
THE FOODBARN
NOORDHOEK - EST 2006

BREAKFAST &
DAY TAPAS

art in the
Foodbarn

Breakfast
from 08h00 - 11h30

Falafel: smashed avo on toast, falafels, crunchy cucumbers, fresh mint and homemade mild chili sauce, olive oil, vegan chipotle mayo	95
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.	155
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.	155
Poached Eggs "Benny" Hollandaise sauce, cherry tomatoes & your choice of: Potato rosti or corn fritter	110
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	158
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 "pistou"	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	155
Whole Goose Two eggs (scrambled or poached), bacon, tomato, mushrooms, porkie, pomme rissollées, juice, toast & preserves	165
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	90

Extra Sauces

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

PLANT BASED
VEGETARIAN

Breakfast cont.
from 08h00 - 11h30

(V)	**Breakfast Quesadilla** Mexican beans, cheddar, shredded cabbage, tomato and red onion with scrambled egg	115
	Raw Breakfast Avocado, cucumber, fresh mint, tomato & rocket with toasted seeds on your choice of bread	95
	Chia Seed & Coconut Porridge Served with fruit and toasted coconut flakes	84
(V)	**Warm oats** pudding with caramelised banana, almonds & cinnamon	90
	Freshly Baked Croissants | Served with preserves	32 | 40
	French Crêpes with Cinnamon Sugar & Syrup (Half | Full) Served with cream or ice cream	45 | 82

Tapas (fun to share, we reccommend 2 plates per person)
from 12h00

(V)	**Mild cheese beignet:** raspberry gastrique, raspberries, whipped basil feta, zataar, baby leaves & wild rocket	97
(V)	**Arancini:** truffle risotto balls with roasted garlic aioli	75
	Boquerones: white anchovies, lemon whipped feta, olive oil, garlic toast	165
	Salmon carpaccio: sushi rice, nori, ginger & sesame vinaigrette, salmon roe	165
	Seared beef tataki: kimchi, mint & crunchy shallots, ponzu and chipotle mayo	155
	Ash-roasted celeriac & onions: tahini, cracked hazelnuts, rocket & pesto salsa	94
(V)	**Field mushroom** & broccoli with parmesan hollandaise	78
	Free range chicken livers "peri peri" in puff pastry	74
	Mussel fritters, flash fried rice noodles, lemongrass cream & crispy curry leaves	87
(V)	**Charred butternut:** caramelised onion, labneh, capers, balsamic syrup	89
	Pasture reared dry aged beef slider, in brioche bun with mature cheddar & onion rings	135 ea

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(V) VEGETARIAN PLANT BASED

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

12% service charge will be added to tables of 5 or more

Café Style
from 12h30

Falafel with smashed avo on toast, falafels, crunchy cucumbers, fresh mint and homemade mild chili sauce, olive oil, vegan chipotle mayo 155

Calamari Salad (grilled or fried) baby gem lettuce, fine beans, avocado, baby potatoes, mesclun & mint topped with lightly fried baby calamari , aioli dressing crispy shallots & bonito flakes 145

This salad is also available with honey panko chicken 155

Open Free Range Chicken Toastie Cajun chicken, with avo & sour cream 175

Free Range Chicken Peri Peri Roll: served with rosemary potato wedges 175

Kids

12 years and under...

Buttered pasta	45
Calamari & sautéed with aioli	75
3 prawn fritters, sautéed and tender stem	105
Grilled steak with sautéed and tender stem	95
Grilled fish with sautéed and tender stem	95



Dessert

Fruit sorbets	45
Vanilla ice cream, Nutella drops and chocolate sauce	45

Coffee, Tea and Hot Drinks

Bottomless Filter Coffee (3 cups max) ☺	31
Americano	35
Lungo	35
Cappuccino	36
Flat White	39
The Village Giant	47
Espresso / double espresso	27 / 36
Cortado	36
Latte	33
Macchiato	40
*for decaf orders a R5 surcharge will be added	
Matcha latte	59
Red Cappuccino / Honeybush Cappuccino	36 / 39
Hot Chocolate, Chai	41
Ceylon, Rooibos, Peppermint, Chamomile, Green or Earl Grey Tea	27
Please ask for any non dairy milk should you require	

Cold Drinks

Sodas	31
Tisers	39
Milkshake	55
Iced Berry Matcha	65
1 litre Still or Sparkling Purified Water	27
San Pellegrino Sparkling Water	46
Aqua Bella Sparkling Water	36

Beers & Ciders

Cape Collective Lager Draught	54
Saggy Stone Desert Light 3% Draught	54
Saggy Stone Rocky River Pale Ale Draught	54
Heineken Draught	54 / 68
Castle Milk Stout	41
Guinness	65
Windhoek Draught (440ml)	60
Striped Horse Lager	52
Stella Artois	52
Asahi	65
Savannah Dry	44
Castle Light	44
Heineken free	44
Corona Zero	44

As part of our plastic-free drive, we don't sell water in plastic bottles. Please enjoy our Bevplus Purified Water, available in both still and sparkling. Refills are R27 per litre. The actual bottle is for sale at R120.

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