

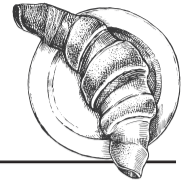


BREAKFAST

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 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. 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 & chili 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 Chili R20
 FB Prego R20

Freshly Baked Croissants (The very best in the Deep South)	32
Served with preserves	40
Lightly Spiced Carrot Cake Served with cream cheese frosting	53
Baked Cheesecake Topped with fresh fruit & berries	57
French Crêpes with Cinnamon Sugar & Syrup (Half Full) Served with cream or ice cream	45 82
Caprese Panini toasted homemade panini with tomato confit, basil pesto, fior di latte mozzarella	98
Moroccan Chicken Panini Toasted homemade panini with mozzarella, free range chicken, harissa mayo, candied onions, fresh coriander	95

"Medi" Panini Toasted homemade panini with brie, chorizo, bacon, roasted garlic pulp, rocket & mild chilli jam	105
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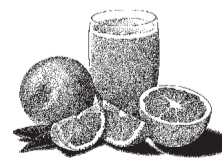
coffee etc FROM 8 AM



Choose from:

CHEFFY BLEND All African beans Medium to dark roast	PEACHIE BLEND All South American beans Dark roast
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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

PLANT BASED VEGETARIAN

franck's books: feast R550 / feast at home R510