



BREAKFAST

FROM 8 - 11:30 AM



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
Oeuf au plat Catalan 135	a pan of 2 fried eggs, chorizo sausage meat, onion, chilli crisp and garlic yoghurt
Big green poached eggs: 140	pea & mint pesto on toasted sourdough, tender stem, courgette & edamame, pecorino shavings. Served with olive oil & lemon wedge or hollandaise sauce.
Smoked mackerel tartine: 135	avo, dill cream, watercress, pickled onions, soft poached eggs, on toasted sourdough.

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 <ul style="list-style-type: none"> add bacon 45 add smoked salmon trout 50 add mushrooms & baby spinach 40
Persian Benny: 152	poached eggs on a potato fritter, wilted greens, spicy chickpeas, sautéed cherry tomatoes, edamame beans & chilli dusted hollandaise
Niçoise Ratatouille (Traditional Southern French veggie stew) 87	With poached eggs and toasted sourdough and "pisto"
Eggs ranchero: 87	spicy red kidney beans topped with 2 free range poached eggs and cheddar, baked in the oven
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 R35
 Creamy Emmental R35
 FB Tomato Chilli R25
 FB Prego R25

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

☺ PLANT BASED

☺ VEGETARIAN