











 <h2>Specials</h2>		
	<b>Plant-Based Special</b> smashed avo on toast, falafels, crunchy cucumbers, fresh mint and homemade mild chili sauce, olive oil	88
	<b>Turkish eggs (Cilbir)</b> poached eggs, garlic yoghurt, mild paprika butter, fresh dill	110
	<b>Eggs Benny Royale:</b> poached eggs on fluffy potato beignet, sautéed prawns, salmon trout & cherry tomatoes, truffle hollandaise and salmon caviar	195
	<b>Smoked mackerel tartine</b> avo, dill cream, watercress, pickled onions, soft poached egg, on toasted sourdough.	135
	<b>Chia Seed &amp; Coconut Porridge</b> Served with fruit and toasted coconut flakes	78
	<b>Big green poached eggs</b> pea & mint pesto on toasted sourdough, tender stem, courgette & edamame, pecorino shavings. Served with olive oil & lemon wedge or hollandaise sauce.	140
	<b>Poached Eggs “Benny”</b> Hollandaise sauce, cherry tomatoes & your choice of: Potato rosti or corn fritter	105
	+ add bacon	45
	+ add smoked salmon trout	50
	+ add mushrooms & baby spinach	40
	<b>Persian Benny:</b> poached eggs on a potato fritter, wilted greens, spicy chickpeas, sautéed cherry tomatoes, edamame beans & chili dusted hollandaise	152
	<b>Niçoise Ratatouille (Traditional Southern French veggie stew)</b> With poached eggs and toasted sourdough and “pistou”	97
	<b>Eggs ranchero:</b> spicy red kidney beans topped with 2 free range poached eggs and cheddar, baked in the oven	97
	<b>Sourdough toast “Florentine”</b> With pesto, wilted spinach, 2 poached eggs, creamy emmental sauce & toasted almonds	145
	<b>Whole Goose</b> Two eggs (scrambled or poached), bacon, tomato, mushrooms, porkie, home cut fries, juice, toast & preserves	155
	<b>Foodbarn Fresh</b> Muesli or granola, Greek yoghurt, fruits in season, drizzled with honey	82
	<b>Le Petit</b> An egg (scrambled or poached), bacon, tomato, mushrooms, toast & preserves	87
	<b>Breakfast Quesadilla</b> Mexican beans, cheddar, shredded cabbage, tomato and red onion with scrambled egg	105
	<b>Raw Breakfast</b> Avocado, cucumber, fresh mint, tomato & rocket with toasted seeds on your choice of bread	85

## extra sauces


Hollandaise R35  
Creamy Emmental R35  
FB Tomato Chili R25  
FB Peri Peri R25

 PLANT BASED     VEGETARIAN

<b>Freshly Baked Croissants</b> (The very best in the Deep South) Served with preserves	32 40
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<b>Baked Cheesecake</b> Topped with fresh fruit & berries	57
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<b>French Crêpes with Cinnamon Sugar &amp; Syrup (Half   Full)</b> Served with cream or ice cream	45   82
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<b>Caprese Panini</b> toasted homemade panini with tomato confit, basil pesto, fior di latte mozzarella	 98
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<b>Moroccan Chicken Panini</b> Toasted homemade panini with mozzarella, free range chicken, harissa mayo, candied onions, fresh coriander	95
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<b>“Steak Tartare” Panini</b> Toasted homemade panini with 150g freshly seasoned steak tartare, nasturtium pesto & mozzarella	165
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<b>“Medi” Panini</b> Toasted homemade panini with brie, chorizo, bacon, roasted garlic pulp, rocket & mild chilli jam	105
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## coffee etc

FROM 8 AM



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

\*for decaf orders a R5 surcharge will be added

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 R51  
House Health Shot R20

**franck's cookbooks: feast R550 / feast at home R510**

We love our four-legged friends and are happy to welcome well-behaved dogs to our restaurant!  
To ensure a safe and enjoyable experience for all our guests —human and canine— please enusre that your furry friends are on leash at all times.