

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 10+
• No take away orders for sit down purposes •
Corkage is charged at R70 per bottle with a max of 2 bottles per 4 patrons. No more than 4 bottles.

For the safety of our patrons and staff we are cashless

Small Plates

FISH CAKES	Crumbed fish cakes drizzled with blistered red pepper pesto served with garlic coriander and a crisp side salad	R115
PORK BELLY TACO	Soft corn taco with BBQ flaked pork belly and crisp apple slaw topped with char grilled corn	R125
BABY CALAMARI	Heads and rings flash fried with soy-sesame sauce, served with garlic coriander aioli & crunchy noodles	R115
CHICKEN WINGS	Basted in sticky Korean spicy sauce + Add Handcut Chips	R110 R48
LAMB RIBLETS	Slow roasted lamb ribbetjies served with zesty salsa verde	R129
TEMPURA CAULI (Ve)	Served crispy with soy dipping sauce	R105
PITA PLATE (V)	Wood fired pita with olives and dip selection	R95
CRISPY LAMB CROQUETTES	Served with a fresh Jalapeno-mint-citrus jelly and accompanied by a crisp salad	R98
TUNA CEVICHE	Raw tuna dressed with basil-lime-red chilli, combined with cucumber and avocado topped with spring onions and a crisp wood fire sesame cracker	R155

Light Meals

GREEN QUICHE (V)	Phyllo pastry quiche with green peas, mint and a 6 month matured Franschoek cheddar accompanied with a fresh green apple side salad	R135
HARVEST SALAD (Ve)	Crisp lettuce, toasted corn, radish, cucumber, carrot, peas, cherry tomatoes, peppers, red pickled onions and artichokes served with a creamy hummus dressing and toasted mixed seeds and nuts	R125
+Bacon R40 +Chicken R49	+Avocado R30 +Smoked Trout R65	+ Feta R30
FOLK CAESAR	Cos lettuce tossed with traditional creamy anchovy dressing, croutons, crispy bacon bits, deep fried feta & shaved parmesan + grilled chicken breast	R145 R45
WARM HALLOUMI SALAD (V)	With roasted baby tomatoes, mushroom & mixed roast veg on a wood fired garlic & herb pitta, drizzled with blistered red pepper pesto	R158
CAPE MALAY CHICKEN FOLDOVER	Fragrant Cape Malay inspired chicken mayo with crisp lettuce, char grilled corn and cucumber salsa	R125
UNCLE LOU'S FOI DOVER	Mortadella and Gypsy ham with rodade	R155

Cafe Dining

<p>STEAK TAGLIATA</p>	<p>Served on a bed of rocket with shaved parmesan, cherry tomatoes and Potato Dauphinoise or chips</p> <p>250g Fillet 300g Rump</p> <p>Add creamy green peppercorn or Mushroom sauce</p> <p>Add Veg or Tossed side salad</p>	<p>R265 R255 R55 R55</p>
<p>RED LENTIL DAHL CURRY (Ve)</p>	<p>Served with fragrant Basmati rice, coriander, lime and cucumber salsa, topped with sticky spiced cashews and a crisp poppadum</p>	<p>R165</p>
<p>TUNA POKE BOWL</p>	<p>Raw tuna dressed with basil-lime-red chilli, with crisp radish, avocado, cauliflower rice, char grilled corn, cucumber, edamame beans, nori, toasted peanuts and finished off with spring onion and sesame seeds accompanied with soy-sesame sauce</p>	<p>R195</p>
<p>FISH AND CHIPS</p>	<p>Freshly caught hake fried in a crispy tempura batter or grilled served with garlic-coriander aioli, hand cut chips and a crisp side salad</p>	<p>R165</p>
<p>SLOW ROASTED PORK BELLY</p>	<p>Served with garlic roasted green beans, creamy potato dauphinoise, parmesan crisp and thyme jus</p>	<p>R210</p>

Burgers and Flatbreads

WOOD FIRED FLATBREADS	<p>Topped with hummus, cucumber salsa, fresh rocket & balsamic glaze plus your choice of:</p> <p>Slow roasted lamb with basil pesto and tzatziki</p> <p>Beetroot falafel with mushrooms and fresh avocado (Ve)</p>	<p>R195</p> <p>R175</p>
DOUBLE SMASH BURGER	2 BBQ basted beef patties served with garlic-herb mayo, crisp lettuce, pickles, cheddar and hand cut chips	R155
LIL SMASH BURGER	1 BBQ basted beef patty served with garlic-herb mayo, crisp lettuce, pickles, cheddar and hand cut chips	R135
CHICKEN CRUNCH BURGER	Paprika crumbed chicken fillet served with chilli mayo, crisp lettuce, pickles, slaw and hand cut chips	R165
ROOT BURGER (Ve)	<p>Beetroot and chickpea patty served with a balsamic – vegan mayo, crisp lettuce, pickles, smashed avocado, crispy onion flakes and hand cut chips</p> <p>Add Vegan Mozzarella or Feta + R35</p>	R155
AMERICAN DREAMS BURGER	2 BBQ basted beef patties served with garlic-herb mayo, crisp lettuce, pickles, cheddar, bacon, onion marmalade and hand cut chips	R170

Neapolitan Style 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
CAESAR	Bacon, chicken, creamy anchovy mayo, parmesan shavings and rocket	R210
BALD EAGLE	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	Bolognaise mince, chilli & red onion	R165
HAWAIIAN	Pineapple and gypsy ham	R145
QUATTRO FORMAGGIO	Mozzarella, gorgonzola, boerenkaas and parmigiano	R150
WINELANDS	Parma ham, camembert, fig & rocket	R210
HAPPY (Ve)	Mushrooms, artichokes, chilli & garlic Choose vegan or regular mozzarella	R145
THE PRENUJ	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
BROWNIE & ICE CREAM	Warm sticky double choc nut brownie, soft serve ice cream & chocolate sauce	R85

Dessert Drinks

IRISH COFFE	Jameson's Irish whisky or Kahlua and black coffee topped with thick cream	R75
DOM PEDRO	Your choice of Amarula, Frangelico, Kahlua or Southern comfort combined with soft serve ice cream	R85
POLICIE KOFFIE	Brandy, coffee & condensed milk combined	R75

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	DbI shot espresso & milk over ice	R 45
ICED MOCHA	DbI espresso, white hot chocolate & milk blended with ice	R 59
ICED CHAI	Chai, milk and ice blended make dirty - R18	R 59

Milkshakes

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

Fresh juices & Cold Drinks

JUICE OF THE DAY COLD PRESSED	R 55
FRESH ORANGE JUICE	R 55
STILL/SPARKLING 1LT	R 25
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	R 58
BUCHU/NAARTJIE/ROSE/ORIGINAL	R 58
EUPHORIKA SELECTIUM DRINK	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	

ALL MILK ALTERNATIVES FREE OF CHARGE

FREE

Cocktails

MARGARITA	Tequila, triple sec, lime juice shaken with crushed ice	R98
APEROL SPRITZ	Aperol, prosecco, soda and an orange slice	R85
CLASSIC MIMOSA	Sparkling wine & fresh orange juice	R75
STRAWBERRY DAIQUIRI	Fresh strawberries, Bacardi rum, sugar & lime juice blended with ice Virgin	R95 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 Virgin	R80 R75
PINA COLADA	Coconut milk, pineapple rum, sugar syrup blended with ice Virgin	R90 R80
CAIPIRINHA	Lime wedges & brown sugar muddled with Cachaçai rum & served over ice	R98
BLOODY MARY	Skyy Vodka & tomato juice with celery, cucumber, worcestershire sauce & Tabasco Virgin	R95 R85
LEMON SPRITZ	Limoncello, prosecco, soda and a lemon slice	R95
NEGRONI	Gin, Campari, Vermouth over ice with orange	R95
ESPRESSO MARTINI	Espresso, Vodka, Kahlua	R80

White Wine

BOSMAN FAMILY GENERATION 8 CHENIN	Wellington	R 60	R 235
MULLINEUX KLOOF STREET CHENIN BLANC	Swartland		R 370
OAK VALLEY FOUNTAIN OF YOUTH SAUVIGNON BLANC	Elgin	R 80	R 280
CAPE COLLECTIVE EPIC WHITE BLEND	Swartland		R 280
La PETITE FERME VOIGNIER	Franschhoek		R 350
CHAMONIX CHARDONNAY	Franschhoek		R 440
BOUCHARD FINLAYSON SANS BARIQUE UNWOODED CHARDONNAY	Hemel en Aarde		R 380

Red Wine

LUBANZI CINSAULT	Swartland		R285
BOSMAN FAMILY WINES MERLOT	Stellenbosch	R60	R235
MULLINEUX KLOOF ST BLEND	Swartland		R360
CHAMONIX ROUGE	Franschoek	R70	R245
VONDELING BALDRICK SHIRAZ	Paarl	R75	R255
BRAMPTON CABERNET SAUVIGNON	Cape Coastal		R395
RAATS FAMILY CAB FRANC	Stellenbosch		R420
DOOLHOF PINOTAGE	Wellington		R265

Rosé

VONDELING ROSÉ

Paarl

R70

R240

Sparkling

KRONE BOREALIS MCC

Tulbagh

R70

R350

BOSCHENDAL BRUT NV MCC

Franschhoek

R440

BOSCHENDAL BRUT ROSE

Franschhoek

R440

Beer on Tap

JACK BLACK

LAGER

R40

R55

JACK BLACK

CPA

R50

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
SCHOEMANATI PEACH MAMPOER	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

Breakfast

served until 11.30am

BREAKFAST BREAKFAST R155

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

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 rocket, 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 R30

SMOOTHY BOWL (V or Ve) R120

Berrylicious smoothy OR vegan Blue smoothy base topped with your choice of:

- Cacao maca, almond butter, berries, banana, toasted coconut flakes and chia seeds
- Seasonal fruit, honeyed granola, almonds and toasted coconut flakes

BREAKFAST BAGEL (V) R95

Cream cheese, scrambled eggs and sliced avo

- Bacon R40

DIY CROISSANT (V) R95

Toasted croissant with scrambled eggs and add your choice of

- Avo / Cheddar R30
- Spinach / Mushroom R30
- Bacon R40
- Smoked Salmon Trout R65

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.

We only use free range eggs.

For your toast choose from sourdough, wholewheat or brioche.

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CHUCK' SJOEH -KA R155

Spicy tomato sauce with spinach, mushrooms and Chorizo topped with 2 poached eggs and served with toast

- Swap Chorizo for Hallumi

FRENCH AFFAIR R155

Brioche French toast stack with sweetened cream cheese, lemon curd and berry coulis

- Bacon R40

STACK (V) (GF) R115

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 trout - R65
- Crispy bacon - R40
- Black Mushroom (V) - R40

OMELETTES

Served with toast of your choice

- Bacon, mushroom & cheddar R135
- Spinach, feta & red onion (V) R125

Bacon & Egg Roll R70

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

Pastries

Freshly baked and subject to availability

SCONES (V) R75

Freshly baked scones served with whipped cream, cheddar and jam

CROISSANTS (V)

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

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 R30

folk



Free!



Join Our Loyalty Programme!

Buy 9 and get 1 free

Coffees

Jack Black Beer

Selected Pizzas

Join using your cell phone no.
Ask your waiter how!



JACK BLACK'S
BREWING COMPANY

*Buy 2
Jack
Black
Lagers for
only
R90!*

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

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WWW.FOLKCAFE.CO.ZA