney beans topped with 2 free range poached eggs and cheddar, baked in the oven	87
	Sourdough toast "Florentine"	125
	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	95
	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	

extra sauces

Hollandaise R30
 Creamy Emmental R30
 FB Tomato Chili R20
 FB Prego R20

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	
Hot Kimchi & Cheese Griller	85
Homemade spicy kimchi and mature cheddar on Foodbarn white loaf	
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	

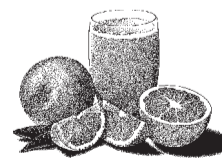
coffee etc FROM 8 AM



Choose from:

CHEFFY BLEND	PEACHIE BLEND
All African beans	All South American beans
Medium to dark roast	Dark roast

Bottomless Filter Coffee (3 cups max) ☺	31
Americano / lungo	35
Cappuccino / flat white	36/39
The Village Giant	47
Espresso / double espresso	27/36
Latte	36
Cortado / machiato	33/40
Hot Chocolate, Milo or Chai	41
Ceylon, Rooibos, Peppermint, Chamomile, Green or Earl Grey Tea	27
Please ask for any non dairy milk should you require	
Sodas	31
Tisers	39
Milkshake	55
1 litre Still or Sparkling Purified Water	27



We press fresh juices everyday
 please ask about today's flavours
 House Pressed Juice R46
 House Health Shot R18

PLANT BASED VEGETARIAN

franck's books: feast R490 / feast at home R450