

Order with joy  
Eat with passion.  
**Share the love**



**YOUR FAVOURITE  
BAKERY & DELI**



# breakfast

- ✦ **Fornos breakfast** 80.50  
Bacon, 2 eggs, 3 sausages, hand cut chips, grilled tomato & toast  
Beef or cheese griller sausages
- ✦ **All in one breakfast** 53.50  
Choice of toast topped with bacon, spinach & 2 poached eggs
- ✦ **Light breakfast** 55.50  
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 61.50  
Bacon 70.50  
Smoked salmon 99.90  
Ham & mushroom 70.50
- ✦ **Omelettes** 59.50  
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** 49.50  
Choice of toast topped with avocado slices & scrambled egg

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

*Fresh avo subject  
to availability*

*All prices include VAT*

- ✦ **Shashuka** 49.50  
Eggs poached in a tomato, chilli, onion & herb sauce. Served with toast
- Homemade muesli** 63.90  
Served with a natural Greek yoghurt & berry compote
- Traditional porridge** 40.50  
With milk & honey  
With dried cranberries & banana 46.50
- Quinoa porridge** 67.50  
High protein & gluten free  
Apple & goji berry
- ✦ **Rosti breakfast** 64.50  
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 65.50
- ✦ **Cauliflower rosti** (Carb free) 99.90  
Half portion 65.50
- ✦ **Mustard chicken livers** 65.50  
Spice dusted & pan fried with grain mustard, crème fraîche, served with poached eggs & toast
- ✦ **Veggie bagel breakfast** 63.50  
Toasted bagel, eggs, grilled veg, tomato & mozzarella cheese
- ✦ **Bacon & tomato bagel** 69.50  
Toasted bagel, eggs, bacon, grilled tomato & mozzarella cheese
- ✦ **French toast**  
Four slices of Italian bread, egg dipped & grilled with a choice of:  
Plain 33.50  
Fresh blueberries 38.50



## 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.  
12.50 extra for 2 slices.

All prices include VAT

## why not **make your own**

Mozzarella or cheddar cheese 17.50

Tomato (fresh or grilled) 6.90

Avocado or spinach 19.90

Spinach & feta 28.50

Grilled mushrooms 18.50

Grilled haloumi 30.50

Ham or bacon 22.50

Macon 29.50

Smoked salmon 47.50

Beef sausage 24.50

Scrambled egg & toast 29.50

Single egg (fried or poached) 7.50

Bockwurst 30.50

Cheese grillers 22.50

Anchovy & toast 29.90

Plain omelette 29.90

Gluten-free, high protein,  
low carb toast - 2 slices 12.50





# toasted treats

|   | Single      | Double | Tramezzini |
|---|-------------|--------|------------|
| <b>Cheese*</b> (*Mozzarella or Cheddar)           | 41.90       | 51.50  | 49.50      |
| <b>Cheese* &amp; tomato</b>                       | 48.90       | 60.50  | 57.50      |
| <b>Ham &amp; cheese*</b>                          | 50.90       | 68.50  | 62.50      |
| <b>Ham, cheese* &amp; tomato</b>                  | 55.90       | 70.50  | 67.50      |
| <b>Chicken mayonnaise</b>                         | 51.90       | 64.50  | 60.50      |
| <b>Bacon &amp; cheese*</b>                        | 57.50       | 69.50  | 66.50      |
| <b>Bacon &amp; egg</b>                            | 51.50       | 64.50  | 61.50      |
| <b>Bacon &amp; avocado</b>                        | 60.50       | 75.50  | 68.50      |
| <b>Spinach, feta, olive &amp; artichoke</b>       | 57.50       | 72.50  | 69.50      |
| <b>Grilled baby marrow, peppers &amp; haloumi</b> | 59.50       | 68.50  | 62.50      |
| <b>Gluten-free, high protein, low carb option</b> | extra 12.50 |        |            |

*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** 33.50

**Basic side salad** 36.50  
Mixed herb lettuce, tomato, cucumber & onion

**Dips & bread** 37.50  
Hummus, tzatziki, olive oil, balsamic vinegar & artisan bread

All prices include VAT





## a feast of your favourites

- Quiche & salad** 78.50  
Freshly prepared quiche of the day
- Half spit roasted chicken** 91.50  
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 61.50  
240gr Grilled chicken breast 77.50
- Peri-peri chicken livers** 56.50  
Chicken livers in a light spicy sauce  
with toast & tzatziki
- Vegetarian rosti stack** 69.50  
Layers of potato rosti with red pesto  
quinoa & lentil pulse, topped with  
avocado slices & an egg

Photos are for illustration purposes only.  
Fresh avo subject to availability.  
All prices include VAT.

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

- ✦ **Pulled beef sandwich** 57.50  
Open sandwich with slow braised  
pulled beef, gherkins, rocket & mustard
- NY style salmon bagel** 99.90  
Smoked salmon, cream cheese,  
red onion & sliced tomato with  
mixed lettuce on a fresh bagel
- Oriental duck stir-fry** 72.50  
Slow roasted duck with seasonal  
stir-fry veg & egg noodles
- Noodle stir fry** 59.50  
Noodle stir fry with seasonal veg  
**Add chicken** 69.50



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** 91.50

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

✪ **Mediterranean salad** 90.50

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

**Roasted butternut, pumpkin seed & haloumi salad** 90.50

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

**Chicken, avocado & feta salad** 90.50

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

**Quinoa & lentil tower** 81.50

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

**Teriyaki beef salad** 90.50

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** 47.90

With mushrooms & ham, topped with poached eggs

**Duck pancake with orange** 68.50

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

**Chicken wrap** 68.50

Shredded rotisserie chicken, peppadews & micro greens

**Bacon, avo & feta wrap** 68.50

With micro greens

*All prices include VAT*





# bruschettas

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

**Any two options with a salad** 46.90

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

**Add an extra slice** 20.50

# 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

**Bolognaise** 65.90

Slow braised beef mince with a fresh tomato & basil sauce

# burgers

**Beef burger** 79.50

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

**Add cheese** 17.50

**Add bacon** 22.50

**Chicken burger** 77.50

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

**Vegetarian burger** 80.50

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** 72.50

**Double** 85.50



Bruschettas, pasta, pregos & burgers

All prices include VAT

# gelati & sorbet

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

|          |       |
|----------|-------|
| 1 Scoop  | 22.00 |
| 2 Scoops | 29.90 |
| 3 Scoops | 34.00 |

# 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                                    | 27.50 |
| Freshly squeezed orange juice (if available) | 31.50 |

### Cold beverages

|                  |       |
|------------------|-------|
| 330ml cans       | 18.90 |
| Tizers           | 22.90 |
| Still water      | 14.90 |
| Sparkling water  | 17.90 |
| Lipton iced teas | 20.90 |
| Rock shandy      | 29.90 |
| Cordials & mixer | 20.90 |

### Wheatgrass

|                  |       |
|------------------|-------|
| Shot             | 20.90 |
| With apple juice | 37.90 |

### Freezos

|            |       |
|------------|-------|
| Coffee     | 35.90 |
| Spicy Chai | 30.90 |
| Vanilla    | 35.90 |
| Chocolate  | 36.90 |

### Fresh pressed juices 32.50

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

### Milkshakes 29.90

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*                        | 17.90 |
| Peach*                        | 17.90 |
| *Also available in sugar free |       |
| Berry                         | 17.90 |

*Photos are for illustration purposes only*

*All prices include VAT*







# coffee & tea

Dairy free option available  
@ 6.00 extra  
All our coffees are  
available in Decaff  
@ 3.50 extra



Choose from our cake display  
or ask about our selection of

# homemade cake

**R28.50**



|  |  |
|--|--|
| <b>Filter coffee</b><br>plus one refill  | 21.90  |
| <b>Cappuccino</b><br>Normal<br>Double<br>Con panna   | 26.50<br>30.90<br>30.90  |
| <b>Caffè latte</b><br>Double<br>Caffe Mocha  | 27.90<br>32.90<br>31.90  |
| <b>Espresso</b><br>Normal<br>Ristretto<br>Lungo<br>Double<br>Con panna<br>Americano<br>Macchiato<br>Double macchiato | 19.90<br>19.90<br>19.90<br>24.90<br>22.90<br>23.90<br>21.90<br>26.90 |
| <b>Flavoured coffee</b><br>Flavoured latte<br>Flavoured cappuccino   | 36.90<br>33.50   |

|  |  |
|--|--|
| <b>Tea</b><br>Five Roses<br>Earl Grey tea<br>Chamomile<br>Oolong<br>Rooibos tea<br>Green tea | 19.90<br>22.90<br>22.90<br>22.90<br>19.90<br>22.90 |
|--|--|

|   |                                  |
|---|----------------------------------|
| <b>Red Espresso</b><br>Red espresso<br>Red cappuccino<br>Red latte<br>Fresh red<br>(red espresso shot with apple juice) | 21.90<br>26.90<br>29.90<br>35.90 |
|---|----------------------------------|

|   |   |
|---|---|
| <b>Other hot options</b><br>Hot chocolate<br>Hot chocolate skinny*<br>White choc decadence<br>Spicy chai<br>Milo<br>Green mint matcha<br>Choc chai* | 28.90<br>28.90<br>30.90<br>29.90<br>32.90<br>36.90<br>36.90 |
|---|---|

**Pouring cream additional** 8.90  
\* No sugar added

All prices include VAT



# pizza

*Available in  
Woodmead & Fourways*

**Focaccia** 29.90  
Garlic & herb

**Margherita** 54.90  
Tomato & herbs

**Regina** 76.90  
Ham & mushrooms

**Bacon & avo** 93.90  
Smoked back bacon & avocado

**Mexicana** 93.50  
Bolognaise, peppers, onions & chillies

**Hawaiian** 72.50  
Smoked back bacon &  
pineapple pieces

**Romana** 89.50  
Anchovies & capers

**Siciliana** 90.50  
Anchovies, capers & olives

**Re** 81.50  
Ham, artichokes & herbs

**Vegeterian** 76.50  
Peppers, artichokes, olives & onion

**Spiced livers** 68.50  
Chicken livers peri peri & bacon

**Chiquita** 87.50  
Chicken, bacon, feta,  
red peppers & avo

**Oly pop** 76.50  
Spinach, bacon, feta & avo

**Cypriot** 75.50  
Haloumi, olives & tomatoes

**Melanzita** 74.50  
Brinjals, sundried tomato, garlic & feta

**Sweet chilli chicken** 79.50  
Chicken, feta, roasted peppers  
& sweet chilli

**Pesto foccacia** 39.50  
Pesto & parmesan shavings



*Photos are for illustration purposes only.  
All prices include VAT*



Fournos uses only the  
**finest, natural,**  
**fresh** 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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***All prices include VAT***



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