

# MENU

FOR FLAVOUR • FOR FAVOURITES  
FOR FRESHNESS • FOR YOU  
**FOR FAMILY • FOR FRIENDS**



[www.fournos.co.za](http://www.fournos.co.za)



# BREAKFAST

## Hummus toast 45 NEW

Toast topped with hummus, grilled tomato, feta, basil pesto and rocket

## Mushroom toast 55 NEW

Toast topped with pan fried mushrooms, two poached eggs, tomato chutney and rocket

## Smashed avo 55

Smashed avo, feta and one poached egg served with toast

## Rolled oats 60

Rolled oats topped with

- Peanut butter and banana
- Toasted almonds and honey

## Mince on toast 65

Topped with one fried or poached egg

## Breakfast croissant 67

Toasted croissant filled with bacon and two fried or scrambled eggs

## Shakshuka 75 NEW

Two poached eggs in a tomato, chilli, onion and herb sauce served with toast

## Daybreak breakfast 75

Choice of toast topped with bacon, spinach and two poached eggs

## Light breakfast 78

One egg, bacon, grilled tomato, two sausages (beef or cheese griller) and toast

## Bagel breakfast 78 NEW

Toasted bagel topped with bacon, cheese, one egg, tomato and a creamy mayonnaise

## Chicken livers 79

Pan fried chicken livers with a whole grain mustard crème fraîche sauce topped with two poached eggs and toast

**Bacon can be replaced with Macon @ 6 extra**

## Omelette 84

Three egg omelette with mozzarella or cheddar served with chips and toast (fillings of your choice extra)

## French toast 85 NEW

French toast layered with strawberries, banana and mozzarella, drizzled with golden syrup and served with blueberry sauce

## Savoury crêpes 88

Two crêpes with a choice of filling topped with two poached eggs and drizzled with basil pesto

- Creamy ham and mushroom
- Spinach and feta

## Spanish omelette 90

Three egg open omelette, sundried tomato, olives and feta cheese topped with rocket

## Fournos benedict

Two poached eggs on a toasted roll topped with a light hollandaise sauce

- Spinach and feta 98
- Bacon 98
- Salmon 115 NEW

## Fournos breakfast 105

Two eggs, bacon, chips, three sausages (beef or cheese griller) and toast

## Salmon omelette 105

Three egg omelette, spring onion, smoked salmon, cream cheese and avocado

## Rosti breakfast 110

Potato rosti with bacon, spinach, feta and avo topped with one poached egg

## Salmon rosti 120

Smoked salmon, potato rosti with avo salsa and cream cheese

## Extras:

Tomato (fresh or grilled)	9
Full portion of chips	38
Spinach	24
Spinach and feta	33
Avocado (seasonal)	33
Grilled mushrooms	22
Grilled halloumi	35
Ham or bacon	27
Macon	33
Smoked salmon	54
Mozzarella or cheddar cheese	22
Beef sausage or cheese griller	29
Single egg (fried or poached)	9
Scrambled eggs and toast	42





# WANT IT TOASTED

	Sandwich	Croissant	Tramezzini
Cheese*	58	65	75
Cheese* and tomato	60	69	79
Ham and cheese*	79	86	92
Ham, cheese* and tomato	82	90	95
Chicken mayonnaise	70	75	85
Bacon and cheese*	82	90	95
Bacon, cheese* and egg	85	93	98
Bacon and avo	85	93	98
Feta, spinach, olive and artichoke	85	93	98
Mozzarella, grilled veg and basil pesto	82	89	95

\*Cheddar or Mozzarella

Tramezzini's are served standard with Mozzarella cheese  
All toasted treats are served with chips or a side salad  
Fresh avo subject to availability



## BURGERS

### Beef burger 95

150g pure beef patty served with pickled red onion, lettuce and homemade burger sauce

### Vegetarian burger 95

150g falafel patty served with pickled red onion, lettuce and tzatziki

### Grilled chicken burger 90

Grilled chicken breast served with pickled red onion, lettuce and homemade burger sauce

### Chicken prego roll 85

Grilled chicken breast, dipped in house prego sauce served on a Portuguese roll

Burgers served on a Brioche bun with chips

## SALADS

### Greek salad 65

Feta cheese, olives, mixed leaves, red onions, tomatoes and cucumber with an olive oil vinaigrette  
Add chicken 22

### Avo, feta and bacon 92

Avo, feta and bacon with mixed leaves, cucumber, red onions and tomatoes with a sweet chili sauce

### Halloumi and butternut 92

Halloumi, butternut, pumpkin seeds with mixed leaves, cucumber, red onions and tomatoes with pesto

### Chicken and peppadew 92

Roasted chicken and peppadew with mixed leaves, cucumber, red onions and tomatoes with aioli

### Avo, feta and chicken 92

Avo, feta and chicken with mixed leaves, cucumber, red onions and tomatoes with a sweet chili sauce

### Smoked salmon salad 110

Smoked salmon served with carrot, cucumber, tomato, red onion topped with cream cheese and capers

Some Fornos products are not suitable for people with nut allergies.



# WRAPS

## Wraps 98

Choice of one of the following:

- Avo, feta and bacon
- Avo, feta and chicken
- Roasted chicken and peppadew
- Butternut, pumpkin seed and halloumi

- Our salad dressings & sauces are all homemade
- All wraps are served with chips or a side salad
- Fresh avo subject to availability

## Greek wrap 65

Feta cheese, olives, mixed leaves, red onions, cherry tomatoes and cucumber with an olive oil vinaigrette

Add chicken 22

## Spicy beef wrap 115

Savoury spiced beef wrap topped with Napolitana sauce and grilled cheese

# FAVOURITES

## Grilled chicken breast

Marinated with olive oil, garlic and herbs served with chips or salad

- 120gr 62
- 240gr 79

## Half spit roasted chicken 92

With fresh rosemary, onion, garlic and salt served with chips or salad

## Quiche of the day 89

Served with chips or salad

## Classic pie of the day 60

Served with chips or salad

## Peri-peri chicken livers 68

Served with a toasted Portuguese roll

## Chicken trinchado 85

Grilled chicken breast and mushrooms, served in a creamy Napolitana sauce drizzled with basil pesto and a toasted Portuguese roll


## Crêpe parcels 69

Two crêpes with a savoury filling of your choice, topped with melted cheddar, a dollop of mascarpone and sided with a fresh salsa

- Savoury mince
- Roast chicken mayonnaise
- Spinach and feta

## Bruschetta 65

Two slices of toasted ciabatta with a topping of your choice served with a side salad

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

Add an extra slice of bruschetta @ 25 extra

## Salmon bagel 125

Smoked salmon with cream cheese, red onion, sliced tomato and mixed lettuce served on a toasted bagel

## Hot Buddha bowl 85

Spiced and charred cauliflower, broccoli and carrot, served on a bed of quinoa and baby spinach topped with avo, pumpkin seeds and a drizzle of vegan mayo

## Noodle stir fry

A mixture of fresh veggies served in a tangy sauce accompanied by egg noodles

- Mushroom 85
- Chicken 95
- Beef 110

# PASTA

Gluten free pea pasta available @ 10 extra

## Pasta Napolitana 84

A fresh tomato and basil sauce

## Pasta Bolognese 94

Slow braised beef mince with a fresh tomato and basil sauce

## Polo Con Pesto 98

Grilled chicken strips with a creamy tomato pesto sauce

## Pasta Alfredo 98

Creamy ham or chicken and mushroom sauce

 New

 Vegan

 Chilli

Photos are for illustration purposes only.



# HOT BEVERAGES

## Coffee

SHORT	TALL
Cappuccino	35
Cappuccino Single	37
Caffè Latte	39
Caffè Mocha	40

Espresso	24
Espresso Double	28
Americano	28
Cortado	28
Cortado Double	32
Macchiato	28
Macchiato Double	32
Dirty Chai	47
Dirty Chai Double	55

Filter coffee plus one refill	28
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Extra shot of coffee  
@ 11 extra  
All coffees are available in decaf  
@ 5 extra  
Dairy free alternative available  
@ 9 extra  
Con Panna (whipped or pouring)  
@ 9 extra



## Tea

Five Roses	24
Earl Grey tea	25
Chamomile	25
Rooibos tea	21
Green tea	25
Hot water, lemon and honey	18

## Red espresso

Red espresso	32
Red cappuccino	35
Red latte	35

## Other hot options

Hot chocolate	40
Hot choc skinny	40
White hot choc	40
Spicy chai	40
Milo	40

## Flavoured coffee

Brownie	59
Florentine	59
Gingerbread	59



# COLD BEVERAGES

Soda cans	21
Tizers	26
Lipton iced teas	24
Still water	18
Sparkling water	18
Iced coffee	39
Freezos	55

Coffee, Black vanilla, Salted caramel, Chocolate	
Milkshakes	42
Vanilla, Strawberry, Chocolate, Banana, Bubblegum, Coffee, Lime	

Gourmet milkshakes	56
Brownie, Black Forest, Gingerbread, Salted caramel	

Fresh pressed juices	40
Fresh orange juice	40

Fresh orange juice is seasonal and  
subject to availability.

## Smoothies

Breakfast buzz	65
Blueberries, coconut milk, dates, banana and peanut butter	

Go green	65
Pineapple, apple juice, kiwi, cucumber, mint and banana	

Peanut butter bom	65
Peanut butter, banana, yoghurt, and cocoa powder	

Strawberry burst	65
Strawberries, yoghurt, apple juice and banana	

Vitamin C	65
Mango, pineapple, carrot juice and orange juice	



## SWEET TREATS

### Croissant and coffee 59 NEW

A Fournos flaky, golden croissant served with butter, jam and cheese and paired with a cup of filter coffee

### Muffin and coffee 59 NEW

Freshly baked muffin served with butter, jam and cheese and paired with a cup of filter coffee

### Scone and coffee 59 NEW

A flavourful buttery scone served with butter, jam and cheese and paired with a cup of filter coffee

### Cake and coffee 59

A delicious slice of our famous Fournos cake of the day paired with a cup of filter coffee



## AVAILABLE IN SELECTED STORES

# GOURMET TO GO

## Ready Made Frozen Meals



BEEF  
CHICKEN  
LAMB  
VEGETARIAN

# CATERING

Lets us do it for you

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