

Order with joy
Eat with passion.
Share the love



**MORE THAN
JUST YOUR
FAVOURITE BAKERY**





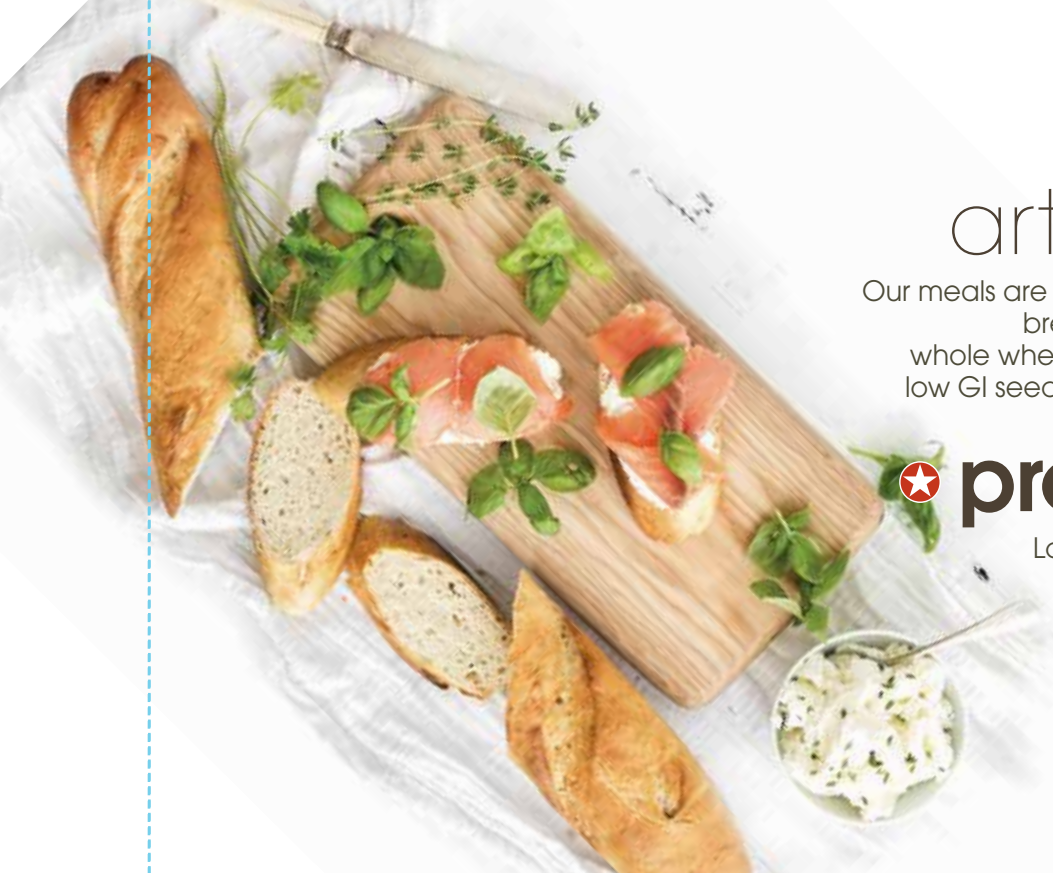
breakfast

- ✦ **Fornos breakfast** 79.90
 Bacon, 2 eggs, 3 sausages, hand cut chips, grilled tomato & toast
 Beef or cheese griller sausages
- ✦ **All in one breakfast** 52.90
 Choice of toast topped with bacon, spinach & 2 poached eggs
- ✦ **Light breakfast** 54.90
 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 60.90
 Bacon 69.90
 Smoked salmon 99.90
 Ham & mushroom 69.90
- ✦ **Omelettes** 58.90
 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** 48.90
 Choice of toast topped with avocado slices & scrambled egg

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

*Fresh avo subject
 to availability*

- ✦ **Shashuka** 48.90
 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** 39.50
 With milk & honey
 With dried cranberries & banana 45.90
- ✦ **Quinoa porridge** 66.50
 High protein & gluten free
 Apple & goji berry
- ✦ **Rosti breakfast** 63.90
 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 64.90
- ✦ **Cauliflower rosti** (Carb free) 99.90
 Half portion 64.90
- ✦ **Mustard chicken livers** 64.90
 Spice dusted & pan fried with grain mustard, crème fraîche, served with poached eggs & toast
- ✦ **Veggie bagel breakfast** 62.90
 Toasted bagel, eggs, grilled veg, tomato & mozzarella cheese
- ✦ **Bacon & tomato bagel** 68.90
 Toasted bagel, eggs, bacon, grilled tomato & mozzarella cheese
- ✦ **French toast**
 Four slices of Italian bread, egg dipped & grilled with a choice of:
 Plain 32.90
 Fresh blueberries 37.90



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)	41.50	50.90	48.90
Cheese* & tomato	48.50	59.50	56.90
Ham & cheese*	50.50	67.90	61.50
Ham, cheese* & tomato	55.50	69.90	66.50
Chicken mayonnaise	51.50	63.50	59.50
Bacon & cheese*	56.90	68.90	65.50
Bacon & egg	50.90	63.50	60.50
Bacon & avocado	59.90	74.90	67.90
Spinach, feta, olive & artichoke	56.90	71.90	68.90
Grilled baby marrow, peppers & haloumi	56.90	67.90	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 32.90

Basic side salad 35.90

Mixed herb lettuce, tomato, cucumber & onion

Dips & bread 36.90

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** 77.90
Freshly prepared quiche of the day
- Half spit roasted chicken** 90.90
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 60.50
240gr Grilled chicken breast 76.90
- Peri-peri chicken livers** 55.90
Chicken livers in a light spicy sauce
with toast & tzatziki
- Vegetarian rosti stack** 68.90
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** 56.50
Open sandwich with slow braised
pulled beef, gherkins, rocket & mustard

NY style salmon bagel 98.90
Smoked salmon, cream cheese,
red onion & sliced tomato with
mixed lettuce on a fresh bagel

Oriental duck stir-fry 71.90
Slow roasted duck with seasonal
stir-fry veg & egg noodles

Noodle stir fry 58.50
Noodle stir fry with seasonal veg
Add chicken 68.90

Chilli dog bockwurst 89.50
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 90.90

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 89.90

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

Chicken, avocado & feta salad 89.90

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

Quinoa & lentil tower 80.90

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

Teriyaki beef salad 89.90

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 47.50

With mushrooms & ham, topped with poached eggs

Duck pancake with orange 67.90

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

Chicken wrap 67.50

Shredded rotisserie chicken, peppadews & micro greens

Bacon, avo & feta wrap 67.50

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 44.50

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 65.90

Slow braised beef mince with a fresh tomato & basil sauce

burgers

Beef burger 78.90

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

Add cheese 16.50

Add bacon 21.90

Chicken burger 76.90

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 71.90

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	26.90
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
Wheatgrass	
Shot	20.50
With apple juice	37.50
Freezos	
Coffee	35.50
Spicy Chai	30.50
Vanilla	35.50
Chocolate	35.50

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

Photos are for illustration purposes only.





coffee & tea

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



Choose from our cake display
or ask about our selection of

homemade cake

Filter coffee plus one refill	21.50
Cappuccino Normal Double Con panna	25.50 30.50 30.50
Caffè latte Double Caffè Mocha	27.50 32.50 31.50
Espresso Normal Ristretto Lungo Double Con panna Americano Macchiato Double macchiato	19.90 19.90 19.90 24.50 22.50 23.50 21.50 26.50

Flavoured coffee Flavoured latte Flavoured cappuccino	36.50 32.90
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Tea Five Roses Earl Grey tea Chamomile Oolong Rooibos tea Green tea	19.50 22.50 22.50 22.50 19.50 22.50
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Red Espresso Red espresso Red cappuccino Red latte Fresh red (red espresso shot with apple juice)	21.50 26.50 29.50 35.50
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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	28.50 28.50 30.50 29.50 32.50 36.50 36.50 30.50
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Pouring cream additional 8.50
* No sugar added



Hot & cold beverages

pizza

Focaccia 28.90
Garlic & herb

Margherita 53.90
Tomato & herbs

Regina 75.90
Ham & mushrooms

Bacon & avo 95.90
Smoked back bacon & avocado

Mexicana 95.90
Bolognaise, peppers, onions & chillies

Hawaiian 71.90
Smoked back bacon &
pineapple pieces

Romana 88.90
Anchovies & capers

Siciliana 89.90
Anchovies, capers & olives

Re 80.90
Ham, artichokes & herbs

Vegetarian 75.90
Peppers, artichokes, olives & onion

Spiced livers 67.90
Chicken livers peri peri & bacon

Chiquita 86.90
Chicken, bacon, feta,
red peppers & avo

Oly pop 75.90
Spinach, bacon, feta & avo

Cypriot 74.90
Haloumi, olives & tomatoes

Melanzita 73.90
Brinjals, sundried tomato, garlic & feta

Sweet chilli chicken 78.90
Chicken, feta, roasted peppers
& sweet chilli

Pesto foccacia 38.90
Pesto & parmesan shavings



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.

www.fournos.co.za





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finest, natural,
fresh ingredients available.
Eat, Enjoy & Love every mouthful.

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