

# 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

# BREAKFAST MENU

Served until 11h30 daily

## Bread

70% RYE, CIABATTA, SEEDED  
HEALTH AND WHITE BREAD  
AVAILABLE

## Eggs

OUR FREE RANGE "HAPPY  
EGGS" CAN BE POACHED, FRIED,  
SCRAMBLED OR BOILED

<p><b>Croissants</b></p> <p>With butter, grated cheddar &amp; preserves {v} 55.00</p> <p>With grated emmental, grilled baby tomatoes &amp; fresh basil {v} 55.00</p> <p>With crispy bacon, scrambled eggs &amp; baby tomatoes 70.00</p> <p>With gypsy ham, grilled cheddar cheese &amp; scrambled eggs 79.00</p>	<p><b>Cafe Joe</b> 89.00 Bolognaise served on rye toast, topped with soft Poached eggs, parmesan shavings and fresh basil</p>
<p><b>In A Bowl {v}</b> 75.00 Natural yogurt layered with seasonal fruit, blueberry coulis &amp; crunchy homemade granola</p>	<p><b>Smoked Salmon Stack</b> 85.00 Ciabatta toast buttered with cream cheese &amp; topped with scrambled egg &amp; smoked salmon - add avo +25.0</p>
<p><b>Health Kick {v}</b> 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</p>	<p><b>Craft Breakfast</b> 85.00 Scrambled eggs on freshly baked ciabatta toast, rolled gypsy ham, emmental cheese &amp; sliced avocado</p>
<p><b>Breakfast Bagel</b> 85.00 Toasted NY bagel with cream cheese, scrambled egg, crispy bacon &amp; avocado</p> <p><b>Cream Cheese Bagel {v}</b> 40.00 - add scrambled egg + 15.00</p>	<p><b>Eggs Benedict</b> <i>Poached eggs served on toasted English muffin &amp; topped with homemade hollandaise sauce</i></p> <p>with bacon or gypsy ham 89.00</p> <p>with smoked salmon 95.00</p> <p>with baby spinach &amp; mushrooms {v} 80.00</p>
<p><b>Smashed avo on rye toast {v}</b> 45.00</p> <p><b>Crispy bacon &amp; avo on toast</b> 56.00</p> <p><b>Little Breakfast</b> 60.00 Two eggs as you like, grilled baby tomatoes, crispy bacon &amp; toast</p>	<p><b>Breakfast Wrap</b> 79.00 Pork sausage, scrambled egg, tomato relish &amp; cheddar cheese in a toasted tortilla</p>
<p><b>Breakfast Breakfast</b> 85.00 Two eggs as you like, crispy bacon, pork sausage, mushrooms, grilled baby tomatoes &amp; toast</p>	<p><b>Three Egg Omelette {v}</b> 35.00 Served with grilled baby tomatoes &amp; toast plus your choice of extra toppings below:</p> <p><i>Roast peppers, olives, mushrooms, baby spinach, egg, spring onion, red onion, tomato</i> +15.00</p> <p><i>cheddar, mozzarella, feta, artichokes, avocado, brown mushrooms</i> +25.00</p> <p><i>Pork sausage, gypsy ham, bacon, blue cheese, goats cheese, emmental</i> +35.00</p> <p><i>Smoked salmon, lamb, pancetta</i> +45.00</p>
<p><b>Bacon &amp; Egg Sami</b> 60.00 On your bread of choice</p>	<p><b>Gourmet French Toast Stack</b> 89.00 Ciabatta French toast sprinkled with cinnamon &amp; sugar, stacked with Crispy bacon, fried banana &amp; strawberries then drizzled with maple syrup &amp; served with a side of pouring cream</p>

# BAKED *Fresh* DAILY

P l e a s e   c h e c k   a v a i l a b i l i t y

<b>Freshly Baked Muffins</b> Apple, granola & cinnamon Mixed seeds, bran & raisin Dark chocolate & pecan nuts Blueberry	28.00
<b>Crispy Butter Croissants</b>	25.00
<b>Belgian Chocolate Croissant</b>	28.00
<b>100% Natural Date Balls</b> Cranberry & coconut Cocoa Lemon & maple syrup with almond crumb	15.00
<b>Double Chocolate Nut Brownie</b> Served with bar one chocolate sauce and vanilla ice cream	35.00 +20.00
<b>The Famous Carrot Cake</b> Loaded with pecan nuts & topped with cream cheese icing	52.00
<b>Baked Cheesecake</b> Always delicious... flavours change daily	55.00
<b>Lemon Meringue</b> Made to melt in your mouth	48.00
<b>Banana, Pecan &amp; Date Loaf</b> With coffee buttercream icing and honey drizzle	52.00
<b>Chocolate Mousse Cake</b> Soft chocolate sponge layered with chocolate mouse and covered in chocolate ganache	52.00

## CAFE DINING

<p><b>Korean Fried Chicken Wings</b> Succulent free range wings tossed in sticky Korean sauce and served crispy</p>	85.00
<p><b>Hot &amp; Spicy Chicken Livers</b> 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><b>Soups Of The Everyday</b> <i>Served with Crispy Ciabatta</i></p> <ul style="list-style-type: none"> <li>- Thai Beef style soup with corn and coriander</li> <li>- Bacon, blue cheese and broccoli soup - or with no bacon {v}</li> <li>- Roasted butternut and feta soup {v}</li> <li>- Creamy Tomato and basil soup {v}</li> </ul>	75.00
<p><b>Quiche &amp; Salad</b> Freshly baked daily with crisp puff pastry &amp; a side of your choice. Please ask your waiter for daily flavour</p>	78.00
<p><b>Lamb Flatbread</b> Olive oil and garlic rubbed flatbread prepared in the pizza oven and topped with pulled roast leg of lamb, tzatziki, humus, salsa, fresh rocket &amp; balsamic glaze</p>	145.00
<p><b>Chicpea Flatbread {v}</b> Olive oil rubbed flatbread freshly baked and topped with curried chicpea's, cucumber ribbons, tzatziki, salsa &amp; fresh coriander</p>	135.00
<p><b>Confit Duck</b> Quarter leg slow cooked and caramelised, served with buttered, boiled baby potatoes and peas</p>	135.00
<p><b>Folk Béarnaise Rump</b> Grass fed Rump steak cooked to perfection in our secret basting, topped with hand made mustard béarnaise sauce and served with a side of baby roast vegetables and potato rosti</p>	165.00
<p><b>Nori, Salt &amp; Pepper Calamari</b> Sustainably sourced calamari heads and tubes crusted with toasted and crushed nori, salt &amp; black pepper seasoning and pan fried. Served with crunchy mixed veg</p>	145.00
<p><b>Hake Goujons</b> Crispy battered hake bites served with tartar dipping sauce</p>	90.00
<p><b>Hake &amp; Chips</b> Freshly caught hake in a tempura batter, fried and served with hand cut potato chips &amp; tartar sauce</p>	95.00

**Quality**

W E O N L Y U S E G R A S S F E D , F R E E  
R A N G E B E E F , F R E E  
R A N G E C H I C K E N A N D F R E E R A N G E E G G S

**Bread**

7 0 % R Y E , C I A B A T T A , S E E D E D  
W H O L E W H E A T O R W H I T E B R E A D  
A V A I L A B L E

**Sides**

H A N D C U T P O T A T O C H I P S ,  
C R U N C H Y S I D E S A L A D O R  
S W E E T P O T A T O F R I E S

**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  
**Order Vegan Beet burger - comes without bun**

**- Make Cheesy** +20.00  
Basic burger topped with white cheddar

**- Make Mexican** +20.00  
Beef patty topped with guacamole, chilli & coriander salsa,

**- 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 UNTIL 4PM*

*Served on your choice of bread & a side*

**On a bagel** +15.00

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

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

**Hummus Bruschetta {v}** 60.00  
3 ciabatta toasties topped with hummus, roast baby tomatoes & balsamic glaze. Not served with a side

**Quackette** 85.00  
Tender pulled confit duck served on watercress & greens & topped with dijon mustard mayo

**Chicken Wrap** 65.00  
With humus, crunchy veg & beetroot mayo

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

**SALADS**

**Halloumi Salad {v}** 95.00  
Halloumi cheese, baby marrow, baby spinach, mixed peppers, avocado & roasted baby tomatoes

**Caesar Salad** 105.00  
Crispy bacon bits, free range chicken strips, cos lettuce, crispy croutons, soft poached egg & traditional handmade anchovy dressing

**Voila Salad {v}** 92.00  
Basil pesto tossed quinoa served on a bed of baby spinach & topped with artichokes, olives, caper berries, chickpeas, baby tomatoes, red onions & fresh coriander  
(remove pesto for a vegan friendly option)

- Add chorizo +25.00

**Asparagus Salad {v}** 98.00  
Grilled asparagus tossed with ribbons of raw asparagus, fior di latte mozzarella, olive oil, lemon and almond flakes on a toasted slice of ciabatta, topped with a soft poached egg

**Calamari Salad** 105.00  
Calamari heads and tubes, sundried tomatoes, spring onions, avocado, sesame seeds, sprouts, croutons, salad leaves & coriander with a ginger soy dressing

**TORTILLA'S**

**Fish Tortilla** 95.00  
Crispy hake goujons served on a flat soft toasted tortilla with charred corn, guacamole, zesty salsa & anchovy mayo

**Chicken Tortilla** 85.00  
Crispy chicken strips served on a flat soft toasted tortilla with seared pineapple, charred corn, zesty salsa, sliced avo & siracha mayo

# PIZZA

A v a i l a b l e f r o m 1 1 h 3 0 d a i l y

	LARGE	KIDS
<b>Garlic &amp; Herb Foccacia</b>	45.00	
<b>Traditional Napolese style Margarita</b> Napolitano tomato sauce, fior di latte mozzarella and fresh basil	90.00	55.00
<b>Mamma Mia (V)</b> Napolitano tomato sauce, mozzarella , capers, olives, artichokes and parmesan shavings	115.00	
<b>Madam Bozza</b> tomato sauce, mozzarella , salami, avo, olives, feta and fresh rocket	135.00	85.00
<b>Bald Eagle</b> Napolitano tomato sauce, mozzarella, chorizo, mushrooms, feta, onion, green pepper and avo	145.00	
<b>Hero</b> Napolitano tomato sauce, mozzarella , feta, spinach, onions & mushrooms	115.00	75.00
<b>DMP (V)</b> Napolitano tomato sauce, white cheddar, artichokes and garlic	115.00	
<b>Pixie (V)</b> Napolitano tomato sauce, mozzarella , baby rosa tomatoes, basil & feta	115.00	75.00
<b>Winelands Pizza</b> Napolitano tomato sauce, mozzarella, parma ham, bree, fig and rocket	145.00	
<b>Mexicano</b> Napolitano tomato sauce, mozzarella , bolognaise mince with red onions and lots of chilli	135.00	
<b>Quattro Formaggi (V)</b> Napolitano tomato sauce, gorgonzola, mozzarella, parmesan and boerenkaas	125.00	80.00
<b>Hawiiian</b> Napolitano tomato sauce, mozzarella, pineapple and gypsy ham	105.00	80.00
<b>Carne</b> Napolitano tomato sauce, mozzarella , gypsy ham, chorizo, bacon and onion	145.00	
<b>Orient Express</b> Napolitano tomato sauce, mozzarella, chicken and jalapeno	105.00	
<b>Quattro Stagioni</b> Napolitano tomato sauce, mozzarella, mushrooms, ham, artichokes, olives, and oregano	135.00	
<b>St James</b> Napolitano tomato sauce, mozzarella , sirloin steak, brown mushrooms and boerenkaas cheese	135.00	
<b>KIDDIES BYO</b> Pizza dough, bowl of Napolitano tomato sauce, bowl of mozzarella and 2 additional toppings so the kids can build their own		85.00
<b>ADDITIONAL TOPPINGS</b> Peppers, olives, button mushrooms, baby spinach, spring onion, red onion, tomato, capers, pineapple	+ 20.00	
cheddar, mozzarella, feta, artichokes, avocado, brown mushrooms	+ 25.00	
Gypsy ham, bacon, chorizo, salami, chicken, gorgonzola, bree	+ 35.00	
Parma ham, lamb	+ 45.00	

# DESSERTS

<b>Belgian Chocolate Bread &amp; Butter Pudding</b> Layers of chocolate croissants and creme anglaise baked in the oven and served hot	75.00
<b>Apple Crumble Pie</b> Baked & served with caramel ice cream	75.00
<b>Duo of Sorbet or Ice Cream</b> Seasonal flavours, please check with your waiter	45.00
<b>Chocolate Fondant</b> Chocolate pudding with molten chocolate centre served atop nut crunch with peanut butter ice cream	75.00
<b>Double Chocolate Nut Brownie</b> Served with bar one chocolate sauce and vanilla ice cream	55.00
<b>Baked Cheesecake</b> Always delicious... flavours change daily	55.00