

Salads

Quiche & Salad R95
Freshly baked daily with crisp puff pastry & a side of your choice. Please ask your waiter for today's variety

Halloumi Salad {v} R105
Halloumi cheese, olives, avocado, salad greens & roasted soy aubergine

Caesar Salad R85
Crispy bacon bits, cos lettuce, croutons, medium boiled egg, parmesan shavings & traditional handmade anchovy dressing
- Add chicken breast R40

Barley Salad {v} R95
Artichokes, caper berries, baby tomatoes, red onion, assorted roasted veg, feta & fresh coriander
- Add chorizo R40

The Terrible Salad R165
This dish will haunt your dreams, turn you into an addict and leave you wanting another one...every day...forever. You've been warned! Truffle paste, burrata (mozzarella ball with a creamy centre), grilled asparagus, roasted sweet Italian tomato, olive oil and a toasted slice of ciabatta

Calamari Salad R120
Grilled calamari heads and tubes, sun dried tomato, salad leaves & coriander with a ginger soy dressing

Grilled Chicken Salad R110
Grilled chicken, feta & avo on crispy salad greens

Sandwiches

Chicken Mayo Sourdough Baguette R85
A folk favourite using pulled free range chicken, red onion and mayo

Old Faithful R85
Gypsy ham, cheddar & tomato with lettuce & mayo

Chicken Wrap R85
With humus, crunchy veg & feta

Grilled Chicken & Avo Bagel R85
Grilled chicken strips, salad greens & mayo

Vegilicious Wrap {v} R85
With halloumi, cucumber ribbons, carrots, greens & rosa tomatoes

Ploughman's {v} R70
Grilled mature healy's cheddar cheese & homemade pickles

Hummus Bruschetta {ve} R70
3 ciabatta toasties topped with hummus & soy glazed aubergines. Not served with a side

Salmon Cucumber & Cream Cheese Bagel R85
Smoked salmon layered on a bed of cream cheese, cucumber, red onion and capers

Tuna Nicoise Open Sandwich R85
Tuna mayo topped with greens, hard boiled egg, olives & baby tomatoes

All served with a side of your choice

Burgers

Served on a brioche bun, with a side of your choice

Plain Jane R95
200g beef patty or butterflied free range chicken breast splashed with our signature bbq sauce & topped with crunchy lettuce, gherkins, sliced tomato & red onions

Mr Cheesy R105
Plain Jane topped with melted cheddar

Beet Burger {v} R105
Homemade beetroot & chickpea vegi patty topped with smashed avo & crispy onion flakes

American Dreams R125
Beef burger loaded with bacon, cheddar and red onion marmalade

Shroom Melt R125
Plain Jane with black mushroom & camembert

Vahee-Gahan {ve} R135
Beetroot patty topped with soy aubergine & vegan mozzarella

Blue piggy R135
Plain Jane with bacon & blue cheese

Mexican showdown R110
Beef patty topped with guacamole, fresh chilli & coriander salsa

Bunless R125
Beef, chicken or vegi {v} pattytopped with a fried tomato, red onion pickle, feta cheese & sprouts

Cafe Dining

Calamari Heads & Tubes R155
Sustainably sourced calamari tossed in crushed nori, salt & black pepper & pan fried. Served with soy aubergines or hand cut potato chips

Moroccan Barley & Breast R120
Free range moroccan spiced chicken breast served on top of a barley wheat and grilled vegetable salad topped with tzatziki

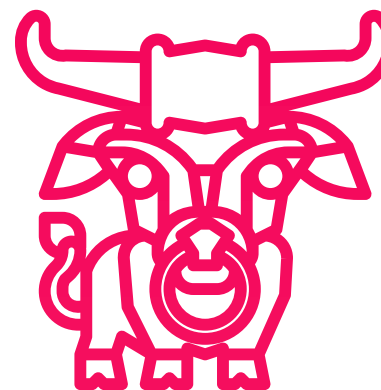
Mediterranean style Lamb shank R215
Slow roasted, served with crushed baby potatoes & root vegetables & topped with a red wine jus

Folks Puttanesca Tagliatelle R125
Chefs favourite...creamy pasta with olives, garlic, mushrooms, capers, fresh herbs, parmesan and chorizo

Lamb Tagliatelle R165
Tagliatelle pasta topped with lamb meatballs in a thick tomato sauce

Bake of the Day SQ
Enquire with your waiter for today's special

Lamb Flatbread R169
Wood fired flatbread topped with lamb, tzatziki, humus,salsa, fresh rocket & balsamic glaze



SIDES R35

Barley & Veg Salad

Hand Cut Potato Chips | Sweet Potato Fries

Crunchy Side Salad

Soy Aubergines

Potato Rosti & Grilled Baby Root Veg

Small Plates

Springbok Carpaccio R120
Topped with parmesan shavings, sesame seeds, fresh rocket leaves & cracked black pepper then drizzled with olive oil and balsamic glaze

Soups of the Everyday R79
Served with crispy ciabatta
- 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}
- Soup Sliders

Three of our delicious soups lined up & served with ciabatta toast served with crispy ciabatta

Soy Aubergines {v} R68
Cubed aubergines slow cooked with soy, drizzled with balsamic & sprinkled with sesame seeds

Fish Cakes R96
Homemade hake & salmon fish cakes topped with guacamole and tomato salsa

Lamb meatballs R79
Tender lamb meatballs served in marinara sauce

Korean Spiced Chicken Wings R85
Saucy, juicy best!

Hot & Spicy Chicken Livers R89
A folk favourite! Our secret sauce with over 25 ingredients can't be beat! But be warned, its hot.

We only use free range chicken and eggs and source ethical, local ingredients wherever possible.
Not all ingredients listed.

folk

CAFÉ

bree@folkcoffee.co.za

021 276 1795



folk
CAFÉ

Croissants

- Grated cheddar & preserves {v}
- Emmental, grilled baby tomatoes & fresh basil {v}
- Crispy bacon, scrambled eggs & baby tomatoes
- Gypsy ham, grilled cheddar & scrambled eggs

Freshly Baked Scone

Served with butter, jam & cream or cheddar

In A Bowl {v}

Natural yogurt layered with seasonal fruit, blueberry coulis & crunchy homemade granola

Health Kick {ve}

Chia seeds, sunflower seeds, pumpkin seeds & flaxseeds mixed with yogurt & topped with whole almonds, sliced banana, dates, mint & strawberries

Breakfast Bagel

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

Cream Cheese Bagel {v}

- add scrambled egg

Smashed Avocado on Rye {v}

Bacon & Avocado Toast

Little Breakfast

Two eggs as you like, grilled baby tomatoes, bacon & toast

Breakfast Breakfast

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

Vegan melt {ve}

Sourdough bread drizzled with herb oil & topped with asparagus, sunflower seeds & melted vegan mozzarella

Bacon & Egg Brioche

Two fried eggs as you like & crispy bacon on a toasted brioche bun

R55

R55

R75

R65

R85

R85

R40

+R15

R48

R56

R60

R98

R85

R60

Breakfast

Cafe Joe

R95

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

Smoked Salmon Stack

R98

R79 Ciabatta toast stacked with smoked salmon, avocado & poached eggs

Craft Breakfast

R95

R75 Scrambled eggs on freshly baked ciabatta toast, rolled gypsy ham, emmental cheese & sliced avocado

Eggs Benedict

R85 Poached eggs served on toasted English muffin or gluten free potato rosti & topped with homemade hollandaise sauce

Bacon or gypsy ham R89

Smoked salmon R98

Asparagus {v} R85

Breakfast Wrap

R79

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

LaMed Tower {v}

R98

Potato rosti, Halloumi cheese, avocado & poached eggs

Gourmet French Toast Stack {v}

R98

R56 Ciabatta French toast sprinkled with cinnamon & sugar, stacked with bacon, fried banana & strawberries then drizzled with maple syrup & served with a side of pouring cream

Three Egg Omelette {v}

R35

Served with grilled baby tomatoes & toast plus your choice of extra toppings below:

+R15.00

Roast peppers, olives, mushrooms, baby spinach, egg, spring onion, red onion, tomato

+R25.00

Cheddar, mozzarella, feta, artichokes, avocado, brown mushrooms

+R35.00

Pork sausage, gypsy ham, bacon, blue cheese, goat's cheese, emmental

+R45.00

Smoked salmon, lamb