

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

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

THE COFFEE
EST.
**ESPRESSO
CONCEPTS**

1994
SPECIALIST



ICE ICE BABY

COLD BREWS

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

WARM BEVERAGES

REGULAR DBL/TALL GRANDE

Lavender White	46.00	40.00	44.00
White hot chocolate blended with lavender infused, textured milk (in season)			
Spice Chai Frappe	35.00	38.00	40.00
Spiced cardamom, cinnamon & nutmeg frappe topped with textured milk			
Traditional Masala Chai Tea	35.00		
Indian spiced tea prepared with milk and water			
Rooi Espresso		22.00	
Double Rooibos fine leaf extracted over orange zest and served with honey			
Flat Red	24.00	28.00	32.00
Rooibos fine leaf espresso topped with textured milk			
Ginger Red	26.00	30.00	34.00
Rooibos fine leaf espresso extracted over fresh ginger infused hot water and served with honey			
Dark Hot Chocolate	29.00	33.00	37.00
Decadent dark hot chocolate frappe topped with textured micro foam			
White Hot Chocolate	30.00	35.00	38.00
Creamy white hot chocolate frappe topped with textured micro foam			
Dilmah Tea	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	48.00
Banana, honey, natural yogurt & granola sprinkled over the top	
Berrypine & Coco	52.00
Blueberries, strawberries, honey, coconut water, pineapple & natural yogurt	
G-String	52.00
Pineapple, coconut water, banana, mint, honey & natural yogurt	
Fruity Tooty {dairy free}	55.00
Banana, pineapple, strawberry, coconut water, honey & chia seeds	
Super Food Smoothie {dairy free}	60.00
Blueberry, banana, almond milk, honey, cinnamon, chia seeds, flaxseeds, coconut water	
Natural Protein Shake	60.00
Banana, peanut butter, cinnamon, soya milk, almond milk, low fat natural yogurt	
Green Clean	60.00
Spinach, mint, broccoli, pineapple, coconut water & low fat yogurt	
Power Mango	50.00
Mango, ice, honey, coconut milk and low fat yogurt	

MILKSHAKES

Our flavourings are all natural and made in house

Vanilla	55.00
Bar One Chocolate	
Peanut Butter	
Strawberry & Yogurt	
Banana	
Salted Caramel	
Blueberry and White Chocolate	
Cappuccino	

SAVE WATER Drink Beer

COLD BEVERAGES

Rock Shandy	40.00
Mineral Water Still or Sparkling	
250ml	18.00
750ml	30.00
The Duchess Virgin G&T 240ml	
Botanical	38.00
Green	
Floral	
Appletiser or Grapetiser	30.00
BOS Ice Tea	
Lemon, Berry, Peach	22.00
Happy Culture Kombutcha	
Basil & Blueberry	40.00
Cucumber & Mint	
Ginger & Lemon	
Coconut Water	39.00
300ml Sodas	
Coke, Coke Light, Sprite, Sprite Zero, Cream soda, Fanta	25.00
Theonista Ginger Ale	35.00
Red Bull	30.00

BEERS & CIDER

Drinks On Tap	250ml	340ml	500ml
Devils Peak Lager		30.00	40.00
Devils Peak Golden Ale		35.00	45.00
G & T On Tap <i>*Please ask for details</i>	35.00	45.00	
Guest Beer	Please ask your waiter for details		
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 & CULTIVAR

REGION BOTTLE GLASS

Stellenrust Chenin Blanc	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.			
Usana Barrel fermented Chenin Blanc	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.			
Sterhuis Chenin Blanc	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.			
Oak Valley Fountain of Youth Sauvignon Blanc	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.			
Chamonix Sauvignon Blanc	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.			
Paul Cluver Sauvignon Blanc	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.			
Warwick First Lady Chardonnay	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.			
Chamonix Unoaked Chardonnay	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			
Tokara Chardonnay	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.			
Usana Pinot Grigio	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			
Steenberg Ruby Rosé	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>Moët & Chandon Rose Impérial Champagne</p> <p>Moët Rosé Impérial is a spontaneous, radiant, romantic expression of the Moët & Chandon style, a style distinguished by its bright fruitiness, its seductive palate and its elegant maturity.</p>	France	1280.00	
<p>Moët & Chandon Impérial Champagne</p> <p>Moët Impérial is the House's iconic champagne. Created in 1869, it embodies Moët & 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>Graham Beck Brut Rose {MCC}</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>Graham Beck Brut {MCC}</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>Steenberg Sparkling Sauvignon Blanc {MCC}</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>Stellenrust Sparkling Chenin Blanc</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>Diemersfontein Pinotage</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>Usana “The Fox” Cabernet Sauvignon</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>Steenberg Stately Cab Sav Shiraz</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>Sutherland Pinot Noir</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>Thelema Mountain Red Blend</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>Stellenrust Merlot</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>Vondeling Merlot</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>Chamonix Rouge</p> <p>A classic French style blend of Cab Sav, Merlot, Petit verdot & Malbec matured in small barrels for 18 months</p>	Franschhoek	195.00	50.00

Folk-tails!

O'DONOGHUE GIN REVOLUTION

Served with Lieben Gins

TINKER	80.00
Classic dry gin, pear and ginger press, smoked flamed cinnamon, tonic water	
TAILOR	80.00
Cape fynbos gin, rosemary, lime, Indian tonic water	
SOLDER	80.00
Rose gin, grapefruit, blueberries, strawberries, thyme, pink tonic water	
SAILOR	80.00
Lemon and lime gin, fresh orange, basil, bitter lemon tonic	

T & T

Hope On Hoskins Agave and Tonic – Esperanza reposado agave, pink tonic and fresh lime	65.00
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VIRGIN G & T'S

Garden Cocktail – Lemon, rosemary, thyme, crushed ice Duchess Greenery	45.00
Berry Burst – Berries, Duchess Floral, mint and lime	45.00
The Purist – Cardamom seeds, burnt cinnamon, Duchess Botanical	50.00

DESSERT AND COFFEE COCKTAILS

Dom Pedro – Vanilla ice cream served with your choice of Frangelico, Amarula, Disarano, Kahlua or Bells whiskey	65.00
Espresso Martini – Espresso, vermouth and vodka shaken	60.00
Kaluah Coffee – Kaluah, in an americano with brown sugar topped with cream	60.00
Irish Coffee – Black coffee, Jameson, brown sugar and cream	60.00

VINTAGE COCKTAIL MENU

LONG ISLAND ICE TEA

Vodka, Havana Club, gin, tequila, cane, orange syrup & a splash of cola over ice
68.00

STRAWBERRY DAIQUIRI

Fresh strawberries, Bacardi rum, sugar & lime juice blended with ice
80.00 (65.00 Virgin)

ROSE MOJITO

Muddled fresh lime, rose water, mint leaves, Bacardi rum, soda served over crushed ice
65.00

PINA COLADA

coconut milk, fresh pineapple juice, Captain Morgan rum, sugar and ice blended until smooth
60.00 (50.00 Virgin)

CAIPIRINHA

Whole lime cut into wedges & brown sugar muddled and topped with Cachaça
55.00

BLOODY MARY

Cruz Vodka and tomato cocktail served with celery, cucumber, worcestershire sauce and Tobasco
65.00 (55.00 Virgin)

MARGARITA

Tequila, triple sec, lime juice poured over crushed ice in a salt rimmed glass
55.00

MARTINI

Gin/vodka and vermouth shaken with ice and served dirty with a dash of olive juice
60.00

FOLK's APEROL SPRITZ

Sparkling chenin blanc, Aperol and soda
70.00

PIMMS JUG

Soda, lemonade, seasonal fruit, Pimms, cucumber
160.00

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

VODKA

Skyy	25.00
Smirnoff 1818	18.00
Cruz Vodka	30.00
Caramel Vodka	30.00

GIN

Lieben Tinker – Classic London	40.00
Lieben Tailor – Cape fynboss	40.00
Lieben Solder - Rose	40.00
Lieben Sailor – Lemon and lime	40.00
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

RUM

Bacardi	18.00
Captain Morgan	18.00

BRANDY

Klipdrift	18.00
Richelieu	15.00

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

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
