



Order with joy.

# Eat with passion

Freshness. Deliciousness. Nutritiousness. Preservative free. Pureness. Blissfulness.

**Share the love.**

Fournosness.

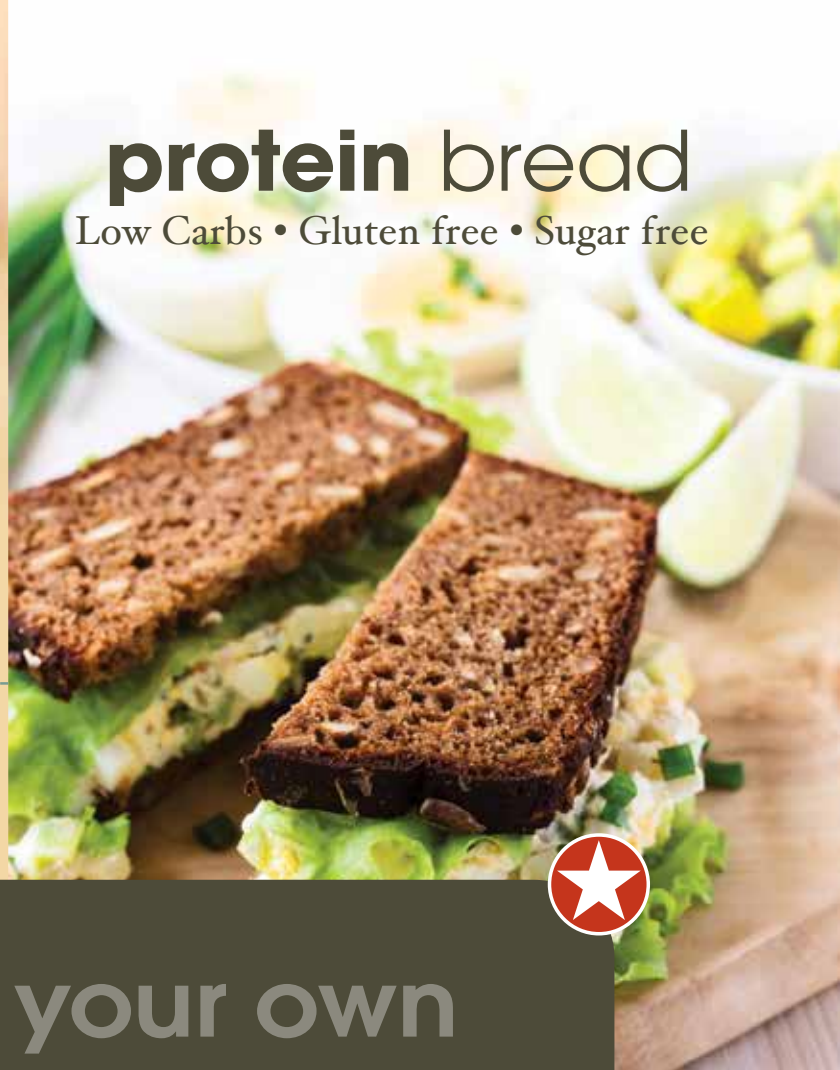
**VOTED BEST BAKERY  
& BEST DELI**



Handcrafted  
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.

**Our protein bread is a zero gluten and very low carbohydrate option.**  
Made from all natural ingredients including almond flour, seeds, nuts and natural oils.  
**R10.90 extra for 2 slices**



why not  
**make your own**

Mozzarella or cheddar cheese	<b>R16.50</b>	Beef sausage	<b>R23.90</b>
Tomato (fresh or grilled)	<b>R 6.90</b>	Scrambled egg & toast	<b>R28.90</b>
Avocado or spinach	<b>R19.90</b>	Single egg (fried or poached)	<b>R 6.90</b>
Spinach & feta	<b>R27.90</b>	Homemade muesli	<b>R26.90</b>
Grilled mushrooms	<b>R17.90</b>	Bockwurst	<b>R29.50</b>
Grilled haloumi	<b>R28.90</b>	Cheese grillers	<b>R21.90</b>
Ham or bacon	<b>R21.90</b>	Anchovy & toast	<b>R29.90</b>
Macon	<b>R28.90</b>	<b>Gluten-free, low carb toast (2 slices)</b>	
Smoked salmon	<b>R45.90</b>		<b>R10.90</b>

Breakfast

# breakfast



You can't beat our eggs...

- ✦ **Fournos breakfast** **R68.90**  
Bacon, 2 eggs, 3 sausages, hand cut chips, grilled tomato & toast  
Beef or cheese griller sausages
- ✦ **All in one breakfast** **R44.90**  
Choice of toast topped with bacon, spinach & 2 poached eggs
- ✦ **Light breakfast** **R45.90**  
Bacon, 1 egg, 2 sausages, grilled tomato & toast
- ✦ **Fournos benedict**  
Two poached eggs on a toasted roll, topped with a light hollandaise sauce and a choice of:  
Spinach & feta **R53.50**  
Bacon **R61.50**  
Smoked salmon **R90.50**  
Ham & mushroom **R58.50**
- ✦ **Omelettes** **R42.50**  
3 egg omelette with mozzarella or cheddar, served with hand cut chips & toast (fillings of your choice extra)
- ✦ **Egg white omelette** **R52.50**
- ✦ **Protein omelette** **R82.50**  
Open omelette with chunky cottage cheese, avocado & smoked salmon
- ✦ **Scrambled egg topper** **R39.90**  
Scrambled egg on toast topped with fresh avocado

## Homemade muesli

- Served with a natural Greek yoghurt
- Fresh fruit **R56.50**
- Berry compote **R56.50**

## Traditional whole wheat porridge

- With milk & honey **R34.90**
- With dried cranberries & banana **R40.90**

## Quinoa porridge (high protein & gluten free)

- Apple & goji berry **R59.50**
- Blueberry & pecan nut **R60.90**

## ✦ Salmon rosti **R95.90**

- Smoked salmon & potato rosti with avocado salsa & cream cheese
- Half portion **R59.90**

## ✦ Cauliflower rosti (Carb free) **R95.90**

- Half portion **R59.90**

## ✦ Breakfast wrap **R53.90**

- Bacon, sausage, scrambled egg & tomato

## ✦ Mustard chicken livers **R52.50**

- Spice dusted & pan fried with grain mustard, crème fraîche, served with poached eggs & toast

## ✦ Veggie bagel breakfast **R55.90**

- Toasted bagel, eggs, grilled veg, tomato & mozzarella cheese

## ✦ Bacon & tomato bagel **R60.90**

- Toasted bagel, eggs, bacon, grilled tomato & mozzarella cheese

## ✦ French toast

- Four slices of Italian bread, egg dipped & grilled with a choice of:  
Fresh blueberries **R32.90**  
Grilled banana & pecan nuts **R34.90**

## ✦ Anchovy & toast board **R49.90**

- Anchovy paste, pickled cucumber, tomato slices, rocket & toast



# toasted treats

	Single	Double	Tramezzini
<b>Cheese*</b> (*Mozzarella or Cheddar)	R35.90	R44.90	R42.90
<b>Cheese* &amp; tomato</b>	R42.90	R51.90	R49.90
<b>Ham &amp; cheese*</b>	R44.90	R59.90	R55.90
<b>Ham, cheese* &amp; tomato</b>	R48.90	R62.90	R59.90
<b>Chicken mayonnaise</b>	R44.90	R55.90	R53.90
<b>Bacon &amp; cheese*</b>	R49.90	R61.90	R58.90
<b>Bacon &amp; egg</b>	R44.90	R56.90	R54.90
<b>Bacon &amp; avocado</b>	R53.90	R65.90	R62.90
<b>Bacon &amp; banana</b>	R44.90	R53.90	R52.90
<b>Spinach, feta, olive &amp; artichoke</b>	R50.90	R64.90	R63.90
<b>Grilled baby marrow, peppers &amp; haloumi</b>	R52.90	R60.90	R57.90

**(Gluten-free, high protein, low carb option extra R 10.90 to toasted treat)**

Served with hand cut chips or a side salad  
Additional price for either chips or salad as extra R 9.90

## on the side

**Hand cut chips with aioli**

**R29.90**

**Basic side salad**

**R34.90**

Mixed herbs, lettuce, tomatoes, cucumbers & onions

**Dips & bread**

**R35.90**

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





## a feast of your favourites

### **Quiche & salad R68.50**

Freshly prepared quiche of the day

### **Half spit roasted chicken R79.90**

Served fresh off the spit with chips & salad

### **Grilled chicken breast**

Served with a garden salad  
120gr Grilled chicken breast  
240gr Grilled chicken breast

**R51.90**

**R64.90**

### ✦ **Chicken prego roll - single R61.90**

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

**Double R74.90**

### **Peri-peri chicken livers R48.90**

Chicken livers in a light spicy sauce  
with toast & tzatziki

### **Beef Paillard R69.90**

Beef paillard rubbed with fresh herbs

✦ **Gluten-free, low carb option  
R10.90 extra for 2 slices**

### **Homemade fish cakes R68.90**

Served with pickled veg salad  
and tomato concasse

### ✦ **NY style salmon bagel R86.90**

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

### ✦ **Smoked salmon board R88.90**

Smoked salmon, dolmades,  
grilled baby marrow, chopped red onion,  
capers & cream cheese served with  
an assortment of breads  
Gluten-free, low carb option available

### **Oriental duck stir-fry R62.90**

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

### **Noodle Stir fry R49.90**

Noodle stir-fry with seasonal veg

**Add chicken R59.90**

### **Chilli dog bockwurst R78.90**

Grilled bockwurst hot dog with mustard,  
avocado salsa, micro greens, topped  
with grilled onions

## **Soup of the day R39.90**

*Ask your waiter for a generous  
serving of our winter warmth.*

Toasted treats & favourites

Healthy & delicious

# fresh salad



**Aloo tiki salad R68.90**  
Potato cakes stuffed with spinach & feta, served with micro greens, lentils, hummus, parmesan shavings & basil pesto

**Asian duck salad R85.90**  
✱ Slices of free-range duck breast, flavoured with ginger, lemongrass, garlic, chilli & coriander. Served with grilled veg

**Mediterranean salad R83.90**  
Slices of grilled sirloin, olives, artichokes, sundried tomato & mixed micro greens, tossed in extra virgin olive oil vinaigrette Served with bruschetta. Gluten-free, low carb option available

**Roasted butternut, pumpkin seed & haloumi salad R81.90**  
Roasted butternut tossed with micro greens, grilled haloumi cheese, roasted pumpkin seeds & herb croutons with an olive oil vinaigrette

**Chicken, avocado & feta salad R78.90**  
Shredded rotisserie chicken tossed with micro greens & mixed peppers topped with avocado & feta Served with sweet chilli aioli

*Our salad dressings  
& sauces are all  
homemade.*

*Fresh avocado  
subject to availability*

## crêpes and wraps

**Savoury crêpes R39.90**  
With mushrooms & ham, topped with poached eggs

**Duck pancake with orange R59.90**  
Slow braised, free-range duck rolled in crêpes with an orange sauce

**Chicken wrap R55.90**  
Shredded rotisserie chicken, peppadews & micro greens

**Bacon, avo & feta wrap R55.90**  
Served with micro greens

# bruschettas

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

**Any two options with a salad R35.50**

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 R17.90**



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

# pasta

**Napolitana R54.50**

A fresh tomato & basil sauce

**Bolognese R59.90**

Slow braised beef mince with a fresh tomato & basil sauce

**Crema di pollo R75.90**

Chicken strips & mushrooms in a tomato sauce with a touch of cream

**Beef & mushroom R80.90**

Strips of beef fillet & mushroom with thyme, tomato & a touch of cream

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.*

# burgers

**Beef burger R68.90**

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

**Add cheese R16.50**

**Add bacon R21.90**

**Chicken burger R65.90**

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

**Vegetarian burger R69.90**

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

Bruschettas, pasta, deli dishes & burgers



## gelati & sorbet

Fresh natural gelati & sorbet:

1 Scoop - **R 19.90**

2 Scoops - **R 25.90**

3 Scoops - **R 29.90**

Visit our ice cream bar to see our selection



## Make your own smoothies

See our selection of delicious fresh fruits & yoghurts

## Fruit juices

Per 500ml **R25.90**

Freshly squeezed orange juice (if available) **R29.90**

### Cold beverages

340ml cans **R17.90**

Tizers **R21.90**

Still water **R13.90**

Sparkling water **R15.90**

Lipton iced teas **R19.90**

Rock shandy **R27.90**

Cordials & mixer **R19.90**

### Wheatgrass

Shot **R17.90**

With apple juice **R31.90**

### Milkshakes **R28.90**

Choose from our delicious flavours Hazelnut, dark mocha, strawberry & coconut

### Fresh pressed juices **R29.90**

Summer citrus & mint

Spinach, kale, apple & lemon

Carrots, apples & ginger

Pineapple, apple & mint

Apple & ginger

Beets, carrots, apples & ginger

### Slo-Jo iced teas

Lemon\* **R16.90**

Peach\* **R16.90**

\*Also available in sugar free

Berry **R16.90**

### Freezos

Coffee **R33.90**

Spicy chai **R26.90**







Choose from our cake display or  
ask about our selection of

# homemade cake R27.90



# coffee & tea

## Filter coffee

plus one refill

**R 17.90**

## Cappuccino

Normal  
Con panna

**R 21.90**

**R 23.90**

## Caffè latte

Double caffè latte  
Caffè mocha

**R 24.90**

**R 28.90**

**R 27.90**

## Espresso

Normal  
Ristretto  
Lungo  
Double  
Con panna  
Americano  
Macchiato  
Double macchiato

**R 16.90**

**R 16.90**

**R 16.90**

**R 23.90**

**R 18.90**

**R 20.90**

**R 17.90**

**R 19.90**

## Flavoured coffee

Flavoured latte  
Flavoured cappuccino

**R 32.90**

**R 29.90**

## Tea

Five Roses  
Earl Grey tea  
Chamomile  
Oolong  
Rooibos tea  
Green tea

**R 16.90**

**R 20.90**

**R 20.90**

**R 20.90**

**R 16.90**

**R 20.90**

## Red Espresso

Red espresso  
Red cappuccino  
Red latte  
Fresh red

**R 17.90**

**R 22.90**

**R 25.90**

**R 31.90**

(red espresso shot with apple juice)

## Other hot options

Hot chocolate  
White choc decadence  
Spicy chai  
Hazelnut latte  
Milo  
Horlicks

**R 25.90**

**R 27.90**

**R 26.90**

**R 27.90**

**R 28.90**

**R 28.90**

**Pouring cream additional R 7.90**



All our coffees are  
available in Decaff  
@ R6.90 extra

Hot & cold beverages

Fournos uses only the

**finest, natural**  
**fresh**est

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.*

Bedfordview - Bedford Centre	Tel: 011 615 0733
Benmore Gardens Shopping Centre	Tel: 011 883 7194/7329
Blubird Shopping Centre	Tel: 011 440 7966/8168
Dunkeld West Centre	Tel: 011 325 2110/1
Centurion Mall	Tel: 012 663 1714
Fourways Crossing	Tel: 011 467 2326/0766
Little Falls Lifestyle Crossing	Tel: 011 475 7484
Mall of the South	Tel: 010 597 1900/1
Rosebank - Cnr. Baker & Cradock Ave	Tel: 011 447 3392/3229
The Grove Mall	Tel: 012 807 5919
Woodmead Retail Park	Tel: 011 656 9641/8171
FOURNOS GROUP (PTY) LTD	Tel: 011 771 2500
Email: info@fournos.co.za	

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