



# BREAKFAST

FROM 8 TO 11:30AM



# FROM THE FOODBARN BAKERY

FROM 8 AM



## 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. Served with olive oil & lemon wedge or hollandaise sauce. 132

**Sammy's Toasted Croissant:** whipped labneh with dill, smoked trout, watercress, capers & olive oil. 125

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 (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" 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

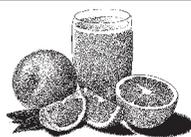
Mexican beans, cheddar, shredded cabbage, tomato and red onion with scrambled egg

Raw Breakfast 85

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

## extra sauces

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



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

House Pressed Juice R46  
House Health Shot R18

Freshly Baked Croissants (The very best in the Deep South) 32  
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

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

Americano / lungo 32

Cappuccino / flat white 32/35

The Village Giant 42

Espresso / double espresso 25/32

Latte 32

Cortado / machiato 30/36

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

☺ PLANT BASED V VEGETARIAN

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