

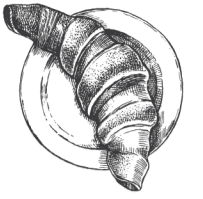


BREAKFAST

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:** pea & mint pesto on toasted sourdough, tender stem, courgette & edamame, pecorino shavings. Served with olive oil & lemon wedge or hollandaise sauce. 140
- 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 & chilli dusted hollandaise 152
- Niçoise Ratatouille (Traditional Southern French veggie stew)** 97
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 97
- Sourdough toast "Florentine"** 145
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 Peri Peri R25

- Freshly Baked Croissants** 32
(The very best in the Deep South)
Served with preserves 40
- 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

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