

Order with joy
Eat with passion.
Share the love



**YOUR FAVOURITE
BAKERY & DELI**



breakfast

- ✦ **Fornos breakfast** 78.90
Bacon, 2 eggs, 3 sausages, hand cut chips, grilled tomato & toast
Beef or cheese griller sausages
- ✦ **All in one breakfast** 51.90
Choice of toast topped with bacon, spinach & 2 poached eggs
- ✦ **Light breakfast** 53.90
Bacon, 1 egg, 2 beef or cheese griller sausages, grilled tomato & toast
- ✦ **Fornos benedict**
Two poached eggs on a toasted roll, topped with a light hollandaise sauce & a choice of:
Spinach & feta 59.90
Bacon 68.90
Smoked salmon 99.90
Ham & mushroom 64.50
- ✦ **Omelettes** 57.90
3 egg omelette with mozzarella or cheddar, served with hand cut chips & toast (fillings of your choice extra)
- ✦ **Protein omelette** 99.90
Open omelette with chunky cottage cheese, avocado & smoked salmon
- ✦ **Scrambled egg topper** 47.90
Choice of toast topped with avocado slices & scrambled egg
- ✦ **Shashuka** 47.50
Eggs poached in a tomato, chilli, onion & herb sauce. Served with toast
- ✦ **Homemade muesli** 62.90
Served with a natural Greek yoghurt & berry compote
- ✦ **Traditional porridge** 38.50
With milk & honey
With dried cranberries & banana 44.90
- ✦ **Quinoa porridge** 65.50
High protein & gluten free
Apple & goji berry
- ✦ **Rosti breakfast** 62.50
Layers of potato rosti with bacon, spinach & feta topped with avocado & a poached egg
- ✦ **Salmon rosti** 99.90
Smoked salmon & potato rosti with avocado salsa & cream cheese
Half portion 63.90
- ✦ **Cauliflower rosti** (Carb free) 99.90
Half portion 63.90
- ✦ **Mustard chicken livers** 63.90
Spice dusted & pan fried with grain mustard, crème fraîche, served with poached eggs & toast
- ✦ **Veggie bagel breakfast** 61.90
Toasted bagel, eggs, grilled veg, tomato & mozzarella cheese
- ✦ **Bacon & tomato bagel** 67.50
Toasted bagel, eggs, bacon, grilled tomato & mozzarella cheese
- ✦ **French toast**
Four slices of Italian bread, egg dipped & grilled with a choice of:
Plain 31.90
Fresh blueberries 36.90

✦ **Gluten-free,
high protein,
low carb option
11.90 extra
for 2 slices**

*Fresh avo subject
to availability*



artisan bread

Our meals are complimented by our handcrafted bread selection which includes white, whole wheat, rye, Italian, Italian olive ciabatta, low GI seed loaf, gluten-free loaf or a croissant.

★ protein bread

Low Carbs • Gluten free • Sugar free
 Made from all natural ingredients including almond flour, seeds, nuts & natural oils.
 11.90 extra for 2 slices



why not make your own

Mozzarella or cheddar cheese 16.90	Beef sausage 23.90
Tomato (fresh or grilled) 6.90	Scrambled egg & toast 28.90
Avocado or spinach 19.90	Single egg (fried or poached) 6.90
Spinach & feta 27.90	Bockwurst 29.90
Grilled mushrooms 17.90	Cheese grillers 21.90
Grilled haloumi 29.90	Anchovy & toast 29.90
Ham or bacon 21.90	Plain omelette 29.90
Macon 28.90	Gluten-free, high protein, low carb toast - 2 slices 11.90
Smoked salmon 46.90	

Breakfast

toasted treats

	Single	Double	Tramezzini
Cheese* (*Mozzarella or Cheddar)	40.50	49.90	47.90
Cheese* & tomato	47.50	58.50	55.90
Ham & cheese*	49.50	66.90	60.50
Ham, cheese* & tomato	54.50	68.90	65.50
Chicken mayonnaise	50.50	62.50	58.50
Bacon & cheese*	55.90	68.90	64.50
Bacon & egg	49.90	62.50	59.50
Bacon & avocado	58.90	73.90	67.90
Spinach, feta, olive & artichoke	55.90	70.90	68.90
Grilled baby marrow, peppers & haloumi	57.90	66.90	61.90
Gluten-free, high protein, low carb option	extra 11.90		

Served with hand cut chips or a side salad

Additional price for either chips or salad as extra 9.90

Fresh avo subject to availability

on the side

Hand cut chips with aioli 31.90

Basic side salad 34.90

Mixed herb lettuce, tomato, cucumber & onion

Dips & bread 35.90

Hummus, tzatziki, olive oil, balsamic vinegar & artisan bread





Photos are for illustration purposes only.
Fresh avo subject to availability.

a feast of your favourites

- Quiche & salad** 76.90
Freshly prepared quiche of the day
- Half spit roasted chicken** 89.90
Served fresh off the spit with chips & salad
- Grilled chicken breast**
Served with chickpea salad on
a bed of mixed greens
120gr Grilled chicken breast 59.50
240gr Grilled chicken breast 75.90
- Peri-peri chicken livers** 54.90
Chicken livers in a light spicy sauce
with toast & tzatziki
- Vegetarian rosti stack** 67.90
Layers of potato rosti with red pesto
quinoa & lentil pulse, topped with
avocado slices & an egg

★ **Gluten-free, high protein,
low carb option**
11.90 extra for 2 slices

- ★ **Pulled beef sandwich** 55.50
Open sandwich with slow braised
pulled beef, gherkins, rocket & mustard
- NY style salmon bagel** 97.90
Smoked salmon, cream cheese,
red onion & sliced tomato with
mixed lettuce on a fresh bagel
- Oriental duck stir-fry** 70.90
Slow roasted duck with seasonal
stir-fry veg & egg noodles
- Noodle stir fry** 57.50
Noodle stir fry with seasonal veg
Add chicken 67.90
- Chilli dog bockwurst** 88.50
Grilled bockwurst hot dog with mustard,
avocado salsa, micro greens, topped
with grilled onions



It's not just
deli. It's delicious.

Every store makes deliciously different dishes
every day. Have a look. If you can't decide,
try a little of everything.

Toasted treats, favourites & deli



Asian duck salad 89.90

Slices of free-range duck breast, flavoured with ginger, lemongrass, garlic, chilli & coriander. Served with grilled veg

✦ **Mediterranean salad** 89.90

Grilled cubes of haloumi, olives, artichokes, sundried tomato & mixed greens, tossed in extra virgin olive oil vinaigrette

Roasted butternut, pumpkin seed & haloumi salad 86.90

Roasted butternut tossed with micro greens, grilled haloumi, roasted pumpkin seeds & herb croutons with extra virgin olive oil vinaigrette

Chicken, avocado & feta salad 85.90

Shredded rotisserie chicken tossed with micro greens & mixed peppers topped with avocado & feta. Served with sweet chilli aioli

Quinoa & lentil tower 75.90

A red pesto quinoa & lentil pulse with sliced blackened sirloin served on a bed of baby spinach

Teriyaki beef salad 85.90

Teriyaki marinated beef & stir fried seasonal veg with baby spinach, sprouts & blackened tomatoes

Healthy &
delicious

fresh salad

*Our salad dressings & sauces are all homemade.
Fresh avo subject to availability*

crêpes & wraps

Savoury crêpes 46.50

With mushrooms & ham, topped with poached eggs

Duck pancake with orange 66.90

Slow braised, free-range duck rolled in crêpes with an orange sauce

Chicken wrap 66.50

Shredded rotisserie chicken, peppadews & micro greens

Bacon, avo & feta wrap 66.50

With micro greens





bruschettas

- ✦ Two slices of toasted ciabatta with a topping of your choice, served with a rocket & parmesan salad.

Any two options with a salad 42.90

Roast beef & red onion marmalade
Mozzarella, tomato & basil
Grilled vegetable & balsamic drizzle
Chicken breast with feta, olive & tzatziki
Bacon, tomato & mozzarella cheese

Add an extra slice 19.90

pasta

Our pastas are tossed in a sauce of your choice, served with artisan bread, grated parmesan & fresh chilli

Napolitana 59.90

A fresh tomato & basil sauce

Bolognese 64.90

Slow braised beef mince with a fresh tomato & basil sauce

burgers

Beef burger 77.90

Homemade 100% beef patty served on a freshly toasted roll with lettuce, tomato & onion

Add cheese 16.50

Add bacon 21.90

Chicken burger 74.90

Grilled chicken breast served on a freshly toasted roll with lettuce, tomato & onion

Vegetarian burger 79.90

Homemade vegetarian falafel patty served on a freshly toasted roll with mixed greens, tzatziki & beetroot salsa

Chicken prego roll

Grilled chicken breast, marinated in olive oil, garlic & chilli. Served on a Portuguese roll

Single 70.90

Double 84.50



gelati & sorbet

Visit our ice cream bar for our selection of fresh natural gelati & sorbet:

1 Scoop	21.00
2 Scoops	27.90
3 Scoops	33.00

fruit crusher

Lemon mint
Lemon mint, apple & cucumber
Peach & apricot 29.90

Make your own smoothies

See our selection of delicious fresh fruits & yoghurts

Fruit juices

Per 500ml	25.90
Freshly squeezed orange juice (if available)	30.90

Cold beverages

340ml cans	18.50
Tizers	22.50
Still water	14.50
Sparkling water	17.50
Lipton iced teas	20.50
Rock shandy	29.50
Cordials & mixer	20.50

Aqua Fresca	25.90
Basil & elderflower,	
Peach apricot & ginger	
Blueberry & Elderflower	

Wheatgrass	
Shot	20.50
With apple juice	37.50

Photos are for illustration purposes only.



Fresh pressed juices	31.90
Summer citrus & mint	
Spinach, kale, apple & lemon	
Carrots, apples & ginger	
Pineapple, apple & mint	
Apple & ginger	
Beets, carrots, apples & ginger	

Milkshakes	29.50
Choose from our delicious flavours: hazelnut, dark mocha, vanilla, strawberry or lime	

Gourmet shakes	35.50
S'mores, popcorn, hazelnut choc chip or matcha choc chip	

Slo-Jo iced teas	
Lemon*	17.50
Peach*	17.50
*Also available in sugar free	
Berry	17.50

Freezos	
Coffee	35.50
Vanilla	34.90
Chocolate	34.90





coffee & tea



Dairy free option available
@ 6.00 extra

All our coffees are
available in Decaff
@ 3.00 extra

Filter coffee plus one refill	20.50
Cappuccino Normal Double Con panna	24.50 29.50 29.50
Caffè latte Double	26.50 31.50
Espresso Normal Ristretto Lungo Double Con panna Americano Macchiato Double macchiato	18.90 18.90 18.90 23.90 21.50 22.50 20.50 25.50

Flavoured coffee Flavoured latte Flavoured cappuccino	35.50 31.90
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Tea Five Roses Earl Grey tea Chamomile Oolong Rooibos tea Green tea	18.50 21.50 21.50 21.50 18.50 21.50
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Red Espresso Red espresso Red cappuccino Red latte Fresh red (red espresso shot with apple juice)	20.50 25.50 28.50 34.50
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Other hot options Hot chocolate Hot chocolate skinny* White choc decadence Spicy chai Milo Green mint matcha Choc chai* Caffè mocha	27.50 27.50 29.50 28.50 31.50 35.50 35.50 30.50
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Pouring cream additional 8.50
* No sugar added



Choose from our cake display or
ask about our selection of

homemade cake

R27.90



Hot & cold beverages



Fournos uses only the
finest, natural,
freshest ingredients available.
Eat, Enjoy & Love every mouthful.

No preservatives. No colourants. No additives. No GMO ingredients.

*Some Fournos products are not
suitable for people with nut allergies.*

*Any substitutions or extras will change
the price of your meal & may take
additional preparation time.*

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