

FOOD 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.

A 12% SERVICE FEE WILL AUTOMATICALLY BE ADDED TO TABLES OF 8 OR MORE

Bread

70% RYE, WHOLE WHEAT,
CIA B A T T A , S O U R D O U G H , S E E D E D
H E A L T H A N D W H I T E B R E A D
A V A I L A B L E

Eggs

O U R F R E E R A N G E " H A P P Y
E G G S " C A N B E P O A C H E D , F R I E D ,
S C R A M B L E D O R B O I L E D

Croissants

With butter, grated cheddar & preserves {v}	55.00
With grated emmental, grilled baby tomatoes & fresh basil {v}	55.00
With crispy bacon, scrambled eggs & baby tomatoes	70.00
With gypsy ham, grilled cheddar cheese & scrambled eggs	79.00

In A Bowl {v}	75.00
Natural yogurt layered with seasonal fruit, blueberry coulis & crunchy homemade granola	

Health Kick {v}	79.00
Chia seeds, sunflower seeds, pumpkin seeds and flaxseeds mixed with natural yogurt and topped with whole almonds, sliced banana, dates, mint and strawberries	

Breakfast Bagel	85.00
Toasted NY bagel with cream cheese, scrambled egg, crispy bacon & avocado	

Cream Cheese Bagel	40.00
- add scrambled egg	+ 15.00

Smashed avo on rye toast {v}	45.00
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Crispy bacon & avo on toast	56.00
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Little Breakfast	60.00
Two eggs as you like, grilled baby tomatoes, crispy bacon & toast	

Breakfast Breakfast	85.00
Two eggs as you like, crispy bacon, pork sausage, mushrooms, grilled baby tomatoes & toast	

Crispy Smoked Streaky Bacon & Egg Sami	55.00
On your bread of choice	

Cafe Joe	89.00
Bolognese served on rye toast, topped with soft poached eggs, parmesan shavings and fresh basil	

Smoked Salmon Stack	85.00
Ciabatta toast buttered with cream cheese & topped with scrambled egg & smoked salmon	
- add avo	+25.00

Craft Breakfast	85.00
Scrambled eggs on freshly baked ciabatta toast, rolled gypsy ham, emmental cheese & sliced avocado	

Eggs Benedict	
<i>Poached eggs served on toasted English muffin & topped with homemade hollandaise sauce</i>	
with bacon or gypsy ham	89.00
with smoked salmon	95.00
with baby spinach & mushrooms {v}	80.00

Breakfast Wrap	79.00
Pork sausage, scrambled egg, tomato relish & cheddar cheese in a toasted tortilla	

Three Egg Omelette {v}	35.00
Served with grilled baby tomatoes & toast plus your choice of extra toppings below:	
<i>Roast peppers, olives, mushrooms, baby spinach, egg, spring onion, red onion, tomato</i>	+15.00
<i>cheddar, mozzarella, feta, artichokes, avocado, brown mushrooms</i>	+25.00
<i>Pork sausage, gypsy ham, bacon, blue cheese, goats cheese, emmental</i>	+35.00
<i>Smoked salmon, lamb, pancetta</i>	+45.00

Gourmet French Toast Stack	89.00
Ciabatta French toast sprinkled with cinnamon & sugar, stacked with Crispy bacon, fried banana & strawberries then drizzled with maple syrup & served with a side of pouring cream	

<p>Warm Couscous Salad & Chicken Breast Warm cous cous tossed with broccoli, roast butternut, feta, spring onions, finely diced red peppers & pine nuts & topped with a grilled chicken breast and olive oil drizzle</p>	105.00
<p>Calamari Salad Calamari heads and tubes, sundried tomatoes, spring onions, avocado, sesame seeds, sprouts, croutons, salad leaves & coriander with a ginger soy dressing</p>	105.00
<p>Asparagus Salad {v} Grilled asparagus tossed with ribbons of raw asparagus, bocconcini, balls olive oil, lemon and almond flakes on a toasted slice of ciabatta, topped with a soft poached egg</p>	98.00
<p>Voila Salad {v} Quinoa tossed in basil pesto, artichokes, olives, caper berries, chickpeas, baby spinach, baby tomatoes, red onions & coriander (remove pesto for Vegan friendly option) - Add chorizo</p>	92.00 +25.00
<p>Caesar Salad Crispy bacon bits, free range chicken, baby cos lettuce, crispy croutons, soft poached egg & handmade anchovy dressing</p>	105.00
<p>Halloumi Salad {v} Halloumi cheese, baby marrow, baby spinach, mixed peppers, avocado & roast baby tomatoes</p>	95.00
<p>Quiche & Salad Freshly baked daily with crispy puff pastry crust & served with a side of your choice. Please enquire with your waiter for flavour of the day</p>	78.00
<p>Korean Fried Chicken Wings Succulent free range wings tossed in sticky Korean sauce and fried until the skin is crispy</p>	70.00
<p>Nori, Salt & Pepper Calamari Sustainably sourced calamari heads and tubes crusted with toasted and crushed nori, salt & black pepper seasoning and pan fried. Served with crunchy mixed veg</p>	145.00
<p>Hot & Spicy Chicken Livers A Folk favourite! Our secret sauce has over 25 ingredients and can't be beat! But be warned, its hot. Served with crispy dunking bread so you don't miss one bite</p>	85.00
<p>Soups of The Everyday <i>Served with Crispy Ciabatta</i></p> <ul style="list-style-type: none"> - Thai Beef style soup with corn and coriander - Bacon, blue cheese and broccoli soup - or without bacon {v} - Roasted butternut and feta soup {v} - Creamy Tomato and basil soup {v} <p>-Soup Sliders Three of our delicious soups lined up & served with ciabatta toast</p>	75.00
<p>Fish Cakes Tuna, salmon & hake fish cakes topped with smashed avo and a hint of chilli. Served on a tossed watercress, baby tomato & red onion salad</p>	95.00

Quality

WE ONLY USE GRASS FED, FREE RANGE BEEF, FREE RANGE CHICKEN AND FREE RANGE EGGS

Bread

70% RYE, WHOLE WHEAT, CIABATTA, SOURDOUGH, SEEDED HEALTH AND WHITE BREAD AVAILABLE

Sides

HAND CUT POTATO CHIPS, CRUNCHY SIDE SALAD, SWEET POTATO FRIES OR POTATO SALAD

BURGERS

Served with your choice of side

Burger Sliders 105.00
You get one mini beef burger, one mini chicken burger & one mini veg burger

Grass Fed Beef Burger 95.00
200g patty splashed with our signature bbq sauce & served on a brioche bun with crunchy lettuce, a slice of tomato & red onions

Free Range Chicken Burger 95.00
200g butterflied chicken breast served on a brioche bun with Crunchy lettuce, tomato, BBQ mayo & pickled red onions

Beet Burger {v} 95.00
200g homemade beetroot & chickpea patty served on a brioche bun with crunchy lettuce & topped with smashed avo & red cabbage slaw

Vegan Beet Burger option has no bun (Please specify Vegan)

- Make Cheesy +20.00
Basic burger topped with cheddar

- Make Mexican +35.00
Basic burger topped with chilli, coriander salsa & guacamole

- Make Blue +35.00
Basic burger topped with bacon & gorgonzola

- Make Bunless +20.00
Patty of your choice served on flash fried baby marrow & topped with a fried beef tomato, red onion pickle, feta cheese & sprouts

SANDWICHES

Served on bread & with side of your choice

On a bagel or croissant +15.00

Chicken Mayo Toastie 68.00
A folk favourite using pulled free range chicken, red onion and mayo

HCT 70.00
Gypsy ham, mozzarella, tomato, gherkin & English mustard

Ploughman's 62.00
Mature Boerenkaas cheese & homemade pickles

Hummus Bruschetta {v} 60.00
3 ciabatta toasties topped with hummus, pickled peppers & balsamic glaze. Not served with a side

Salmon Cucumber & Cream cheese Bagel 85.00
Smoked salmon layered on a bed of cream cheese, cucumber, red onion and capers

WRAPS

Served with your choice of side

Chicken Wrap 65.00
With humus, crunchy veg & beetroot mayo

Vegilicious Wrap {v} 75.00
With Halloumi, avo & alfalfa sprouts

BLT 65.00
Wrap with cheddar cheese & basil pesto

FLAT BREAD'S

Lamb Flatbread 145.00
Olive oil and garlic rubbed Flatbread freshly baked and topped with pulled roast leg of lamb, tzatziki, humus, salsa, fresh rocket & balsamic glaze

Chicpea Flatbread {v} 135.00
Olive oil rubbed flatbread freshly baked and topped with curried chickpea's, cucumber ribbons, tzatziki, salsa & fresh coriander

BAKED *Fresh* DAILY

Freshly Baked Muffins Apple, granola & cinnamon Mixed seeds, bran & raisin Dark chocolate & pecan nuts Blueberry	28.00
Crispy Butter Croissants	25.00
Belgian Chocolate Croissant	28.00
100% Natural Date Balls Cranberry & coconut Cocoa Lemon & maple syrup with almond crumb	15.00
Double Chocolate Nut Brownie <i>With ice cream or cream</i>	35.00 +10
The Famous Carrot Cake Loaded with pecan nuts & topped with cream cheese icing	52.00
Baked Cheesecake Always delicious... flavours change daily	52.00
Lemon Meringue Made to melt in your mouth	48.00
Banana, Pecan & Date Loaf With coffee buttercream icing and honey drizzle	52.00
Chocolate Mousse Cake Soft chocolate sponge layered with chocolate mousse and covered in chocolate ganache	52.00