



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 chilli 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.

Smoked mackerel tartine: avo, dill cream, watercress, pickled onions, soft poached eggs, on toasted sourdough. 135

- Chia Seed & Coconut Porridge** 78
Served with fruit and toasted coconut flakes

- Poached Eggs "Benny"** 105
Hollandaise sauce, cherry tomatoes & your choice of:
Potato rosti or corn fritter
 - add bacon 45
 - add smoked salmon trout 50
 - add mushrooms & baby spinach 40

- Persian Benny:** poached eggs on a potato fritter, wilted greens, spicy chickpeas, sautéed cherry tomatoes, edamame beans & chilli dusted hollandaise 152

- 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"** 135
With pesto, wilted spinach, 2 poached eggs, creamy emmental sauce & toasted almonds

- Whole Goose** 155
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 Quesadilla** 105
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 Chilli R20
- FB Prego R20

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

- Served with preserves 40

- Lightly Spiced Carrot Cake** 53
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** 98
toasted homemade panini with tomato confit, basil pesto, fior di latte mozzarella

- Moroccan Chicken Panini** 95
Toasted homemade panini with mozzarella, free range chicken, harissa mayo, candied onions, fresh coriander

- "Medi" Panini** 105
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) ☺ 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 R51
- House Health Shot R18