

# BURGERS & BUNS

## FFMM BURGER // 85

DRY-AGED, GRASS-FED BEEF, GROUND INTO A 200G PATTY. TOPPED WITH PICKLES, EMMENTAL & VIKING SECRET SAUCE. SERVED ON KNEAD BAKERY KITKA. COOKED MEDIUM RARE.

## SMASH BURGER // 75

DRY-AGED, GRASS-FED BEEF, GROUND INTO 2 X 80G BALLS AND SMASHED ONTO A GRILL. COOKED UNTIL CRISPY. TOPPED WITH FFMM TOMATO SAUCE, ONION, PICKLES & CHEDDAR. SERVED ON KNEAD BAKERY KITKA.

## LAMB BURGER // 95

FREE RANGE LAMB, GROUND INTO A 200G PATTY. TOPPED WITH TZATZIKI. SERVED ON KNEAD BAKERY KITKA. COOKED MEDIUM RARE.

## SALAD SANDWICH // 60

ROASTED PEANUTS, HUMUS, SMASHED AVO AND PEAS, SHAVED CARROT, PICKLED RADISH AND MIXED LEAVES. DRESSED WITH HOUSE-MADE VINAIGRETTE. SERVED ON KNEAD BAKERY SEED LOAF.

## BOERIE ROLL // 60

FFMM BOEREWORS, TRUFFLE MAYO & PICKLES. SERVED ON KNEAD BAKERY KITKA.

## HAM & CHEESE TOASTIE // 50

FFMM SMOKED HAM & BOERENKAAS. SERVED ON TOASTED KNEAD BAKERY SOURDOUGH.

## CROQUE MADAME // 70

FFMM SMOKED HAM & BOERENKAAS, SMEARED WITH BEEF FAT BECHAMEL SAUCE AND TOASTED. TOPPED WITH A SUNNY-SIDE UP EGG AND SERVED ON KNEAD BAKERY SOURDOUGH.

## BACON SANDWICH // 65

FFMM BACON, FFMM BACON JAM & HP MAYO. SERVED ON TOASTED KNEAD BAKERY WHITE LOAF.

## PREGO STEAK ROLL // 95

GRASS-FED, DRY AGED 180G THICK FLANK, MARINATED AND COOKED IN FFMM PREGO SAUCE. TOPPED WITH CARAMELISED ONIONS, SUNNY-SIDE UP EGG AND SERVED ON KNEAD BAKERY KITKA.

# SALADS

## CAESAR // 80

COS LETTUCE, BOILED EGG, CROUTONS, GRATED PECORINO & ANCHOVY DRESSING.

## WALDORF // 60

MIXED LETTUCE, NUT GRANOLA, GORGONZOLA, MIXED HERBS, CELERY, FINELY SLICED APPLE & YOGHURT DRESSING.

## EGG // 60

SOFT-BOILED FREE-RANGE EGGS, SLICED CELERY, MIXED HERBS & HOUSE-MADE MAYO. SERVED WITH KNEAD BAKERY SEED LOAF TOAST.

# PLATES

## GAMMON & EGG // 80

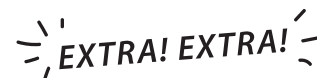
BRINED, COLD-SMOKED FREE-RANGE PORK LEG. GRILLED AND SERVED WITH FREE-RANGE SUNNY-SIDE UP EGG.

## SAUSAGE, BEANS & EGG // 80

FFMM FREE-RANGE PORK BANGER, COWBOY BEANS & FREE-RANGE SUNNY-SIDE UP EGG.

## STEAK & CHIPS // 130

250G DRY-AGED, GRASS-FED RUMP STEAK, TOPPED WITH HOUSE-MADE CAFE DE PARIS BUTTER. SERVED WITH CRISPY FRIES. COOKED MEDIUM RARE.



CHECK OUT OUR "EXTRAS" SELECTION TO ADD TO YOUR PLATE.



## BROTHS

FFMM BROTHS ARE MADE WITH FREE-RANGE BONES AND A HOST OF AROMATICS. THEY ARE SIMMERED TOGETHER FOR SIXTEEN HOURS AND THEN STRAINED. THE NUTRITIONAL BENEFITS OF THESE BROTHS INCLUDE ACCESS TO COLLAGEN, GLUTAMINE, PROTEIN, GLUTATHIONE, PROLINE, VITAMIN C, GLYCINE AND MORE. THESE ALL HAVE FAR-REACHING HEALTH BENEFITS INCLUDING ANTI-AGING, FOOD SENSITIVITIES/ALLERGIES, JOINT PAIN, DIGESTIVE PROBLEMS ETC. *OH, DID WE MENTION IT'S DELICIOUS?*

## CHICKEN OR BEEF // 30

*\*SPICY*

# SNACKS

BEEF FAT  
POPCORN  
// 15

BILTONG  
BOWL  
// 40 PER 100G

&  
DROEWORS  
STICKS  
// 35 PER 100G

(PLEASE ASK US TO  
WEIGH IT FOR YOU)

THE  
GENERAL  
STORE  
DATE BALL  
// 18



**KITCHEN OPEN DAILY // MON TO FRI 10AM - 6PM // SAT & SUN 10AM - 4PM (PLEASE PLACE ORDERS AT THE COUNTER)**

ALL OF OUR MEAT IS GRASS-FED AND FREE-RANGE. YOU CAN EAT IT WITH A CLEAR CONSCIENCE, KNOWING THAT WE HAVE PERSONALLY VISITED THE FARMS. BY BUYING WHOLE CARCASSES, WE HAVE ACCESS TO CUTS THAT YOU MAY NOT HAVE SEEN BEFORE. THIS MENU IS A CELEBRATION OF THAT. IT IS SIMPLE BUT CONSIDERED FOOD. WE HAVE FULL TRACEABILITY AND TRANSPARENCY FOR EACH DISH AND WE WELCOME ANY QUESTIONS. THIS IS A SMALL AND BUSY KITCHEN. WE WILL DO WHAT WE CAN TO ALLOW SPECIAL REQUESTS BUT THIS WILL NOT ALWAYS BE POSSIBLE. SOME MENU ITEMS MAY CONTAIN TRACES OF ALLERGENS INCLUDING, BUT NOT LIMITED TO: NUTS, SOY PRODUCTS, EGGS & DAIRY.

FRANKIEFENNERMEATMERCHANTS [WWW.FFMM.CO.ZA](http://WWW.FFMM.CO.ZA)

# SIDES

## BEEF FAT FRIES // 30 CRISPY FRIES WITH FFMM "AROMAT"

## LOADED FRIES // 50

SAME CRISPY FRIES, BUT LOADED WITH FFMM VIKING SAUCE, FFMM BACON BITS, CHEESE AND CHOPPED CHIVES.

## COLESLAW // 20 MIXED CABBAGE AND MAYO.

## COWBOY BEANS // 50

RED BEANS, SLOWLY BRAISED WITH FFMM BACON, TINNED TOMATOES AND MOLASSES.

# Extras



# SWEETS

WARM GENERAL STORE BROWNIE, WITH THE CREAMERY ICE CREAM AND SPRINKLES // 65



# DRINKS

*HOT.*  
COFFEE SOURCED THROUGH ROSETTA ROASTERY.

BLACK COFFEE // 24 WHITE COFFEE // 28

THEONISTA CHAI LATTE // R38  
HOT CHOCOLATE W/ MARSHMALLOWS // 32

(ALMOND MILK AVAILABLE UPON REQUEST. // 8)

*COLD.*  
THEONISTA KOMBUCHA // 45  
HAPPY CULTURE KOMBUCHA // 32  
THEONISTA GINGER BEER // 30  
THE FIZZ, ASSORTED FLAVOURS // 20  
JUICEBOX, ASSORTED FLAVOURS // 20  
MOUNTAIN FALLS, STILL (330ML) // 15

MOUNTAIN FALLS, SPARKLING (330ML) // 15  
MOUNTAIN FALLS, STILL (750ML) // 30  
MOUNTAIN FALLS, SPARKLING (750ML) // 30  
STERI STUMPI, ASSORTED FLAVOURS // 20  
VANILLA MACADAMIA & ALMOND NUT MILK // 35  
CHOCOLATE MACADAMIA & ALMOND MILK // 35

AVO // 20  
FRIED EGG // 10  
GARDEN SALAD // 40  
BACON // 35  
GRILLED SAUSAGE // 35  
HOUSE PICKLES // 15  
HOUSE KIMCHI // 20  
VIKING SECRET SAUCE // 10  
BUTTERED TOAST // 15  
  
CAN BE ADDED TO ANY MEAL OR ORDERED ON ITS OWN