

folk

At Folk food is freshly prepared and made to order in our small heritage kitchen. This makes it extra special but, sometimes it takes a little longer, especially on busy days.

We invite you to sit back and relax, take in the beauty that surrounds you, breathe deep and have your best day.

Ethical and fresh ingredients are the secret to the Folk taste experience and at the core of our values.

The chicken is free range, eggs are pasture reared, steak is grass fed and veg is organic where possible.

(VE) = VEGAN

(V) = VEGETARIAN

(GF) = GLUTEN FREE

With our hybrid ordering system you can place orders via
whatsapp using the QR code on your table,
at the counter, or,
with one of our friendly staff

The food prepared in our kitchen may, despite our best efforts and the care of our staff, contain traces of allergens, including but not limited to nuts, soy, gluten and dairy

002

Small Plates

FISH CAKES	Crumbed trout & hake fish cakes made with baby potatoes and coriander. Served with spicy aioli & roast red pepper pesto on a tossed salad base	R155
HAKE GOUJONS	Hake bites battered & deep fried	R95
BABY CALAMARI	Heads and rings flash fried with soy glaze, served with ponzu mayo & crunchy noodles	R95
CHICKEN WINGS	Basted in sticky Korean spicy sauce	R95
TEMPURA CAULI (Ve)	Served crispy with dipping sauce	R89
PITA PLATE (V)	Wood fired pita with olives and dip selection	R60
CHIPS (Ve)	Hand cut potato chips	R38

003

Light Meals

WARM HALLOUMI SALAD (V)	With roasted baby tomatoes, mushroom & mixed roast veg on a wood fired garlic & herb bun, drizzled with red pesto	R155
CHICKEN, AVO, FETA SALAD	Tossed with chopped cos lettuce, red onion, baby tomatoes, greens, cucumber, mixed seeds & vinaigrette	R155
CREMAZOLA & POACHED PEAR SALAD (V)	Creamy mild gorgonzola with pears poached in fynbos and kombucha, served on a bed of greens and topped with walnuts & date shards	R155
BURRATA CAPRICE (V)	Burrata served fresh with olive oil vinaigrette, tossed tomato selection & fresh basil	R155
HAUS SAUSAGES	Bratwurst and Bockwurst sausages served with a salted pretzel, organic sauerkraut, shaved fennel & mustard	R105
UMAMI SOUP (Ve)	Winter greens, spring onion, shimeji mushrooms, red chilli, radish & edamame beans served with an umami pouring broth & bread sticks	R115

SLOW ROASTED PORK BELLY	Roasted with apple cider and fresh apples. Served with crispy crackling, baby potatoes and pickled carrots	R169
GRASS FED STEAK	Sourced direct from the farm. Served on a bed of rocket & topped with parmesan shavings and creamy green peppercorn or mushroom sauce. Please enquire for grammage available	Price per 100g
	Fillet	R128
	Rump	R85
	Add chips/salad	R35
SPICY CHICKEN LIVERS	The secret sauce is a Folk favourite! Served with wood fired bread	R95
HARVEST PLATE (Ve)	Soy glazed aubergine steak, edamame beans, flash fried shimeji mushrooms, roast red pepper, tempura cauliflower florets	R145
WOOD FIRED FLATBREADS	Baked in a wood oven, topped with hummus, salsa, fresh rocket & balsamic glaze plus your choice of:	
	Slow roasted Lamb & tzatziki	R195
	Beetroot falafel, mushrooms & avo (Ve)	R175
LINEFISH	Freshly caught and subject to availability Served with beurre blanc sauce & root veg	\$Q
HAKE, CHIPS & SALAD	Freshly caught hake deep fried in a tempura batter or grilled with seasoning	R155
CANNELLONI (V)	Spinach and ricotta filled handmade pasta rolls finished in the wood fire	R165
THAI GREEN CURRY	Green veg and chicken in a coconut milk based green curry sauce served with basmati rice	R185
FISH TACO (GF)	Soft taco topped with seasonal linefish, guacamole, lime, salsa and pineapple	R155
CALAMARI STIR FRY	Baby calamari flash fried and served on stir fried veg with a peanut butter satay sauc	R170
CHICKEN SHNITZEL	Crumbed, free range chicken breast served with potato salad and slaw	R155

005

Between Bread

Served between 11am and 5pm

BAGELS	Cream Cheese (V) Salmon, capers, red onion and cream cheese Vegan cashew and slaw mayo (Ve)	R 40 R 95 R 95
SPRINGBOK CARPACCIO PANINI	Wood fired panini baked in the pizza oven and filled with springbok carpaccio, fior di latte, sweet pickled onions and rocket	R145
CHICKEN WRAP	Chicken fillet, feta, lettuce, carrot & mayo	R 96
PULLED PORK SOURDOUGH SAMI	Open sandwich loaded with pulled pork belly, coleslaw and siracha mayo	R145

006

Burger Bar

All served with chips

PLAIN JANE	Beef patty or chicken fillet splashed with house bbq sauce, pickle, crunchy lettuce, tomato & red onions.	R 120
MR CHEESY	Beef or chicken Plain Jane with melted cheddar	R 135
BEET BURGER (VE)	Beetroot & chickpea vegi patty topped with smashed avo & crispy onion flakes. Add Vegan Mozzarella + R20	R 135
CHICKEN CRUNCH	Crunchy panko crumbed chicken with smoked paprika & roast garlic mayo & slaw	R 145
AMERICAN DREAM	Beef burger loaded with bacon, cheddar & red onion marmalade	R 165
SHROOM MELT	Beef burger topped with black mushroom & camembert	R 165
MEXICAN SHOWDOWN	Beef burger topped with guacamole, salsa & chilli	R 165

GARLIC FOCACCIA (V)	Pizza base fired with garlic and finished with olive oil	R 60
NAPOLESE MARGARITA(V)	Napolitano tomato, fior di latte & basil	R 120
MEXICANA	Bolognese beef mince, red onions & chilli	R 155
MAMMA MIA (V)	Capers, olives, artichokes & parmesan	R 145
MADAM BOZZA	Salami, avo, olives, feta and fresh rocket	R 158
PEPPERONI	Pepperoni, pepperoni, pepperoni!	R 155
BALD EAGLE	Chorizo, feta, onion & avo	R 215
LITTLE LORRY BIG LORRY	Bacon, feta & fresh basil	R 145
QUATTRO STAGIONI	Mushrooms, ham, artichokes & olives	R 175
HERO (V)	Feta, spinach, onions & mushrooms	R 145
HAWAIIAN	Pineapple and gypsy ham	R 145
EXTRA'S	Spinach, spring onion, red onion, tomato, capers, pineapple, banana	R 18
	Vegan mozzarella, mozzarella, cheddar, olives, mushrooms, red pepper	R 28
	Feta, avocado, artichokes, anchovies	R 35
	Bacon, gypsy ham, chorizo, salami, chicken, gorgonzola, camembert, gluten free base	R 45

BRIE STREET FOCACCIA (V)	Focaccia base, basil pesto and brie cheese	R120
PORKY	Bianco pizza base, fior di latte, pulled pork, apple compote & crackling crumb	R165
QUATTRO FORMAGGIO	Mozzarella, gorgonzola, boerenkaas and parmigiano	R150
JACK OF HEARTS (Ve)	Bianco pizza base, confit jackfruit, caper berries, garlic oil & vegan mozzarella	R155
SHROOM BOOM (V)	Shitake, shimeji, brown mushrooms and burrata	R225
CUZIN VINNIE	Italian spicy pork sausage mince & fior di latte	R155
WINELANDS	Parma ham, camembert, fig & rocket	R225
HAPPY (VE)	Mushrooms, artichokes, chilli & garlic - choose vegan or regular mozzarella	R155
OH SULLY!	Chicken, red pepper, red onion, sundried tomato & feta cheese	R165
PIMPED PEP	Pepperoni, artichokes, garlic & chilli	R155

HALF & HALF R165

Choose any 2 Classic pizzas & get half and half

EXTRA'S	Spinach, spring onion, red onion, tomato, capers, pineapple, banana	R18
	Vegan mozzarella, mozzarella, cheddar, olives, mushrooms, red pepper	R28
	Feta, avocado, artichokes, anchovies	R35
	Bacon, gypsy ham, chorizo, salami, chicken, gorgonzola, camembert, gluten free base	R45

009 Veg & Plant

TEMPURA CAULIFLOWER small plate (Ve)	Battered, deep fried and served crispy with soy glaze	R 89
BURRATA SALAD (V)	Burrata served fresh with olive oil vinaigrette, tossed tomato selection & fresh basil	R155
CREMAZOLA & POACHED PEAR SALAD (V)	Creamy mild gorgonzola with pears poached in fynbos and kombucha, served on a bed of greens and topped with walnuts & date shards	R155
WARM HALLOUMI SALAD (V)	Halloumi, roasted baby tomatoes, grilled black mushroom, roasted red pepper, baby marrow and spring onions served on a fresh wood fired bread bun drizzled with red pesto	R155
BAGELS (V)	Cream Cheese (V) Vegan cashew and slaw mayo (Ve)	R40 R95
HARVEST STEAK (Ve)	Soy glazed aubergine steak, edamame beans, flash fried shimeji mushrooms, roast red pepper, tempura cauliflower florets	R145
BEET BURGER (Ve)	Chickpea and beetroot burger topped with smashed avo and onion flakes	R135
UMAMI SOUP (Ve)	Winter greens, spring onion, shimeji mushrooms, red chilli, radish & edamame beans served with an umami pouring broth & bread sticks	R115
PITA PLATE (V)	Wood fired pita with hummus, olives and red pepper pesto	R 85
CHIPS (Ve)	Hand cut potato chips	R 35

GARIC FOCACCIA (V)	Pizza base fired with garlic and finished with olive oil	R 60
NAPOLESE MARGARITA(V)	Napolitano tomato, fior di latte & basil	R 120
MAMMA MIA (V)	Capers, olives, artichokes & parmesan	R 145
HERO (V)	Feta, spinach, onions & mushrooms	R 145
BRIE STREET FOCACCIA (V)	Focaccia base topped with basil pesto and brie cheese	R 155
QUATTRO FORMAGGIO	Mozzarella, gorgonzola, boerenkaas and parmigiano	R 150
JACK OF HEARTS (Ve)	Bianco pizza base, confit jackfruit, caper berries, garlic oil & vegan mozzarella	R 155
SHROOM BOOM (V)	Shitake, shimeji, brown mushrooms and burrata	R 225
HAPPY (Ve)	Mushrooms, artichokes, chilli & garlic - choose vegan or regular mozzarella	R 155

011 Dessert

CHURROS & ORGANIC CHOCOLATE	Crispy fried churros with organic chocolate sauce	R 105
CHOCOLATE FONDANT	Oozy chocolate volcano cake with ice cream	R 95
CHEESE CAKE	Cheesecake slice with whipped cream	R 75
BROWNIE & ICE CREAM	Warm sticky double choc nut brownie & soft serve	R 85

012 Cake

Subject to availability

CARROT CAKE	With cream cheese & butter icing	R 59
CHEESE CAKE	Plain Chocolate fondant / Lemon drop / Caramel / Brownie	R 60 R 65
RED VELVET CAKE	With cheesecake icing	R 59
CHOCOLATE FUDGE CAKE	Made with organic chocolate and cocoa and smothered in chocolate butter cream icing	R 59
LEMON MERINGUE	Zesty lemon curd and soft meringue peaks	R 59
GLUTEN FREE ORANGE & ALMOND CAKE (VE)	Moist and sticky	R 65
DOUBLE CHOC NUT BROWNIES	Sooooooo chocolaty AND gluten free	R 55

+ Ice Cream or Cream R25

013 Confectionary

Croissants	Plain (V)	R 35
	Belgian chocolate & hazelnut (V)	R 38
	Almond (V)	R 45
	Cheddar & preserves (V)	R 55
Muffins	Dark chocolate & pecan	R 38
	Bran & mixed seed with raisins	
	Banana & chia seed	
	Blueberry	
	Gluten free Apple crumble	
	Gluten free savoury mozzarella, rosemary & sundried tomato	

LITTLE FOLKS

BREAKFAST

Kids french toast R45
Slice of French toast dusted with cinnamon & sugar & served with maple syrup & berries
+Bacon R35

Scrambled Eggs on toast R35
+bacon R35

Little smashed avo toast R55
+egg R10

Kiddies smoothy bowl R55
strawberry smoothy topped with banana & chocolate sprinkles

Chocolate croissant toast R55
with Nutella spread

Margarita R65
Bacon & feta R85
Hawaiian (ham & pine) R80
Regina (ham & mushroom) R80

+Avo R25

Plain yoghurt & Honey drizzle R25
Half avo R25
Cut fruit R25
Edamame bean bucket R35

LITTLE SHAKES R35

strawberry
bar one chocolate
vanilla
banana

MAINS

Mini burger & chips R60
chicken, veg or beef

Fish & chips R60

Chicken strips & chips R65

Kids platter R95
cheddar sticks & tomato bites, cut fruit, gypsy ham, cucumber sticks & mini roll

Toasties & chips
on white or brown

- cheese & tomato R55
- chicken mayo R70

Kids Combo
bockwurst sausage, chips, cut fruit & fresh OJ R95



swap out chips for cucumber sticks on any kids plate

folk

DRINKS

Explore the best of what the Cape has to offer with our curated selection of wines

The cocktails are all made using natural fruit and flavours and may vary in colour from time to time.

Our coffee is a blend of 5 Arabica beans which we've been roasting for over 20 years. Our roast master carefully roasts each bean to ensure the perfect balance is achieved in every sip.

Retail and wholesale coffee available, please enquire

Corkage is charged at R60 per bottle

Max 1 bottle per 4 people

Max 4 bottles per party

BERRY BELLINI	Cherry vodka, strawberry syrup & sparkling wine	R 95
CLASSIC MIMOSA	Sparkling wine & fresh orange juice	R 75
MARGARITA	Tequila, triple sec, lime juice shaken with ice	R 98
STRAWBERRY DAIQUIRI	Fresh strawberries, Bacardi rum, sugar & lime juice blended with ice	R 95
		- Virgin R 75
LONG ISLAND ICED TEA	Skyy Vodka, Havana Club, london dry gin, tequila, cane, sugar syrup & a splash of cola over ice	R 98
MOJITO	Fresh lime, mint leaves, Bacardi rum, lemonade & soda over crushed ice	R 80
		- Virgin R 75
PINA COLADA	Blended coconut milk, pineapple rum, sugar syrup and ice	R 90
		- Virgin R 80
CAIPIRINHA	Lime wedges & brown sugar muddled with Cachaçai rum & served over crushed ice	R 98
BLOODY MARY	Skyy Vodka & tomato juice with celery, cucumber, worcestershire sauce & Tabasco	R 95
		-Virgin R 85
BOULEVARDIER	Jack Daniels, Campari, Vermouth over ice with orange	R 95
NEGRONI	Gin, Campari, Vermouth over ice with orange	R 95
APEROL SPRITZ	Aperol, prosecco, soda and an orange slice	R 85
LEMON SPRITZ	Limoncello, prosecco, soda amd a lemon slice	R 95

015 White Wine

BLOEMENDAL SAUVIGNON BLANC	Durbanville	R 70	R 245
CAPE POINT VINEYARDS SAUVIGNON BLANC NOORDHOEK	Noordhoek		R 310
KRUGER FAMILY CHARDONNAY	Piekenierskloof	R 70	R 245
THELEMA CHARDONNAY	Elgin		R 395
STELLENRUST CHENIN BLANC	Stellenbosch	R 70	R 245
USANA PINOT GRIS	Stellenbosch		R 275

016 Red Wine

STELLENRUST MERLOT	Stellenbosch	R 70	R 245
OAK VALLEY SOUND OF SILENCE PINOT NOIR	Elgin		R 310
CHAMONIX ROUGE	Franschoek	R 70	R 245
VONDELING BALDRICK SHIRAZ	Paarl	R 65	R 230
HIGH ROAD CABERNET SAUVIGNON	Stellenbosch		R 245
DOOLHOF PINOTAGE	Wellington		R 235

017 Rosé

VONDELING ROSÉ	Paarl	R 65	R 230
----------------	-------	------	-------

018 Sparkling

L'ORMARINS BRUT	Franschhoek		R 380
GRAHAM BECK BRUT ROSE	Robertson		R 380
STELLENRUST SPARKLING CHENIN	Stellenbosch	R 60	R 295

019 Beer on Tap

JACK BLACK LAGER	R 40	R 55
DEVILS PEAK ALE	R 40	R 65
WOODSTOCK PILSNER	R 40	R 65
BOMBSQUAD LAGER	R 40	R 55

021 Cold Drinks

300ml SODAS Coke, Sprite, Cream soda, Fanta	R 27	
MINERAL WATER STILL OR SPARKLING	R 20	R 25
APPLE/GRAPE TISER	R 38	
COCONUT WATER	R 35	R 75
BOS ICE TEA LEMON/PEACH/BERRY	R 28	
BREW KOMBUCHA BUCHU/NAARTJIE/ROSE/ORIGINAL	R 45	

020 Beer Bottles

CASTLE LITE	R 35
HEINEKEN	R 40
HEINEKEN 0.0	R 40
DEVILS PEAK ZERO	R 40
WINDHOEK DRAUGHT	R 45
BLACK LABEL	R 35
ERDINGER WEISS	R 65
SAVANNA DRY	R 40
SAVANNA LITE	R 40

022

Smoothies

BLUE (VE)	Blueberries, avo, coconut water, dates	R 80
BERRYLICIOUS	Yogurt, blueberries, red berries, coconut water, chia seeds, & honey	R 89
G-STRING (DAIRY FREE)	Banana, macadamia milk, peanut butter, cinnamon, honey & chia seeds	R 89

023

Iced Coffee

ICED LATTE	Dbl shot espresso & milk over ice	R 48
ICED MOCHA	Dbl espresso, white hot chocolate & milk blended with ice	R 59
ICED CHAI	Chai, milk and ice blended make dirty	R 60 R 70

024

Milkshakes

VANILLA	BAR ONE CHOCOLATE
PEANUT BUTTER	BANANA
CAPPUCCINO	STRAWBERRY
R 75	

025

Seasonal Juices

DAILY ORGANIC FRUIT & VEG JUICE	R 55
ORANGE JUICE	R 45
BABYLONSTOREN RED GREEN OR YELLOW	R 55

026 Gin

MUSGRAVE PINK	R 45
BOMBAY SAPPHIRE	R 45
INVERROCHE VERDANT — CAPE FYNBOS	R 55
GORDONS	R 25

028 Whiskey

MACALLAN 12 YR SINGLE MALT	R 110
JACK DANIELS	R 40
JAMESONS	R 40
JOHNNY WALKER BLACK	R 45
JOHNNY WALKER RED	R 40

030 Vodka/Aperitif

SMIRNOFF VODKA	R 25
SKYY VODKA	R 35
SOUTHERN COMFORT	R 25
APEROL	R 40
AMARULA	R 35
DALLA CIA GRAPPA	R 45
JAGERMEISTER	R 40

027 Tequila

CABRITO REPOSADO	R 60
ESPOLÓN REPOSADO	R 55
PATRON AÑEJO	R 85
DON JULIO REPOSADO	R 80
EL JIMADOR BLANCO/REPOSADO	R 40

029 Brandy/Rum

BACARDI	R 25
CAPTAIN MORGAN	R 25
KLIPDRIFT	R 25
RICHELIEU	R 25
HENNESSY VS EOY COGNAC	R 55

031 Coffee

Sngl Dbl Grnd

		Sngl	Dbl	Grnd
ESPRESSO		R25	R28	
MACCHIATO CON PANNA	Espresso topped with milk foam Whipped cream	R28	R30	
LONG BLACK	Dbl espresso expressed over hot water in a short cup		R30	
CORTADO	Equal parts dbl espresso & textured milk		R36	
AMERICANO	Espresso over hot water	R28	R32	R35
FLAT WHITE	Dbl ristretto topped with textured milk		R38	
CAPPUCCINO	Espresso topped with dense foam milk	R35	R38	R45
LATTE	Espresso topped with milk and short foam	R35	R38	R45
CAFÉ MOCHA	Espresso, hot chocolate & textured milk	R45	R50	R55
NUTTY FLAT	Flat white with hazelnut syrup	R45	R50	R55
SPICE CHAI LATTE	Spice chai and milk power blended with milk	R45	R50	R55
FLAT RED	Rooibos espresso with textured milk	R36	R40	R45
DARK HOT CHOCOLATE	Hot chocolate and milk power blended with milk	R40	R45	R50
WHITE HOT CHOCOLATE	White chocolate and milk power blended with milk	R45	R50	R55
TEA	Wide selection available		R28	