



## Breakfast *served until 11am*

**Bacon and Egg Roll** R55  
2 Soft fried eggs & crispy streaky bacon on a seeded bun

**Breakfast Bagel** R75  
Cream cheese, scrambled egg & avo

**Salmon Bagel** R80  
Cream cheese, Smoked Salmon, red onion & capers

**Cafe Joe Sourdough Sandwich** R95  
Bolognese mince, parmesan shavings, rocket and a poached egg on sourdough

**Smashed Avo toast** R55  
Rye toast topped with smashed avo, black sesame seeds & a lemon wedge

**Breakfast Wrap** R95  
Soft flour tortilla filled with pork sausage, cheddar cheese, scrambled egg and tomato salsa

**Breakfast Breakfast** R105  
Streaky bacon, 2 eggs, pork sausage, baby tomatoes, mushrooms, potato rosti & toast

### 3 Egg Omelettes

All with toast of your choice

- With bacon, mushroom & cheddar R89
- With Chorizo, chilli & mozzarella R90
- With spinach, Feta & Red onion R85

### Fruit in a Bowl

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

### Eggs Benedict Buns

served on an English muffin or potato rosti with a poached egg & homemade hollandaise sauce

- Smoked Salmon R105
- Crispy back Bacon R98
- Baby spinach & mushroom R90

### French Toast

Sourdough French toast dusted with cinnamon and sugar and topped with bacon, fried banana & maple syrup

### Breakfast Breakfast

Streaky Bacon, 2 eggs, Pork sausage, Baby tomatoes, Mushrooms, Potato Rosti & Toast

## Pastry Bar

**Cake Slices** R50  
Carrot Cake / Cheese Cake / Chocolate fudge Cake / Gluten Free Orange & almond cake / Lemon Meringue Pie

**Double Choc Nut Brownies** R35  
Delicious AND Gluten free!

**Handmade Artisan date balls** R15  
Made with dates, almonds, cashews, cranberries, raisins & coconut. Raw vegan friendly  
Cocoa dusted/Coconut & Cranberry/Lemon Almond & Maple

**Giant Muffins** R28  
Made from scratch using real ingredients

**Choc Chip Cookie** R15

**Chicken & Veg / Spinach & mushroom Pie** R45  
Made using home made butter pastry

**Individual Quiche** R45  
Freshly baked daily with crisp puff pastry

## Croissants

**Plain Butter** R25  
**Belgian chocolate or Almond** R28  
**With Cheddar & preserves** R49  
**With Scrambled egg & Avo** R65  
**With scrambled egg & bacon** R65  
**With cheddar, tomato & basil** R55

## FROM THE GRILL

## Cafe Favourites

<b>Just Jane Burger no Chips</b>	R95
Just the burger, no chips! Beef patty or butterflied free range chicken breast splashed with our signature bbq sauce & topped with crunchy lettuce, sliced tomato & red onions	
<b>Plain Jane Burger</b>	R105
Beef patty or butterflied free range chicken breast splashed with our signature bbq sauce & topped with crunchy lettuce, sliced tomato & red onions.	
<b>Mr Cheesy Burger</b>	R120
Plain Jane topped with melted cheddar.	
<b>Beet Burger {v}</b>	R110
Homemade beetroot & chickpea vegi patty topped with smashed avo & crispy onion flakes.	
<b>American Dreams Burger</b>	R130
Beef burger loaded with bacon, cheddar and red onion marmalade.	
<b>Shroom melt Burger</b>	R130
Plain Jane topped with black mushroom & camembert	
<b>Vahee - Gahan Burger</b>	R140
Beetroot & Chickpea patty topped with grilled aubergine & vegan mozzarella	
<b>Blue Piggy Burger</b>	R140
Plain Jane topped with bacon and gorgonzola	
<b>Mexican Showdown Burger</b>	R130
Beef patty topped with guacamole, fresh chilli and salsa	
<b>Bunless Burger</b>	R120
Beef or vegi {v} patty topped with a fried tomato, red onion pickle, feta cheese & rocket	
<b>Korean Spiced Chicken Wings</b>	R85
Saucy, juicy best!	
<b>Pulled Pork Quesadilla</b>	R120
Pork belly slow roasted, then pulled, tossed in BBQ sauce and then pan toasted in a flour tortilla with cheese & coriander. served with guacamole and salsa	
<b>Hot &amp; Spicy Chicken Livers</b>	R89
A Folk favourite! Our secret sauce with over 25 ingredients can't be beat! But be warned, its hot. Served with toasted sourdough	

<b>Gourmet sourdough sandwiches</b>	
- Crispy streaky bacon, cos lettuce & tomato	R69
- Chicken, bacon & cheddar	R85
- Ploughmans 3 cheese & pickle (V)	R65
- Smoked salmon and cream cheese	R75
- Mozzarella & basil pesto (V)	R60
- Chicken mayo	R60
- Ham, cheese and tomato	R70
- Cheese & Tomato (V)	R45
<b>Add hand cut chips or salad +R20</b>	

<b>Chicken wrap</b>	R75
with humus, baby tomato, shredded leaves & feta	

<b>Grilled Chicken, Avo &amp; Feta salad</b>	R95
tossed with cos lettuce, red onion, baby tomatoes, cucumber, mixed seeds and Folk vinaigrette	

<b>Barley Salad</b>	
Caper berries, baby tomatoes, red onions, roasted veg, & coriander topped with:	
- Artichoke & Feta	R95
- Moroccan chicken & Tzatziki	R120

<b>Caesar Salad</b>	R125
Cos lettuce, croutons, bacon bits, chicken, poached egg, parmesan shavings and traditional homemade anchovy dressing	

## Harbour catch

<b>FishCakes</b>	R98
Homemade fish cakes served on a green salad with garlic aioli and a lemon wedge	
<b>Hake Goujons</b>	R85
crispy battered hake bites served with garlic aioli	
<b>Hake &amp; Chips</b>	R125
Freshly caught hake deep fried in a tempura batter or grilled served with chips or salad	
<b>Linefish</b>	SQ
Served with baby garlic butter potatoes and peas	

# PIZZA

<b>Garlic &amp; Herb Focaccia(V)</b>	R60
<b>Nepalese Style Margarita(V)</b> Napolitano tomato, fior di latte & fresh basil	R105
<b>Mamma Mia (V)</b> capers, olives, artichokes and parmesan shavings	R125
<b>Caprice (V)</b> Napolitano tomato sauce, fior di latte, cherry tomatoes fresh basil and black pepper (toppings added after oven)	R129
<b>Bald Eagle</b> Chorizo, mushrooms, feta, onion and avo	R145
<b>Hero (V)</b> feta, spinach, onions & mushrooms	R125
<b>DMP (V)</b> Boerenkaas white cheddar, artichokes and garlic	R129
<b>Pixie</b> gypsy ham, baby rosa tomatoes, basil & feta	R129
<b>Mexicana</b> bolognaise mince with red onions and lots of chilli	R145
<b>Quattro Formaggi (V)</b> gorgonzola, mozzarella, parmesan & mature cheddar	R140
<b>Hawaiian</b> pineapple and gypsy ham	R125
<b>St James</b> Strips of sirloin, brown mushrooms & white cheddar	R160
<b>Dee's Ditty</b>  Springbok carpaccio, caper berries, red onions, rocket, parmesan shavings & balsamic glaze	R155

<b>Carne</b> gypsy ham, chorizo, bacon and onion	R155
<b>Orient Express</b> chicken and jalapenos	R130
<b>See Ya Two Marrow (V)</b> Baby marrow, aubergine garlic, Avo	R130
<b>Quattro Stagioni</b> mushrooms, ham, artichokes, olives, and oregano	R145
<b>Little lorry big lorry</b> bacon, feta & basil	R145
<b>Winelands</b> parma ham, camembert, fig & rocket	R160
<b>Happy (VE)</b> vegan mozzarella, mushrooms, artichokes, chilli, garlic	R155
<b>Half &amp; Half</b> Choose any 2 pizzas and we will make it half and half.	R165
<b>Madam Bozza</b> salami, avo, olives, feta and fresh rocket	R145
<b>Miss Fancy Pants</b>  Truffle creme, Fior de Latte	R160
<b>Russian Roulette</b>   Add R10	

Best enjoyed with 2 players! add extra hot chilli oil to 1 slice of your pizza! You find out which one

## EXTRAS CHARGED PER ITEM

R12 - Spinach, spring onion, red onion, tomato, capers, pineapple, banana

R20 - Mozzarella, feta, avocado, olives, mushrooms

R35 - Vegan Mozzarella, Artichokes, Gypsy ham, bacon, chorizo, salami, chicken, gorgonzola, camembert

Gluten free bases add R30

# FLATBREADS

<b>Lamb Flatbread</b> Wood fired flatbread topped with lamb, tzatziki, humus,salsa, fresh rocket & balsamic glaze	R155
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<b>Peri Peri Chicken &amp; Chorizo Flatbread</b> Wood fired flatbread topped with peri peri chicken, chorizo sausage, chilli, tzatziki, ,salsa & fresh rocket	R155
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# little folk menu

## CAFÉ

### BREAKFAST

Scrambled eggs on toast	R35.00
Smashed avo on toast	R45.00
Croissant with jam & cheese	R45.00
Fruit & yogi bowl	R35.00
Marvelous mini Bacon, egg & tomato	R55.00



### PIZZA

Margarita	R55.00
Hawaiian	R65.00
Ham & pineapple Hero	R65.00
Spinach, feta, onion & mushrooms Pixie	R65.00
Ham, tomato, feta & basil	



### GOOD FOR GROWING

Mini burger & chips	R60.00
Chicken strips	R55.00
Toasted sandwiches cheese & tomato	R45.00
Chicken mayo	R55.00
Ham & cheese	R55.00
Fish & chips	R60.00
Kids platter Ham, cheddar, cucumber, apple & ciabatta toast	R60.00



### PUDDING

POPCO POPS	R35.00
Ice Cream & BAR ONE CHOCOLATE sauce	R40.00
Choc Chip Cookie & milk	R25.00



Whipped cream isn't whipped cream at all if it hasn't been whipped with whips, just like poached eggs isn't poached eggs unless it's been stolen in the dead of the night ~ Willie Wonka

# Oh the cakes the cakes!

Our cakes are the beginning of the story of Folk Cafe. These cake recipes are considered family heirlooms and Lee became a chef and opened a restaurant because she stood at the feet of her grandmother and learned the tricks of the trade from her. Our cakes are baked with love and taste like they do because they are made in honour of a matriarch

ORDER YOUR WHOLE CAKE 1 DAY IN ADVANCE  
2 SIZES AVAILABLE

	<b>Large 27cm</b>	<b>Midi 20cm</b>
<b>Famous Carrot cake</b>	<b>R420</b>	<b>R250</b>
<b>Chocolate Fudge cake</b>	<b>R420</b>	<b>R250</b>
<b>Lemon &amp; Vanilla sponge</b>	<b>R395</b>	<b>R240</b>
<b>Lemon Meringue Pie</b>	<b>R395</b>	
<b>Cheese cake plain</b>	<b>R480</b>	<b>R280</b>
<b>Decadent Cheese cakes</b>	<b>R500</b>	<b>R300</b>
- chocolate ganache / chocolate swirl / Salted caramel / Cappuccino / Lemon Drop / Red velvet		
<b>Gluten free choc ganache</b>	<b>R450</b>	<b>R270</b>
<b>Gluten free Orange &amp; Almond</b>	<b>R450</b>	<b>R270</b>

**DAILY SELECTION AVAILABLE AT THE COUNTER R50 per slice**

Whole cakes - Allow 24 hour turn around time as they are made to order. All cakes are made using free range eggs & real butter

We can make anything so feel free to challenge us with your requests!

Birthdays and special occasion requests are welcome



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