

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

Breakfast



toasted treats

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



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

Tea Five Roses Earl Grey tea Chamomile Oolong Rooibos tea Green tea	19.90 22.90 22.90 22.90 19.90 22.90
--	--

Red Espresso Red espresso Red cappuccino Red latte Fresh red (red espresso shot with apple juice)	21.90 26.90 29.90 35.90
---	----------------------------------

Other hot options Hot chocolate Hot chocolate skinny* White choc decadence Spicy chai Milo Green mint matcha Choc chai*	28.90 28.90 30.90 29.90 32.90 36.90 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.

Photos are for illustration purposes only.

All prices include VAT



FOURNOS GROUP (PTY) LTD

Tel: 011 771 2500 • Email: info@fournos.co.za

www.fournos.co.za