

FOLK

ALL DAY BREKKY

Vegan (V) Gluten free (GF)

YOGURT BOWL

strawberry ginger preserves, jasmine chia pudding, turmeric yogurt topped with golden spiced granola, toasted coconut and fresh berries \$10

BREAKFAST QUICHE

served with a side of greens \$11 | add avocado \$2.5 | add sausage \$4.5

SEASONAL HASH

spiced potatoes, onions and a seasonal root, avocado, shoots, sambal, fried sunny-side up egg (GF) \$13.5
add buttered toast \$2.5 | add sausage \$4.5 | add tempeh crumble \$3.5

BASIC BREKKY

soft scrambled eggs, seeded honey wheat toast, with a side of spiced potatoes and greens \$13 | add avocado \$2.5 | add sausage \$4.5

BREAD

RICOTTA TOAST

citrus ricotta and bourbon vanilla blackberry jam with floral dukkah on sourdough \$8

AVOCADO TOAST

golden hummus (turmeric, carrot, preserved lemon) with avocado, aleppo pepper, black benne and shoots on seeded honey wheat toast (V) \$9.5 | add fried egg \$1.5

SARDINE TOAST

sardines, herb, sweet pickled onion, lovage yogurt, dill and burnt lemon on sourdough \$9 | add side of greens & EVOO \$3

BOWLS

FOLK BOWL

baby potatoes, radish, tender asparagus, pickled garlic scapes, pickled egg, local green and red wine shallot vinaigrette (GF) \$14
add avocado \$2.5 | add sausage \$4.5

HASHWEH BOWL

pita with spiced beef and almonds, golden hummus, yogurt, fresh herbs, and local greens \$14 | add extra pita \$1

KALE BOWL

tender kale, mushroom bacon, spring turnips, herb, pickled onion and golden raisins on spiced quinoa with preserved lemon, and champagne vinaigrette (V)(GF) \$14 | add fried local egg \$1.5

NOODLE BOWL

cold soba bowl with veg of the earth and sea, peanut ginger dressing, sambal and lime (V) \$12
add organic tempeh crumble \$3.5 | add fried local egg \$1.5

FAMILY MEAL

FOOD FROM OUR CHILDHOODS, FAMILIES AND TRAVELS

TIGRESS AUSSIE MEAT PIE (AVAILABLE FROM 9AM)

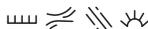
green coconut curry chicken with chilled minted pea puree and mashed potato \$15

PLAIN WAFFLE BREKKY (AVAILABLE ON WEEKENDS)

House made gluten free Belgian style almond waffle topped with pistachio citrus butter with a side of local maple syrup \$10
add local egg \$1.5 | add breakfast sausage \$4.5 | add jam \$1.5
add scoop of ice-cream \$4

SWEET WAFFLE BREKKY (AVAILABLE ON WEEKENDS)

House made gluten free Belgian style almond waffle topped with citrus whipped cream, cardamom blueberry compote, maple syrup, and floral dukkah \$15
add local egg \$1.5 | add breakfast sausage \$4.5 | add jam \$1.5



SIDES (ADD ANY TIME TO ANY MEAL)

FRIED LOCAL EGG \$1.5 (GF)	SAMBAL .75c (GF)(V)	BREAKFAST SAUSAGE \$4.5 (GF)
AVOCADO \$2.5 (GF)(V)	LOCAL HANDMADE JAM \$1.5 (GF)(V)	SIDE OF GREENS W/ HOUSE DRESSING \$3 (GF)(V)
BUTTERED TOAST \$2.5	PIRI PIRI \$1 (GF)(V)	ORGANIC TEMPEH CRUMBLES \$3.5 (GF)(V)

No separate checks please.

No menu substitutions or modifications please

Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of food borne illness.

All of our staff are compensated fairly. Tips are gratefully appreciated and split evenly among all staff, but not expected.

F O L K

FOLK

BEVERAGES

PROUDLY SERVING HYPERION COFFEE!
ALL DRINKS MADE WITH GUERNSEY WHOLE MILK
CASHEW MILK SUBSTITUTION \$2.00

COFFEE & ESPRESSO

DRIP COFFEE (INCLUDES ONE FREE REFILL) \$4

DRIP COFFEE (TO-GO ONLY) \$2.75

TITAN BLEND ESPRESSO \$2

SINGLE ORIGIN ESPRESSO ADD \$1

CORTADO \$4

LATTE \$4

TAHINI LATTE \$5

TEA & HERBS

BLACK VANILLA LAVENDER EARL GREY \$2.5

GREEN LYCHEE JASMINE \$2.5

OREGON MINT TEA (HERBAL) \$2.5

INFUSED MILKS

TURMERIC MILK \$5

Ginger, turmeric, baking spices, honey & black pepper

ROSE MILK \$5

Beet root powder, ginger, chili powder, cardamom, cinnamon, vanilla bean, rose simple syrup

MATCHA MILK \$5

Matcha green tea, moringa leaf, honey

COLD BEVERAGES

TOPOCHICO SPARKLING WATER \$4

HYPERION COLD BREW (BOTTLED) \$4

ORANGE JUICE \$3

COLD-PRESSED WATERMELON MINT JUICE \$5

STRAWBERRY ELDERFLOWER KOMBUCHA (BOTTLED) \$5.5

SOMETHING SWEET



SCOOP

Reilly Craft Creamery ice cream (V option)

1 scoop \$4 | double \$6 | triple scoop \$9

SLICE \$5

Slice of seasonal Sister Pie

SLICE & SCOOP \$9

Any scoop with a slice of Sister Pie

AFFOGATO \$6

Any scoop with a shot of espresso

MATCHAGATO \$7

Any scoop with a rich matcha shot and toasted coconut

ICE CREAM COOKIE \$8

Oatmeal cookie with strawberry ice cream and floral dukkah

Peanut butter cookie with vegan chocolate chunk ice cream and crushed peanuts

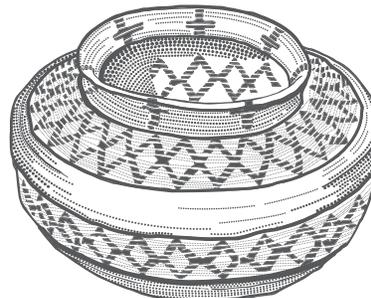
Buckwheat chocolate chip cookie with mint chocolate chip ice cream

Fennel snickerdoodle cookie with honeycomb ice cream and toasted coconut

FOLK PEOPLE, INDIVIDUALS, WOMEN, CHILDREN, MEN, (LIVING)
SOULS, MORTALS; RELATING TO THE TRADITIONAL ART OR CULTURE OF
A COMMUNITY OR NATION.

NOTES TO OUR COMMUNITY:

FOLK uses humanely raised meat, artisan breads, small batch dairy, heirloom grains, local and organic produce and create as much from scratch as possible.



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