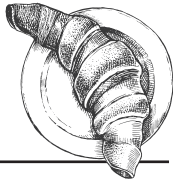


BREAKFAST

FROM 8 TO 11:00AM



FROM THE FOODBARN
BAKERY



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 145
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 95
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 32

(The very best in the Deep South)

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 95

toasted homemade panini with tomato confit, basil pesto, fior di latte mozzarella

Moroccan Chicken Panini 90

Toasted homemade panini with mozzarella, free range chicken, harissa mayo, candied onions, fresh coriander

"Medi" Panini 95

Toasted homemade panini with brie, chorizo, bacon, roasted garlic pulp, rocket & mild chilli jam

coffees 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

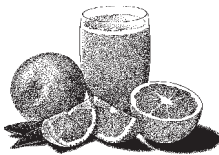
Please ask for any non dairy milk should you require

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 R46
House Health Shot R18



PLANT BASED



VEGETARIAN

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