

# Breakfast

from 08h00 - 11h30

-  **Falafel:** smashed avo on toast, falafels, crunchy cucumbers, fresh mint and homemade mild chilli sauce, olive oil, vegan chipotle mayo 88
-  **Turkish eggs (Cilbir)** poached eggs, garlic yoghurt, mild paprika butter, fresh dill 110
- Smoked mackerel tartine** avo, dill cream, watercress, pickled onions, soft poached egg, on toasted sourdough. 145
-  **Big green poached eggs** pea & mint pesto on toasted sourdough, tender stem, courgette & edamame, pecorino shavings. Served with olive oil & lemon wedge or hollandaise sauce. 145
-  **Poached Eggs "Benny"** Hollandaise sauce, cherry tomatoes & your choice of:
  -  add bacon 50
  -  add smoked salmon trout 55
  -  add mushrooms & baby spinach 40
-  **Persian Benny:** poached eggs on a potato fritter, wilted greens, spicy chickpeas, sautéed cherry tomatoes, edamame beans & chili dusted hollandaise 152
- Eggs Benny Royale:** poached eggs on fluffy potato beignet, sautéed prawns, salmon trout & cherry tomatoes, truffle hollandaise and salmon caviar 195
-  **Niçoise Ratatouille (Traditional Southern French veggie stew)** With poached eggs and toasted sourdough and "pisto" 97
-  **Eggs ranchero:** spicy red kidney beans topped with two free range poached eggs and cheddar, baked in the oven 97
-  **Sourdough toast "Florentine"** With pesto, wilted spinach, 2 poached eggs, creamy emmental sauce & toasted almonds 145
- Whole Goose** Two eggs (scrambled or poached), bacon, tomato, mushrooms, porkie, home cut fries, juice, toast & preserves 155
-  **Foodbarn Fresh** Muesli or granola, Greek yoghurt, fruits in season, drizzled with honey 85
- Le Petit** An egg (scrambled or poached), bacon, tomato, mushrooms, toast & preserves 87
-  **Breakfast Quesadilla** Mexican beans, cheddar, shredded cabbage, tomato and red onion with scrambled egg 110
-  **Raw Breakfast** Avocado, cucumber, fresh mint, tomato & rocket with toasted seeds on your choice of bread 90
-  **Chia Seed & Coconut Porridge** Served with fruit and toasted coconut flakes 78

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## Extra Sauces

Hollandaise R35 • Creamy Emmental R35  
FB Tomato Chilli R25 • FB Peri Peri R25

 PLANT BASED

 VEGETARIAN