



WOOD FIRED PIZZA

OUR PIZZA BASES ARE MADE USING ITALIAN "00" FLOUR

Garlic & Herb Focaccia(V)	R60
Nepalese Style Margarita(V) Napolitano tomato, fior di latte & fresh basil	R105
Mamma Mia (V) Capers, olives, artichokes and parmesan	R125
Caprice (V) Napolitano sauce, fior di latte, cherry tomatoes fresh basil (toppings added after oven)	R129
Pixie Gypsy ham, baby rosa tomatoes, basil & feta	R129
Mexicana Bolognaise mince with red onions & chilli	R145
Quattro Formaggi (V) Gorgonzola, mozzarella, parmesan & cheddar	R140
Hero (V) feta, spinach, onions & mushrooms	R125
Hawaiian pineapple and gypsy ham	R125
St James Strips of steak, brown mushrooms & white cheddar	R160
Dee's Ditty Springbok carpaccio, caper berries, red onions, rocket, parmesan shavings & balsamic glaze	R155
Madam Bozza salami, avo, olives, feta and fresh rocket	R145
Pepperoni Pepperoni & a smidge of mature cheddar	R145
Bald Eagle Chorizo, mushrooms, feta, onion and avo	R145
Carne Gypsy ham, chorizo, bacon and onion	R155
Orient Express Chicken and jalapenos	R130
Quattro Stagioni Mushrooms, ham, artichokes & olives	R145
Little lorry big lorry Bacon, feta & basil	R130
Winelands Parma ham, camembert, fig & rocket	R160
Happy (VE) Vegan mozzarella, mushrooms, artichokes, chilli, garlic	R155

Half & Half Pizza Choose any 2 pizzas and get half and half	R165
Gluten free base	+ R30
Vegan mozzarella substitute	+R10
EXTRAS CHARGED PER ITEM	
R12 - Spinach, spring onion, red onion, tomato, capers, pineapple, banana	
R20 - Mozzarella, cheddar, olives, mushrooms, red peppers	
R25 - Feta, avocado, bacon, artichokes, anchovies	
R35 - Gypsy ham, chorizo, salami, chicken, gorgonzola, camembert	

BURGERS

SERVED WITH HAND CUT CHIPS	
Plain Jane Burger Beef patty or chicken fillet splashed with our signature bbq sauce & topped with crunchy lettuce, sliced tomato & red onions.	R105
Mr Cheesy Burger Plain Jane topped with melted cheddar	R120
Beet Burger (Ve) Beetroot & chickpea vegi patty topped with smashed avo & crispy onion flakes	R110
American Dreams Burger Beef burger loaded with bacon, cheddar & red onion marmalade	R130
Shroom melt Burger Plain Jane topped with black mushroom & camembert	R130
Vahee - Gahan Burger (Ve) Beetroot & chickpea patty topped with grilled aubergine & vegan mozzarella	R140
Mexican Showdown Burger Beef patty topped with guacamole, fresh chilli & salsa	R130
Bunless Burger (gf) Patty of your choice on a green salad base topped with a black mushroom & parmesan cheese	R140

AT FOLK FOOD IS FRESHLY PREPARED & MADE TO ORDER
SO IT TAKES A LITTLE LONGER
ETHICAL AND FRESH INGREDIENTS ARE THE SECRET TO THE
FOLK TASTE EXPERIENCE
CHICKEN IS FREE RANGE, EGGS ARE PASTURE REARED, BEEF
IS GRASS FED & VEG IS CUT WITH A KNIFE
(VE) = VEGAN (V) = VEGETARIAN (GF) GLUTEN
FREE

SMALL PLATES

Calamari Heads & Rings (gf) Flash fried & served with soy dip	R70
Korean Chicken Wings basted in sticky Korean hot sauce and topped with sesame seeds and spring onion	R85
Mini Taco's (gf) Hard shell corn taco's with garlic aioli • Grilled hake, a touch of chilli, diced avo, coriander & salsa. • Pulled BBQ Jackfruit, corn salsa & guacamole	R95
White Sage Soup (Ve) A delicate combination of cauliflower, butterbean, sweet potato, coconut milk & sage. served with a garlic & sage wood fired bun	R85

LIGHT MEALS

Harvest Plate (Ve) (gf) Baby potatoes crushed & tossed in green vegan mayo, char grilled aubergine, black mushroom, hummus & flash fried organic greens	R115
Salmon & Cream Cheese Bagel with capers & red onion	R78
Chicken Mayo on Sourdough with chips or salad	R75
Vegan Bagel (Ve) Herbed olive oil, soy aubergines & melted vegan mozzarella cheese	R79
Hot & Spicy Chicken Livers The secret sauce is a Folk favourite!	R85

CAFE DINING

Grass Fed Steak (gf) Sourced direct from the farm, served on a bed of rocket & topped with parmesan shavings Cuts & grammage change daily. Great for sharing xxx	SQ
Add extra sides R35 each Hand cut chips Blanched broccoli Mushroom sauce Green peppercorn sauce Chilli Relish	
Hake & Chips / Salad Freshly caught hake deep fried in a tempura batter or grilled with seasoning	R125
Linefish (gf) Served with baby garlic butter potatoes and peas	R180
Homemade Gnocchi (V) tossed with sun blanched tomatoes, spinach & olives in a creamy honey & cremazola sauce	R115
Flatbreads Wood fired flatbread topped with humus, salsa, fresh rocket & balsamic glaze plus • Slow roasted Lamb & Tzatziki • BBQ Pulled Pork & flash fried Asian greens • Beetroot falafel, mushrooms & avo (Ve)	R155
Melanzanne (V) Aubergine slices & napolitano tomato sauce layered & topped with fior di latte mozzarella, parmesan & béchamel sauce	R145
Halloumi & Chickpea Salad (V) Harissa tossed chickpeas, halloumi, rocket, mint, roast baby tomatoes, aubergine & croutons	R105
Chicken, Avo & Feta Salad (gf) Tossed with chopped cos lettuce, red onion, baby tomatoes, cucumber, mixed seeds & vinaigrette	R98
Caesar Salad Cos lettuce, croutons, bacon bits, chicken, poached egg, parmesan shavings and traditional homemade anchovy dressing	R125

BREAKFAST

SERVED UNTIL 11AM

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

Eggs Benedict
on an English muffin or (gf) potato rosti with poached eggs & homemade hollandaise

- Smoked salmon R115
- Crispy back bacon R98
- Porcini mushroom (V) R98

Stack (V) (GF) R98
Potato rosti, brown mushroom, poached egg, avo, rocket leaves & harissa drizzle

Smoothy Bowl (V) (GF) R95
Blended fruit & yoghurt base sweetened with honey & topped with almond butter, toasted coconut, chia seeds & seasonal fruit

Power Porridge (VE) (GF) R95
Smooth oats prepared with cacao maca, coco nibs, maple syrup & oat milk. Topped with chia seeds, toasted coconut & sliced banana

Breakfast Bagel (V) R70
Cream cheese, scrambled eggs & avo

Bacon & Egg Roll R59
2 soft fried eggs & crispy streaky bacon on a seeded bun

Smashed Avo Toast (Ve) R65
Sourdough toast topped with smashed avo & sesame seeds

Omelettes
With toast of your choice

- Bacon, mushroom & cheddar R95
- Spinach, Feta & Red onion (V) R90

New Yorker R125
French toast dusted with cinnamon & sugar, topped with fried banana, bacon, berries & maple syrup

Cafe Joe R115
Sourdough toast topped with mince, 2 poached eggs & parmesan shavings

folk

CAFÉ

PASTRIES

CHECK AVAILABILITY AT PASTRY BAR

Croissants

- Plain (V) R28
- Belgian chocolate & hazelnut (V) R30
- Cheddar & preserves (V) R49
- Scrambled egg (V) R60
- Scrambled egg & bacon OR avo R70
- Mozzarella & basil pesto (V) R55

Confectionary

- Double choc nut brownies (GF) R40
- Date & nut balls (GF)(Ve) R18
 - cocoa
 - cranberry coconut
 - maple lemon & almond
- Choc chip cookie R15
- Peanut butter cookie (GF) (Ve) R18
- Apple crumble pie R55
- Chelsea Bun R30

Pies

- Chicken pie R49
- Spinach mushroom feta pie (V) R49
- Individual quiche R40

Muffins

- Dark chocolate & pecan R33
- Bran & mixed seed with raisins
- Banana & chia seed
- Blueberry
- Savoury Mozzarella, rosemary & sundried tomato (GF) R38

Add butter and jam +R10

LITTLE FOLKS

BREAKFAST
SERVED UNTIL 11AM

KIDS FRENCH TOAST R45
SLICE OF FRENCH TOAST DUSTED WITH CINNAMON & SUGAR & SERVED WITH MAPLE SYRUP

SCRAMBLED EGGS ON TOAST R35
ADD A SIDE OF BACON +R25

SMASHED AVO TOAST R55
ON WHITE OR BROWN BREAD

KIDDIES SMOOTHY BOWL R55
STRAWBERRY SMOOTHY TOPPED WITH BANANA & CHOCOLATE SPRINKLES

BURGER & CHIPS R70
MINI CHICKEN, VEG OR BEEF BURGER WITH CHIPS

FISH & CHIPS/PEAS R70

CHICKEN STRIPS & CHIPS R70

KIDS PLATTER R70
CHEDDAR STICKS, APPLE SLICES, CUCUMBER SLICES AND BABY TOMATOES

TOASTIES & CHIPS
ON WHITE OR BROWN FARMHOUSE BREAD

- CHEESE & TOMATO R60
- HAM CHEESE AND TOMATO R75
- CHICKEN MAYO R70

PIZZA

- MARGARITA R65
- BACON & FETA R85
- SALAMI & AVO R90
- HAM & PINEAPPLE R80

White

STELLENRUST CHENIN BLANC R150 GLASS - R50
SHOWS LIME AND SOME TROPICAL FRUIT ON THE NOSE WITH A MINERAL PALATE OF GRAPEFRUIT AND PEAR DROP

USANA CHENIN BLANC R220
HINTS OF WHITE PEACH AND APPLE WITH A TOUCH OF TOASTINESS FROM THE BARRELAGING.

DURBANVILLE HILLS SAUVIGNON BLANC R150 GLASS - R49
GUAVA AND CITRUS FRUITS ON THE NOSE WITH TROPICAL FLAVOURS AND A LINGERING FRESHNESS

EAGLES NEST SAUVIGNON BLANC R210
CONSTANTIA CLASSIC WITH AROMAS REMINISCENT OF LEMON GRASS ROUNDED WITH RICH FIG

OAK VALLEY FOUNTAIN OF YOUTH SAUVIGNON BLANC R220
RICH TROPICAL FRUIT RESULTING FROM THE COOL ELGIN CLIMATE IN THE HIGH FOOTHILLS OF THE GROENLANDBERG

DURBANVILLE HILLS CHARDONNAY R150 GLASS - R55
GUAVA AND CITRUS FRUITS ON THE NOSE WITH WELL BALANCED FLAVOUR AND A LINGERING FRESHNESS

USANA GOLD DUST TO GRAPES CHARDONNAY R295
TEXTURE AND COMPLEXITY ADDED FROM MILD OAK, EXPRESSES SOFT CITRUS FRUITS

BUITENVERWAGTING CHARDONNAY SAUVIGNON BLANC BLEND R215
CONSTANTIA AT ITS FINEST, CHARDONNAY SAUVIGNON BLANC BLEND WITH SUBTLE WOOD AND CITRUS FRUIT ON THE NOSE

DE WETSHOF ESTATE CHARDONNAY R210
LIMESTONE HILL UNWOODDED IS SMOOTH WITH STONE FRUIT ON THE PALATE WITH TYPICAL COOL CLIMATE BODY

STEENBERG SEMILLON R395
FROM THE FLAGSHIP RANGE, THIS WINE SHOWS A BEAUTIFUL PALE GOLD COLOUR WITH AROMAS OF LIME & QUINCE,

USANA PINOT GRIS R198
A VARIETAL IN ITS OWN RIGHT, LIGHT, CRISP AND BEAUTIFULLY SMOOTH, THIS WINE HAS BEEN NATURALLY FERMENTED

Red Wines

DURBANVILLE HILLS MERLOT R175 GLASS - R65
CLASSIC MERLOT WITH SWEET PLUM, FRUITCAKE AND MINT ON THE NOSE AND SMOOTH SILKY TANNINS ON THE PALATE

STEENBERG MERLOT R355
A BALANCED WINE WITH FLAVOURS OF RIPE FRUIT, DELICATE OAK AND SOFT SUPPLE TANNINS

STELLENRUST MERLOT R165 GLASS - R55
RIPE CHERRY FLAVOURS WITH SOFT UNDERTONES OF MINT & SPICE. MATURED IN FRENCH OAK

FELICITÉ PINOT NOIR R225
AROMAS OF VIVID RED BERRIES JUXTAPOSED WITH STRUCTURED DARK FRUITS. IGNITED WITH LIVELY SPICED NOTES

ZONNEBLOEM PINOTAGE R210
RIPE RED BERRIES, SWEET OAK AND VANILLA ON THE NOSE WITH FLAVOURS OF BERRIES AND PLUMS AND JUICY TANNINS

USANA "THE FOX" CABERNET SAUVIGNON R295
FULL BODIED WITH SOFT TANNINS, BEAUTIFULLY BALANCED & SOFT ON THE PALATE. HINTS OF DARK BERRIES, SPICE, CIGAR BOX

BRUCE JACK SHIRAZ R150 GLASS - R55
SHOWS SPICE, A HINT OF CLOVE. LOVELY RED FRUIT ON PALATE, SOFT AND JUICY, WITH YOUTHFULLY CRUNCHY TANNINS

THELEMA MOUNTAIN BLEND R195
AROMAS OF JUICY BLACK FRUIT, MULBERRIES, PLUMS. AFTER SPENDING 18 MONTHS IN BARREL, THE PALATE IS SOFT AND JUICY

CHAMONIX ROUGE R180 GLASS - R75
A CLASSIC FRENCH STYLE BLEND OF CAB SAV, MERLOT, PETIT VERDOT & MALBEC MATURED IN SMALL BARRELS FOR 18 MONTHS

Rosé

ALLESVERLOREN TINTA ROSÉ R180 GLASS - R59
FRESH RASPBERRIES & CHERRIES WITH A HINT OF VANILLA



DRINKS MENU

Bubbles

PONGRÀCZ BRUT R260 GLASS - R95
METHOD CAP CLASSIQUE, COASTAL
DRY CAP CLASSIQUE HAS A CLASSIC BISCUIT CHARACTER THAT CULMINATES IN A FULL, FRUITY FINISH

PONGRÀCZ ROSE R260
METHOD CAP CLASSIQUE, COASTAL
DELICATE PALE PINK, THIS DRY CAP CLASSIQUE IS PERFECTLY BALANCED WITH CLEAN ACIDITY AND JUICY RASPBERRY FRUIT

STEENBERG 1682 R375
1682 BRUT CHARDONNAY HAS A PALE LEMON COLOUR AND A DELICATE MOUSSE. IT EXUDES FRESHNESS AND PURE FRUIT

STELLENRUST CHENIN BLANC R220 GLASS - R65
PROSECO STYLE BRUT WITH A SMOOTH FINISH

Cocktails

LONG ISLAND ICED TEA R75
VODKA, HAVANA CLUB, GIN, TEQUILA, CANE, ORANGE SYRUP & A SPLASH OF COLA OVER ICE

STRAWBERRY DAIQUIRI R85 (R65 VIRGIN)
FRESH STRAWBERRIES, BACARDI RUM, SUGAR & LIME JUICE BLENDED WITH ICE

MOJITO R65
FRESH LIME, MINT LEAVES, BACARDI & SODA OVER CRUSHED ICE

PINA COLADA R70 (R50 VIRGIN)
COCONUT MILK, FRESH PINEAPPLE JUICE, CAPTAIN MORGAN RUM, SUGAR AND ICE BLENDED UNTIL SMOOTH

CAIPIRINHA R65
LIME WEDGES & BROWN SUGAR MUDDLED WITH CACHAÇA & SERVED OVER CRUSHED ICE

BLOODY MARY R65 (R55 VIRGIN)
CRUZ VODKA & TOMATO JUICE WITH CELERY, CUCUMBER, WORCESTERSHIRE SAUCE AND TABASCO

MARGARITA R65
TEQUILA, TRIPLE SEC, LIME JUICE POURED OVER CRUSHED ICE

FOLK'S APEROL SPRITZ R90
BUBBLES, APEROL AND SODA

Coffee & Hot sips

	REG	DBL/TALL	GRANDE
ESPRESSO COFFEE SHOT	R20	R22	
MACCHIATO ESPRESSO TOPPED WITH MILK FOAM	R23	R25	
CON PANNA ESPRESSO WITH POURING CREAM	R23	R25	
LONG BLACK DBL ESPRESSO EXTRACTED OVER HOT WATER IN A SHORT CUP	R24		
AMERICANO ESPRESSO OVER HOT WATER	R22	R24	R27
FLAT WHITE DBL RISTRETTO TOPPED WITH TEXTURED MICRO FOAM	R28	R30	
CAPPUCCINO ESPRESSO TOPPED WITH DENSE FOAM	R26	R30	R36
LATTE ESPRESSO TOPPED WITH MILK AND SHORT FOAM	R26	R30	R36
CAFÉ MOCHA ESPRESSO, HOT CHOCOLATE & MICRO FOAM	R33	R38	R43
CORTADO EQUAL PARTS DBL ESPRESSO & TEXTURED MILK	R28		
NUTTY FLAT FLAT WHITE WITH HAZELNUT SYRUP	R36	R40	R44
VANILLA LATTE LATTE WITH VANILLA SYRUP	R36	R40	R44
SPICE CHAI FRAPPE	R38	R42	R46
FLAT RED ROOIBOS ESPRESSO WITH TEXTURED MILK	R28	R32	R36
DARK HOT CHOCOLATE	R33	R37	R41
WHITE HOT CHOCOLATE TEXTURED WITH MICRO FOAM	R35	R39	R43
TEA EXTENSIVE RANGE	R25		

Iced Drinks

ICED LATTE	R42
DBL SHOT ESPRESSO & MILK OVER ICE BLOCKS	
ICED MOCHA	R46
DBL SHOT ESPRESSO, WHITE HOT CHOCOLATE & MILK BLENDED WITH ICE	
ICED CHAI	R46
SPICED CHAI FRAPPE BLENDED WITH ICE & MILK	
SMOOTHY OF THE DAY	R55

Milkshakes R60

VANILLA
BAR ONE CHOCOLATE
STRAWBERRY
CAPPUCCINO

Cold Drinks

MINERAL WATER STILL OR SPARKLING	R20
500ML	R25
1LT	
APPLETISER, GRAPETISER, RED BULL	R32
BOS ICE TEA	R25
LEMON, BERRY, PEACH	
KOMBUCHA	R45
ASSORTED FLAVOURS	
COCONUT WATER	R28
300ML SODAS	R20
COKE, SPRITE, CREAM SODA, FANTA ETC	
THEONISTA GINGER ALE	R38
LEMONADE	R45

Seasonal Juices

FRESH ORANGE	R45
BABYLONSTOOREN ORGANIC	R45
JUICEBOX MANGO OR NAARTJIE	R35
JUICEBOX FRESH JUICE FIZZ	R35

Zero's

DEVILS PEAK ZERO TO HERO	R28
HEINEKEN 00	R35
SAVANNA ZERO	R29
LOXTONIA ZERO	R35
HUNTERS ZERO	R28
THE DUTCHESS BOTANICAL G&T	R45
DUCHESS SPRITZ	
• BERRY ROSE OR ELDERFLOWER	R45
VERMONT LIMON BOTANICAL GIN	R40

On Tap

WOODSTOCK LAGER	340ML	500ML
WOODSTOCK PALE ALE	R30	R40
WOODSTOCK PILSNER	R35	R45
LOXTONIA CIDER	R40	R50
	R35	R45

Beers

WINDHOEK DRAUGHT 440ML	R35
WINDHOEK LIGHT 330ML	R29
WINDHOEK LAGER 330ML	R29
AMSTEL 340ML	R29
DRIFTER IPA 340ML	R50
CASTLE LITE LAGER 340ML	R29
CASTLE LAGER 340ML	R29
HEINEKEN LAGER 330ML	R38
DEVILS PEAK LAGER	R35
DEVILS PEAK GOLDEN ALE	R35
GOSHAWK GLUTEN FREE BEER	R60

Ciders

LUXTONIA ON TAP	R45
LUXTONIA STONE FRUIT	R40
SAVANNA LIGHT/ DRY 330ML	R35
HUNTERS DRY 330ML	R35

Tequila

DON JULIO REPOSADO	R50
ESPOLÓN REPOSADO	R50
HOPE ESPERANZA REPOSADO AGAVE	R55
PATRON AÑEJO	R55
EL JIMADOR BLANCO	R35
EL JIMADOR REPOSADO	R35

Whiskey

MACALLAN 12 YR SINGLE MALT	R70
GLENFIDDICH 12 YR SINGLE MALT	R55
THREE SHIPS 10YR SINGLE MALT	R75
BAIN'S CAPE MOUNTAIN	R35
BELLS	R30
J&B	R25
JAMESONS	R35
JACK DANIELS	R35
JOHNNY WALKER BLACK	R40
JOHNNY WALKER RED	R30

Brandy

VAN RYNS 10 YEAR	R40
KLIPDRIFT	R25
RICHELIEU	R25
HENNESSY VSEYOY CONGAC	R55

Gin

MUSGRAVE PINK	R45
HENDRICKS	R45
BOMBAY SAPPHIRE	R40
CORDONS	R25
INVERROCHE CLASSIC	R45
INVERROCHE VERDANT—CAPE FYNBOS	R45
HOPE ON HOSKINS, LONDON DRY	
OR MEDITERRANEAN	R55
LIEBEN LEMON & LIME	R40

Rum

TAPANGA	R45
BACARDI	R25
CAPTAIN MORGAN	R25

Vodka

HOPE ON HOSKINS SMALL BATCH	R55
SKYY	R30
SMIRNOFF	R25
CRUZ VODKA	R30
CARAMEL VODKA	R30

Aperitif

SOUTHERN COMFORT	R25
APEROL	R40
AMARULA	R35
DALLA CIA GRAPPA	R45
JAGERMEISTER	R45
FRANGELICO	R45
KAHLUA	R25
DISARONNO	R65
CAPE TO RIO CANE	R25
CAMPARI	R25