

# Drinks Menu



Folk coffee anthropology is all about celebrating cafe culture. Here, we believe that to create the perfect cafe experience you need; wholesome food, the best of Cape wines, craft beer and of course an unsurpassed passion for coffee, all enjoyed in an inviting space filled with diverse people.

The food at Folk is hand crafted and made with love. You'll taste the difference that comes from using the highest quality, ethical, free range ingredients that are sourced, where possible, from local suppliers.

SKINNY MILK AVAILABLE

CREAM,  
UNSWEETENED  
ALMOND AND SOY  
ARE AVAILABLE AT  
AN EXTRA CHARGE

ADD HAZELNUT,  
CARAMEL, VANILLA OR  
GINGER SYRUP FOR AN  
EXTRA R12

ESPRESSO	SINGLE	DOUBLE
<b>Espresso</b> A shot of coffee extracted as a single or double	17.00	19.00
<b>Espresso Ristretto</b> Short espresso with a highly concentrated flavour	17.00	19.00
<b>Espresso Lungo</b> Long espresso with a milder taste	17.00	19.00
<b>Espresso Macchiato</b> Espresso topped with textured micro foam	20.00	22.00
<b>Espresso con Panna</b> Espresso topped with pouring cream	20.00	22.00
<b>Espresso Romano</b> Espresso extracted over lemon rind	20.00	22.00
<b>Espresso Marocchino</b> Espresso extracted over cocoa and topped with textured micro foam	22.00	24.00
<b>Long Black</b> Double espresso extracted over hot water to fill an espresso cup		22.00

COFFEE	REGULAR	DBL/TAL	GRANDE
<b>Pour Over Drip Coffee</b> Daily single origin coffee served in a single measure dripper with drip scale and goose neck kettle	40.00		
<b>Americano</b> Espresso extracted into hot water and served black or with milk	22.00	24.00	26.00
<b>Flat White</b> Double ristretto topped with textured micro foam	26.00	29.00	
<b>Cappuccino</b> Milk added to espresso and topped with dense foam	24.00	29.00	34.00
<b>Latte</b> Espresso added to 2/4 milk and topped with a small layer of foam	26.00	29.00	35.00
<b>Café Mocha</b> Espresso, hot chocolate and micro foam	30.00	34.00	38.00
<b>Cortado</b> Equal parts double espresso & textured milk		28.00	
<b>Piccolo</b> Single ristretto & textured milk in a short glass	24.00		
<b>Nutty Flat</b> Flat white with hazelnut flavoured syrup	34.00	38.00	42.00
<b>Vanilla Latte</b> Latte with vanilla flavoured syrup	34.00	38.00	42.00

THE COFFEE  
EST.  
**ESPRESSO  
CONCEPTS**

1994  
SPECIALIST



# ICE ICE BABY

## COLD BREWS

<b>Iced Latte</b>	38.00
Double shot espresso and milk served over ice blocks	
<b>Vanilla Coco Iced Coffee</b>	52.00
Double shot espresso, coconut water & vanilla syrup served over ice blocks	
<b>White Iced Mocha</b>	42.00
Double shot espresso, white hot chocolate, caramel flavoured syrup and milk blended with ice	
<b>Iced Chai</b>	42.00
Spiced cardamom, cinnamon and nutmeg frappe blended with ice & milk	
<b>Red Sunrise</b>	50.00
Rooibos fine-leaf espresso combined with orange juice and ginger, blended with ice & topped with chia seeds	
<b>Cold Brew</b>	38.00
Brazilian beans cold brewed and served with coffee ice blocks	
<b>Bitter Sweet</b>	40.00
Brazilian beans cold brewed and served with coffee ice blocks & muscovado caramel sugar	

## WARM BEVERAGES

REGULAR DBL/TALL GRANDE

<b>Lavender White</b>	46.00	40.00	44.00
White hot chocolate blended with lavender infused, textured milk (in season)			
<b>Spice Chai Frappe</b>	35.00	38.00	40.00
Spiced cardamom, cinnamon & nutmeg frappe topped with textured milk			
<b>Traditional Masala Chai Tea</b>	35.00		
Indian spiced tea prepared with milk and water			
<b>Rooi Espresso</b>		22.00	
Double Rooibos fine leaf extracted over orange zest and served with honey			
<b>Flat Red</b>	24.00	28.00	32.00
Rooibos fine leaf espresso topped with textured milk			
<b>Ginger Red</b>	26.00	30.00	34.00
Rooibos fine leaf espresso extracted over fresh ginger infused hot water and served with honey			
<b>Dark Hot Chocolate</b>	29.00	33.00	37.00
Decadent dark hot chocolate frappe topped with textured micro foam			
<b>White Hot Chocolate</b>	30.00	35.00	38.00
Creamy white hot chocolate frappe topped with textured micro foam			
<b>Dilmah Tea</b>	26.00		
Choose from our selection of speciality Dilmah tea's			

Health Yeah!

## SEASONAL FRESH JUICES 300ml

*Our juices are seasonal and may not be available year round*

Orange	38.00
Apple, cucumber & mint	40.00
Watermelon & Ginger	45.00
Grapefruit & pear	42.00
Ginger Shot	35.00
Carrot & pineapple	45.00
Lemon, apple & cayenne	45.00
...or any combination of the above	45.00

## SMOOTHIES

*Fresh, healthy ingredients blended with ice*

### Breakfast Smoothie

Banana, honey, natural yogurt & granola sprinkled over the top 48.00

### Berrypine & Coco

Blueberries, strawberries, honey, coconut water, pineapple & natural yogurt 52.00

### G-String

Pineapple, coconut water, banana, mint, honey & natural yogurt 52.00

### Fruity Tooty {dairy free}

Banana, pineapple, strawberry, coconut water, honey & chia seeds 55.00

### Super Food Smoothie {dairy free}

Blueberry, banana, almond milk, honey, cinnamon, chia seeds, flaxseeds, coconut water 60.00

### Natural Protein Shake

Banana, peanut butter, cinnamon, soya milk, almond milk, low fat natural yogurt 60.00

### Green Clean

Spinach, mint, broccoli, pineapple, coconut water & low fat yogurt 60.00

### Power Mango

Mango, ice, honey, coconut milk and low fat yogurt 55.00

# SAVE WATER Drink Beer

## COLD BEVERAGES

Rock Shandy	40.00
<b>Mineral Water Still or Sparkling</b>	
500ml	18.00
750ml	30.00
<b>The Duchess Virgin G&amp;T 240ml</b>	38.00
Botanical	
Green	
Floral	
Appletiser or Grapetiser	30.00
<b>BOS Ice Tea</b>	22.00
Lemon, Berry, Peach	
<b>Happy Culture Kombutcha</b>	40.00
Basil & Blueberry	
Cucumber & Mint	
Ginger & Lemon	
Coconut Water	39.00
<b>300ml Sodas</b>	25.00
Coke, Coke Light, Sprite, Sprite Zero, Cream soda, Fanta	
Theonista Ginger Ale	35.00
Red Bull	30.00

## BEERS & CIDER

Windhoek Draught 440ml	35.00
Windhoek Light 330ml	30.00
Windhoek Lager 330ml	30.00
Corona 355ml	45.00
Amstel	30.00
CBC Pilsner 440ml	40.00
CBC Amber Weiss 440ml	40.00
Devils Peak First Light 340ml	38.00
Castle Lite Lager 340ml	30.00
Heineken Lager 330ml	35.00
Tafel Lager 330ml	35.00
Savanna Light/ Dry 330ml	30.00
Cluver Jack Cider 330ml	35.00
Devils Peak Zero to Hero alcohol free beer	30.00

POP

CLINK

## FARM &amp; CULTIVAR

REGION

BOTTLE

GLASS

<b>Stellenrust Chenin Blanc</b>	Stellenbosch	140.00	40.00
Shows strong lime and some tropical fruit on the nose with a mineral palate of grape fruit and pear drop.			
<b>Usana Barrel fermented Chenin Blanc</b>	Stellenbosch	185.00	58.00
The natural fermentation adds a softer, creamier mouthfeel while the oak adds complexity and body to the wine. On the nose and palate there are hints of white peach and apple with a touch of toastiness from the barrel aging.			
<b>Sterhuis Chenin Blanc</b>	Stellenbosch	160.00	
The wine shows a dense straw colour with a green tinge. The aroma is complex and concentrated with dense layers of flavours of minerality, citrus, tropical fruit, spices and spicy oak. The complex flavour spectrum repeats in the mouth with power and elegance and a long citrus/spicy/rich finish.			
<b>Oak Valley Fountain of Youth Sauvignon Blanc</b>	Elgin	175.00	
A wine grown high up on the foothills of the Groenlandberg in the cool climate of Elgin resulting in slow ripening that develops beautiful, zesty tropical fruit.			
<b>Chamonix Sauvignon Blanc</b>	Franschhoek	160.00	52.00
Shows a pale straw colour with greenish highlights and ample yet refined aromas, with scents reminiscent of tropical fruit and lemon grass, with figs and pomelo grapefruit on the palate. It is full and round with rich fruit sensations balanced by bracing acidity.			
<b>Paul Cluver Sauvignon Blanc</b>	Elgin	170.00	
The colour is clear and bright, with a clean and fresh nose, expressive granadilla, elderberry, gooseberry and black currant characteristics. These flavours follow through onto the palate which has a lovely creamy texture.			
<b>Warwick First Lady Chardonnay</b>	Stellenbosch	185.00	58.00
A wine grown high up on the foothills of the Groenlandberg in the cool climate of Elgin resulting in slow ripening that develops beautiful, zesty tropical fruit.			
<b>Chamonix Unoaked Chardonnay</b>	Franschhoek	215.00	
Chamonix Chardonnay on release has a bright straw colour with greenish highlights and an intense aroma that recalls ripe apples, lime and pears with hints of herbs and tropical fruit. Bright and steely dry in flavour, the grapefruit and spice sensations are buoyed by zesty acidity that refreshes the palate through a smooth finish			
<b>Tokara Chardonnay</b>	Stellenbosch	185.00	
The wine displays a stunning vibrant straw colour with flecks of green. The nose is packed full of citrus and floral aromas with underlying notes of brioche, vanilla and a hint of toasted almonds.			
<b>Usana Pinot Grigio</b>	Stellenbosch	140.00	
Pinot Gris, a varietal in its own right, is an offspring of Pinot Noir and Italy's most well known wine. This wine has been naturally fermented using wild yeast			
<b>Steenberg Ruby Rosé</b>	Constantia	145.00	45.00
This pale, petal pink dry Rosé delivers subtle fragrances of boysenberry jelly, watermelon sorbet, candy apples, red liquorice candy, ripe sweet melon and fresh herbs on the nose. The wine is full and creamy, yet fresh on the palate			

# POP FIZZ CLINK

## FARM & CULTIVAR

REGION BOTTLE GLASS

<p><b>Moët &amp; Chandon Rose Impérial Champagne</b></p> <p>Moët Rosé Impérial is a spontaneous, radiant, romantic expression of the Moët &amp; Chandon style, a style distinguished by its bright fruitiness, its seductive palate and its elegant maturity.</p>	France	1280.00	
<p><b>Moët &amp; Chandon Impérial Champagne</b></p> <p>Moët Impérial is the House's iconic champagne. Created in 1869, it embodies Moët &amp; Chandon's unique style. The delicious sumptuousness of white-fleshed fruits with the alluring caress of fine bubbles and the soft vivacity of citrus fruit and nuances of gooseberry tingle the taste buds</p>	France	1225.00	
<p><b>Graham Beck Brut Rose {MCC}</b></p> <p>This seriously classy Cap Classique has a charming silver-pink hue. An effortlessly smooth blend of the two classic Cap Classique varieties – Chardonnay and Pinot Noir. The Rosé NV was allowed enough time on the lees to develop subtle yeasty undertones but to burst with berry and cherry flavours. On the nose expect whiffs of raspberries, cherries and a few secondary aromas of minerality</p>	Franschhoek	320.00	
<p><b>Graham Beck Brut {MCC}</b></p> <p>Light yeasty aromas and secondary tones of limey fresh fruit on the nose with rich creamy complexity on the palate. The exceptionally fine mousse contributes freshness and finesse. An extremely versatile bubbly crafted from a selection of the classic MCC varieties, Pinot Noir and Chardonnay. Both varietals were hand-picked Chardonnay for fruit and elegance and Pinot Noir for complexity and length of flavour</p>	Franschhoek	305.00	
<p><b>Steenberg Sparkling Sauvignon Blanc {MCC}</b></p> <p>This Sparkling Sauvignon Blanc is made to be fun, fruity and fresh. The nose bursts with aromas of passion fruit, pink grapefruit, melon, guava, mango and green fig. The palate is fresh and zingy with hints of pineapple and passion fruit with a long, lingering aftertaste and a refreshing finish – perfect for a hot summer's day</p>	Constantia	240.00	
<p><b>Stellenrust Sparkling Chenin Blanc</b></p> <p>Known as one of the best producers of Chenin Blanc in South Africa, holding the IWSC International Trophy for Chenin Blanc for two years running, the family thought it apt to develop a sparkling wine. Influenced by the prosecco style, this bottle delivers distinct apple aromas and a splash of Muscat de Alexandrie just before bottling gives an exotic richness to the lovely apple and fresh lime acidity</p>	Constantia	185.00	50.00

# VENI • VIDI • VINO

## FARM & CULTIVAR

	REGION	BOTTLE	GLASS
<p><b>Diemersfontein Pinotage</b></p> <p>On the nose rich dark chocolate and powerful freshly brewed coffee styling, with a hint of mint and baked plums. The palate shows distinct characters of coffee and chocolate, which is balanced with smooth velvety tannins and a lingering aftertaste</p>	Wellington	230.00	
<p><b>Usana “The Fox” Cabernet Sauvignon</b></p> <p>A medium to full bodied wine with soft tannins is beautifully balanced. It has a rich, ruby colour, is soft on the palate and displays typical hints of dark berries, spice, cigar box and a touch of vanilla.</p>	Stellenbosch	220.00	65.00
<p><b>Steenberg Stately Cab Sav Shiraz</b></p> <p>Stately is a blend of 63% Cabernet Sauvignon and 37% Shiraz. The wine’s colour is deep black-red with a lighter, garnet red on the rim. The nose entices with ripe blackberries, blackcurrants, dried black olives, ripe mulberries, leather, freshly ground black pepper and star anise. Spice, black fruit, floral and earthy notes linger on the palate long after the last sip</p>	Constantia	210.00	
<p><b>Sutherland Pinot Noir</b></p> <p>The wine displays a stunning vibrant straw colour with flecks of green. The nose is packed full of citrus and floral aromas with underlying notes of brioche, vanilla and a hint of toasted almonds. The entry on the palate is vibrant with fresh pineapple, grapefruit and lemon zest notes. The mid-palate has a creamy rounded texture, yet the wine finishes bone dry with a lingering aftertaste of toasted almonds</p>	Elgin	200.00	
<p><b>Thelema Mountain Red Blend</b></p> <p>This wine shows inviting aromas of juicy black fruit, mulberries, plums and hints of warm spice. After spending 18 months in barrel, the palate is soft and juicy with well rounded tannins and a long, delicious finish. Cabernet Sauvignon 28%; Merlot 28%; Petit Verdot 21%; Grenache 21%; Shiraz 1%; Cabernet Franc 1%</p>	Stellenbosch	170.00	55.00
<p><b>Stellenrust Merlot</b></p> <p>This wine offers blackcurrant and ripe plum with some liquorice tones. The oak opens up to a creamy palate and enhances velvety tannins with a sweet and sour tang</p>	Stellenbosch	175.00	
<p><b>Vondeling Merlot</b></p> <p>Classic merlot matured in French oak offers generous red berry fruit and an elegant full palate. Ecologically sensitive farming practices and a minimalist approach in the wine making process ensure this wine expresses the unique terrier of the Paardeberg mountain.</p>	Wellington	165.00	50.00
<p><b>Chamonix Rouge</b></p> <p>A classic French style blend of Cab Sav, Merlot, Petit verdot &amp; Malbec matured in small barrels for 18 months</p>	Franschhoek	195.00	50.00



# Sip-Sip

## WHISKEY

Macallan 12 yr	65.00
Glenfiddich 12 yr	44.00
Bells	20.00
J & B	20.00
Jack Daniels	26.00
Johnny Walker Red	20.00
Johnny Walker Black	35.00

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## VODKA

Skyy	25.00
Smirnoff 1818	18.00
Cruz Vodka	30.00
Caramel Vodka	30.00

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## GIN

Inverroche Classic	35.00
Inverroche Verdant – Cape fynboss	35.00
Musgrave Pink	38.00
Hope	40.00
Hendricks	44.00
Bombay Sapphire	35.00
Gordons	18.00

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## RUM

Bacardi	18.00
Captain Morgan	18.00

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## BRANDY

Klipdrift	18.00
Richelieu	15.00

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## COGNAC

Hennesy VS EOY	40.00
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## TEQUILA & AGAVE

Don Julio Resposado	45.00
Hop on Hoskins esperenza reposado agave	55.00
Patron Añejo	45.00
El Jimador Blanco	25.00
El Jimador Resposado	25.00

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## APERITIF/SPECIALS/DIGESTIVE

Jagermister	45.00
Frangelico	45.00
Kahlua	25.00
Disaronno	65.00
Southern Comfort	17.00
Aperol	30.00
Amarula	26.50
Pimms	15.00
Dalla Cia Grappa (Stellenbosch)	33.00
Cape to Rio Cane	15.00

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