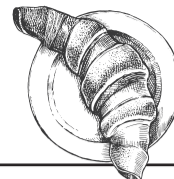


# BREAKFAST

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** 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 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 (V)

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

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

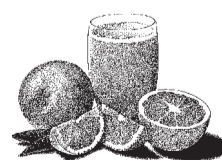
Please ask for any non dairy milk should you require .....

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 R51  
House Health Shot R18

☺ PLANT BASED (V) VEGETARIAN