

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 and the eggs are pasture reared

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, fish and dairy

(Ve) = VEGAN (V) = VEGETARIAN
(GF) = GLUTEN FREE

Please note a 12,5% service charge to tables of 15 +
• No take away orders for sit down purposes •
Corkage is charged at R60 per bottle with a max of
2 bottles per table

Light Meals

BURRATA CAPRICE SOUP (V)	Burrata served in hot tomato soup, drizzled with fresh herb oil and fresh tomatoes, served with parmesan croutons	R145
UMAMI SOUP (Ve)	Winter greens, spring onion, shitake mushrooms, red chilli, radish & edamame beans served with an umami pouring broth & bread sticks	R145
FOLK CAESAR	Cos lettuce drizzled with traditional anchovy dressing, croutons, crispy bacon bits and deep fried feta + Add grilled chicken breast	R145 +R49
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, mixed seeds & vinaigrette	R155
CHICKEN FOLDOVER	Chicken fillet, feta, lettuce, carrot & mayo	R96

Small Plates

FISH CAKES	Crumbed fish cakes served with garlic coriander aioli & roast red pepper pesto	R115
PORK BELLY TACO	Corn flour taco loaded with BBQ pork belly & greens	R125
BABY CALAMARI	Heads and rings flash fried with soy glaze, served with garlic coriander aioli & crunchy noodles	R110
CHICKEN WINGS	Basted in sticky Korean spicy sauce + Add Handcut Chips	R105 R48
TEMPURA CAULI (Ve)	Served crispy with dipping sauce	R105
PITA PLATE (V)	Wood fired pita with olives and dip selection	R95
CROQUETTES	Slow roasted lamb, rolled with mash and crumbed. Served with mint & mild chili aioli and fresh citrus salad	R110
	Pulled pork, rolled with mash and crumbed. Served with tahini and honey aioli and fresh apple salad	R95
SPICY CHICKEN LIVERS	The secret sauce is a Folk favourite! Served with wood fired pita bread	R115
FISH TACO (GF)	Soft corn taco's topped with, guacamole, pineapple salsa & chilli, coriander & lime mayo	R155

Cafe Dining

SLOW ROASTED PORK BELLY	Served with crispy crackling pangrattato and seasonal veg	R169
GRASS FED STEAK	Served on a bed of rocket & topped with parmesan shavings and creamy green peppercorn or Chimichurri sauce	
	250g Fillet	R270
	300g Rump	R255
	Add handcut chips	R48
	Mixed veg or Tomato rocket salad	R55
HARVEST PLATE (Ve)	Pesto glazed aubergine steak topped with flash fried mushrooms, roast red pepper, roast baby tomatoes with vegan parmesan sprinkle	R155
FISH AND CHIPS	Freshly caught hake deep fried in a tempura batter or grilled	R165
THAI GREEN CURRY	Green veg and chicken in a coconut milk based green curry sauce served with basmati rice	R195
CALAMARI STIR FRY	Baby calamari flash fried and served on stir fried veg	R170

Burgers and Flatbreads

WOOD FIRED FLATBREADS

Baked in a wood burning oven,
topped with hummus, salsa, fresh
rocket & balsamic glaze plus your
choice of:

Slow roasted Lamb & tzatziki

R195

Beetroot falafel, mushrooms
& avo (Ve)

R175

BBQ Pulled pork belly

R185

DOUBLE SMASH BURGER

2 bbq basted beef patties served
with garlic herb mayo, shredded
lettuce, pickle, & cheddar

R155

LIL SMASH BURGER

1 bbq basted beef smash patty
served with garlic herb mayo,
shredded lettuce, pickle, & cheddar

R135

BEET BURGER (Ve)

Beetroot & chickpea patty, smashed
avo & onion flakes
Add Vegan Mozzarella or Feta + R35

R155

AMERICAN DREAMS BURGER

DBL bbq basted smash beef patties
served with melted cheddar, bacon
and onion marmalade

R170

CHICKEN CRUNCH BURGER

Crumbed chicken fillet, smoked
paprika & roast garlic mayo & slaw

R165

Wood-Fired Pizza

GARLIC FOCACCIA (Ve)	Pizza base fired with garlic and finished with olive oil	R65
NAPOLESE MARGARITA (V)	Napolitano tomato, fior di latte & basil	R125
MAMMA MIA (V)	Capers, olives, artichokes & parmesan	R145
MADAM BOZZA	Salami, avo, feta and fresh rocket	R170
PEPPERONI	Pepperoni, pepperoni, pepperoni!	R155
BALDEAGLE	Chorizo, feta, onion & avo	R205
LITTLE LORRY BIG LORRY	Bacon, feta & fresh basil	R140
QUATTRO STAGIONI	Mushrooms, ham, artichokes & olives	R165
HERO (V)	Feta, spinach, onions & mushrooms	R145
MEXICANA	Bolognese mince, chilli & red onion	R165
HAWAIIAN	Pineapple and gypsy ham	R145
QUATTRO FORMAGGIO	Mozzarella, gorgonzola, boerenkaas and parmigiano	R150
SHROOMBOOM (V)	Shitake, brown mushrooms and burrata	R210
WINELANDS	Parma ham, camembert, fig & rocket	R210
HAPPY (Ve)	Mushrooms, artichokes, chilli & garlic Choose vegan or regular mozzarella	R145
OHSULLY!	Chicken, red pepper, red onion, sundried tomato & feta cheese	R165

CHOOSE A GLUTEN FREE BASE + R25

EXTRAS	Spinach, Spring onion, Red onion, Tomato, Capers, Pineapple, Banana, Red Pepper	R 25
	Vegan mozzarella, Mozzarella, Cheddar, Olives, Mushrooms, Avo, Feta	R 30
	Artichokes, Anchovies, Bacon, Gypsy Ham, Gorgonzola, Camembert	R 40
	Chorizo, Salami, Chicken	R 49

Dessert

CHURROS & ORGANIC CHOCOLATE	Crispy fried churros with organic chocolate sauce	R105
CHEESE CAKE	Decadent cheesecake slice with whipped cream	R70
BROWNIE & ICE CREAM	Warm sticky double choc nut brownie, soft serve ice cream & chocolate sauce	R85

Cake

Selection subject to availability

CARROT CAKE	With cream cheese & butter icing	R60
CHEESE CAKE	Plain Assorted decadent flavours Ask your waitron for todays selection	R60 R65
FLOURLESS SPONGE CAKE	With cream cheese icing	R60
CHOCOLATE FUDGE CAKE	Made with organic chocolate and cocoa and smothered in chocolate butter cream icing	R60
LEMON MERINGUE	Zesty lemon curd and soft meringue peaks	R60
ORANGE & ALMOND CAKE (VE & GF)	Moist and sticky	R60
DOUBLE CHOC NUT BROWNIES (GF)	Sooooo chocolaty and Gluten free!!	R65

LITTLE FOLKS

BREAKFAST

Kids french toast R55
Slice of French toast dusted with cinnamon & sugar & served with maple syrup & berries
+Bacon R35

Scrambled Eggs on toast R45
+bacon R35

Little smashed avo toast R55
+egg R10

Kiddies BERRY & BANANA smoothy bowl R55

LITTLE SHAKES R45

strawberry
bar one chocolate
vanilla
banana
caramel

MAINS

Mini burger & chips R75
chicken, veg or beef

Fish & chips R65

Chicken strips & chips R75

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

Toasties & chips
on white or brown

- cheese & tomato R65
- chicken mayo R80

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

PIZZA

Margarita R75
Little Lorry (Bacon & feta) R85
Hawaiian (ham & pine) R85
Regina (ham & mushroom) R85

+Avo R30

MINI'S

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



swap out chips for cucumber sticks on any kids plate

Smoothies

BLUE (VE)	Blueberries, apple, oat milk, dates	R 75
BERRYLICIOUS	Yogurt, blueberries, strawberries, banana & honey	R 72
G-STRING {DAIRY FREE}	Banana, macadamia milk, peanut butter, honey & chia seeds	R 75
PINA YOGI-LADA	Pineapple, banana, mint, coconut milk, yoghurt & honey	R 72

Iced Coffee

ICED LATTE	Db1 shot espresso & milk over ice	R 45
ICED MOCHA	Db1 espresso, white hot chocolate & milk blended with ice	R 59
ICED CHAI	Chai, milk and ice blended make dirty - R18	R 59
HALF & HALF	Db1 espresso, dollop of soft serve & milk blended	R 59

Milkshakes

VANILLA, BAR ONE CHOC, CARAMEL, BANANA, STRAWBERRY		R 75
PEANUT BUTTER, CAPPUCCINO, HAZELNUT COFFEE		R 78

Fresh juices & Cold Drinks

JUICE OF THE DAY		R 55
FRESH ORANGE JUICE		R 45
BABYLONSTOREN RED, GREEN OR YELLOW		R 58
MINERAL WATER STILL OR SPARKLING		R 20/R 32
300ml SODAS COKE, SPRITE, CREAM SODA, FANTA		R 28
APPLE/GRAPE TISER		R 40
COCONUT WATER 330ml/1lt		R 60/R 110
BOS ICE TEA LEMON/PEACH/BERRY		R 30
BREW KOMBUCHA BUCHU/NAARTJIE/ROSE/ORIGINAL		R 58

Coffee

Single Double Grande

ESPRESSO		R 25	R 28	
MACCHIATO	Espresso topped with milk foam Whipped cream	R 28	R 30	
CORTADO	Equal parts dbl espresso & textured milk		R 36	
AMERICANO	Espresso over hot water	R 30	R 35	
FLAT WHITE	Dbl ristretto topped with textured milk		R 38	
CAPPUCCINO	Espresso topped with dense foam milk	R 35	R 38	R 45
LATTE	Espresso topped with milk and short foam	R 35	R 38	R 45
CAFÉ MOCHA	Espresso, hot chocolate & textured milk	R 49	R 55	R 60
NUTTY FLAT	Flat white with hazelnut syrup	R 45	R 50	R 55
SPICE CHAI LATTE	Spice chai and milk power blended with milk	R 45	R 50	R 55
FLAT RED	Rooibos espresso with textured milk	R 36	R 40	R 45
DARK HOT CHOCOLATE	Hot chocolate and milk power blended with milk	R 40	R 45	R 50
WHITE HOT CHOCOLATE	White chocolate and milk power blended with milk	R 45	R 50	R 55
TEA	Wide selection available		R 28	

Cocktails

MARGARITA	Tequila, triple sec, lime juice shaken with ice	R98
APEROL SPRITZ	Aperol, prosecco, soda and an orange slice	R85
BERRY BELLINI	Cherry vodka, strawberry syrup & sparkling wine	R95
CLASSIC MIMOSA	Sparkling wine & fresh orange juice	R75
STRAWBERRY DAIQUIRI	Fresh strawberries, Bacardi rum, sugar & lime juice blended with ice	R95
		Virgin R75
LONG ISLAND ICED TEA	Skyy Vodka, Havana Club, london dry gin, tequila, cane, sugar syrup & a splash of cola over ice	R98
MOJITO	Fresh lime, mint leaves, Bacardi rum, lemonade & soda over crushed ice	R80
		Virgin R75
PINA COLADA	Blended coconut milk, pineapple rum, sugar syrup and ice	R90
		Virgin R80
CAIPIRINHA	Lime wedges & brown sugar muddled with Cachaçai rum & served over crushed ice	R98
BLOODY MARY	Skyy Vodka & tomato juice with celery, cucumber, worcestershire sauce & Tabasco	R95
		Virgin R85
LEMON SPRITZ	Limoncello, prosecco, soda and a lemon slice	R95
NEGRONI	Gin, Campari, Vermouth over ice with orange	R95

White Wine

BLOEMENDAL SAUVIGNON BLANC	Durbanville	R75	R260
BLACK OYSTERCATCHER SAUVIGNON BLANC	Cape Agulhas		R390
BLACK ELEPHANT SAUVIGNON BLANC	Franschhoek		R340
KRUGER FAMILY CHARDONNAY	Piekenierskloof	R80	R250
BOUCHARD FINLAYSON SANS BARIQUE UNWOODED CHARDONNAY	Hemel en Aarde		R380
STELLENRUST CHENIN BLANC	Stellenbosch	R70	R245
MULLINEUX KLOOF STREET CHENIN BLANC	Swartland		R370

Red Wine

STELLENRUST MERLOT	Stellenbosch	R80	R255
RAATS FAMILY CAB FRANC	Stellenbosch		R420
OAK VALLEY PINOT NOIR	Elgin		R350
BLACK ELEPHANT 3 MEN IN A TUB BLEND	Franschoek		R360
CHAMONIX ROUGE	Franschoek	R70	R245
VONDELING BALDRICK SHIRAZ	Paarl	R75	R255
HIGH ROAD CABERNET SAUVIGNON	Stellenbosch		R395
DOOLHOF PINOTAGE	Wellington		R265

Rosé

VONDELING ROSÉ

Paarl

R70

R240

Sparkling

MISS MOLLY

BY MORESONS

Franschhoek

R340

GRAHAM BECK

BRUT ROSE

Robertson

R460

STELLENRUST

SPARKLING CHENIN

Stellenbosch

R60

R295

Beer on Tap

JACK BLACK

LAGER

R40

R55

JACK BLACK

CPA

R40

R55

WOODSTOCK

PILSNER

R45

R60

EVERSONS

CIDER

R40

R65

Bottled Beer/Cider

CASTLE LITE

R35

HEINEKEN

R40

HEINEKEN 0.0

R40

DEVILS PEAK

ZERO

R40

WINDHOEK

DRAUGHT

R45

BLACK LABEL

R35

ERDINGER WEISS

R65

SAVANNA DRY

R40

SAVANNA LITE

R40

ZERO EVERSONS

CIDER

R52

Gin

MUSGRAVE PINK	R45
BOMBAY SAPPHIRE	R45
INVERROCHE VERDANT – CAPE FYNBOS	R55
GORDONS	R25

Whiskey

MACALLAN 12 YR SINGLE MALT	R130
JACK DANIELS	R40
JAMESONS	R40
JOHNNY WALKER BLACK	R45
JOHNNY WALKER RED	R40

Vodka/Aperitif

SMIRNOFF VODKA	R25
SKYY VODKA	R35
SOUTHERN COMFORT	R25
APEROL	R40
AMARULA	R35
DALLA CIA GRAPPA	R45
JAGERMEISTER	R40

Tequila

CABRITO REPOSADO	R58
ESPOLÓN REPOSADO	R55
PATRON AÑEJO	R85
DON JULIO REPOSADO	R75
EL JIMADOR BLANCO/REPOSA DO	R40

Brandy/Rum

BACARDI	R25
CAPTAIN MORGAN	R25
KLIPDRIFT	R25
RICHELIEU	R25
HENNESSY VS EOY COGNAC	R55

FRANGELICO	R40
KAHLUA	R30
DISARONNO	R30
CAPE TO RIO CANE	R25
CAMPARI	R30

The playlist



The pics



@FCA_CPT

The fans



VENUE HIRE

NEED A BEAUTIFUL SPACE FOR YOUR SPECIAL EVENTS & FUNCTIONS? LOOK NO FURTHER!

WE CATER FOR A WIDE VARIETY OF OCCASIONS; BIRTHDAYS, WEDDINGS, LAUNCHES, ACTIVATIONS, WINE TASTINGS AND MORE.

OUR DEDICATED TEAM WILL PLAN THE EVENT WITH YOU AND ADVISE ON THE BEST POSSIBLE SOLUTION TO MEET YOUR NEEDS.

CATERING IS DONE IN HOUSE. CATERING PLATTERS OR A'LA CARTE SET MENU'S ARE AVAILABLE. WE ALSO MAKE BEAUTIFUL BESPOKE CAKES FOR ALL OCCASIONS.

YOU MAY BRING IN DECOR

CONTACT US FOR MORE INFORMATION AND BOOKING AVAILABILITY

INFO@FOLKCOFFEE.CO.ZA
WWW.FOLKCAFE.CO.ZA

folk

Breakfast

served until 11.30am

GREEN EGGS AND HAM R150

Poached eggs, ham, herb pesto, pumpkin seeds and shaved parmesan on sourdough toast

ST JAMES RAREBIT (VE) R140

Vegan béchamel sauce blistered under the grill and served over toast. Topped with raw baby spinach, red onion pickles, dukkah sprinkle and tomato salsa

SMASHED AVO TOAST (VE) R90

Sourdough toast with smashed avo and sesame seeds
+ Bacon R40
+ Poached egg R15
+ Feta R25

POWER PORRIDGE (VE) R95

Smooth oats prepared with cacao maca, coco nibs, maple syrup and oat milk. Topped with chia seeds, toasted coconut & sliced banana

BREAKFAST BAGEL (V) R75

Cream cheese, pickled cucumber and scrambled eggs
+ Bacon R40
+ Avo R30

We only use Usana free range, pasture reared eggs. For your toast choose from sourdough, seeded health or brioche

Pastries

Freshly baked and subject to availability

SCONES (V) R95

Freshly baked scones served with whipped cream, cheddar and jam

CROISSANTS (V)

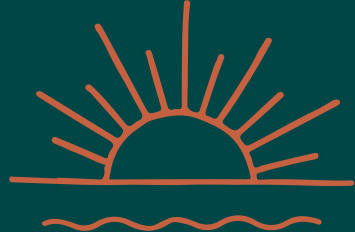
Plain R30
Belgian chocolate & hazelnut R35
Almond R45
Cheddar & preserves R65

CRUFFIN R45

MUFFINS (V) R45

Dark choc & pecan | Bran & mixed seed with raisins | Banana & chia seed | Blueberry |
Gluten Free Apple crumble muffin

+ Butter and jam R15
+ Cream or cheddar cheese R20



BREAKFAST BREAKFAST R155

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

FRESH AS FOLK (V) R95

Full cream yoghurt sprinkled with Folk's nutty granola, fresh fruit and drizzled honey

FRENCH AFFAIR R155

Brioche French toast with a sweetened cream cheese centre, served with lemon curd and berry coulis

STACK (V) (GF) R110

Potato rosti stacked with brown mushroom, poached egg, avocado, rocket leaves and red pepper pesto
+ Bacon R40

EGGS BENEDICT R105

Poached eggs on a potato rosti OR croissant topped with hollandaise sauce:

- Smoked salmon trout + R65
- Crispy bacon + R40
- Black Mushroom (V) + R40

OMELETTES

Served with toast of your choice

- Bacon, mushroom & cheddar R115
- Spinach, Feta & Red onion (V) R105

BACON & EGG ROLL R65

2 soft fried eggs, crispy streaky bacon & rocket on a seeded bun

LITTLE FOLKS BREAKFAST

FRENCH TOAST R55

Slice of French toast dusted with cinnamon & sugar & served with maple syrup & berries
+bacon R25

SCRAMBLED EGGS ON TOAST R45

+bacon R25

LITTLE SMASHED AVO TOAST R55

+egg R15

KIDDIES BERRY & BANANA SMOOTHY BOWL R55

MINIS R25

Plain yoghurt & Honey drizzle
Half avo
Cut fruit

Though our chefs take every care, our food is prepared in a kitchen that uses nuts, wheat, dairy, fish and other allergens, and caution should be exercised by those with allergies