

Drinks Menu



Folk coffee anthropology is all about celebrating cafe culture. Here, we believe that to create the perfect cafe experience you need; wholesome food, the best of Cape wines, craft beer and of course an unsurpassed passion for coffee, all enjoyed in an inviting space filled with diverse people.

The food at Folk is hand crafted and made with love. You'll taste the difference that comes from using the highest quality, ethical, free range ingredients that are sourced, where possible, from local suppliers.

A 12% SERVICE FEE WILL AUTOMATICALLY BE ADDED TO TABLES OF 8 OR MORE

SKINNY MILK IS AVAILABLE AS A MILK ALTERNATIVE

CREAM, UNSWEETENED ALMOND MILK AND SOYA MILK ALTERNATIVES ARE AVAILABLE AT AN EXTRA CHARGE

ADD HAZELNUT, CARAMEL OR VANILLA FLAVOURED SYRUP FOR AN EXTRA R10

ESPRESSO	SINGLE	DOUBLE
Espresso A shot of coffee extracted as a single or double	16.00	18.00
Espresso ristretto Short espresso with a highly concentrated flavour	16.00	18.00
Espresso lungo Long espresso with a milder taste	16.00	18.00
Espresso macchiato Espresso topped with textured micro foam	18.00	20.00
Espresso con panna Espresso topped with pouring cream	18.00	20.00
Espresso romano Espresso extracted over lemon rind	18.00	20.00
Espresso marocchino Espresso extracted over cocoa and topped with textured micro foam	20.00	22.00
Long Black Double espresso extracted over hot water to fill an espresso cup		20.00

COFFEE	REGULAR	DBL/TALL	GRANDE
Pour over drip coffee Daily single origin coffee served in a single measure dripper with drip scale and goose neck kettle	30.00		
Americano Espresso extracted into hot water and served black or with milk	20.00	22.00	25.00
Flat white Double ristretto topped with textured micro foam	26.00	28.00	
Cappuccino Milk added to espresso and topped with dense foam	22.00	26.00	32.00
Latte Espresso added to 2/4 milk and topped with a small layer of foam	24.00	26.00	32.00
Cafe mocha Espresso, hot chocolate and micro foam	28.00	32.00	36.00
Cortado Equal parts double espresso & textured milk		26.00	
Piccolo Single ristretto & textured milk in a short glass	22.00		
Nutty flat Flat white with hazelnut flavoured syrup	32.00	36.00	40.00
Vanilla latte Latte with vanilla flavoured syrup	32.00	36.00	40.00

ESPRESSO & COFFEE

ICE ICE BABY

COLD BREWS		WARM BEVERAGES		
		REGULAR	DBL/TALL	GRANDE
Iced Latte	35.00		36.00	40.00
Double shot espresso and milk served over ice blocks				
Vanilla Coco Iced Coffee	48.00		34.00	36.00
Double shot espresso, coconut water & vanilla syrup served over ice blocks				
White Iced Mocha	38.00	30.00		
Double shot espresso, white hot chocolate, caramel flavoured syrup and milk blended with ice				
Iced chai latte	38.00			
Spiced cardamom, cinnamon and nutmeg frappe blended with ice & milk				
Red Sunrise	45.00		26.00	32.00
Rooibos fine-leaf espresso combined with orange juice and ginger, blended with ice & topped with chia seeds				
Cold Brew	34.00		26.00	32.00
Brazilian beans cold brewed and served with coffee ice blocks				
Bitter Sweet	36.00		30.00	34.00
Brazilian beans cold brewed and served with coffee ice blocks & muscovado caramel sugar				
			32.00	36.00
		22.00		

COLD BREWS & WARM BEVERAGES

Health Yeah!

SEASONAL FRESH JUICES <i>Our juices are seasonal and may not be available year round</i> Orange Apple, cucumber & mint Watermelon & Ginger Grapefruit & pear Ginger Shot Carrot & Pineapple ...or any combination of the above	36.00
SMOOTHIES <i>Fresh, healthy ingredients blended with ice</i> Breakfast smoothie Banana, honey, natural yogurt & granola sprinkled over the top Berrypine & coco Blueberries, strawberries, honey, coconut water, pineapple & natural yogurt G-String Pineapple, coconut water, banana, mint, honey & natural yogurt Fruity Tooty {dairy free} Banana, pineapple, strawberry, coconut water, honey & chia seeds Super food smoothie {dairy free} Blueberry, banana, almond milk, honey, cinnamon, chia seeds, flaxseeds, coconut water Natural protein shake Banana, peanut butter, cinnamon, soya milk, almond milk, low fat natural yogurt Post workout smoothie {dairy free} Orange, apple, banana, sweet potato, chia seeds & almond milk topped with fresh granadilla Green Clean Spinach, mint, broccoli, pineapple, coconut water & low fat yogurt	45.00 48.00 48.00 52.00 55.00 58.00 58.00 55.00

SAVE WATER Drink Beer

COLD BEVERAGES

Rock Shandy	36.00
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Mineral Water Still or Sparkling

1lt	30.00
500ml	20.00

The Dutchess Virgin G&T 240ml	38.00
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Appletiser or Grapetiser	25.00
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BOS Ice Tea	22.00
Lemon, Berry, Peach	

Uber Ice Tea	39.00
Apple and Cinnamon, Honey and Lemon, Mango	

Coconut Water	39.00
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330ml Sodas	20.00
Coke, Coke Light, Sprite, Sprite Zero	

Fitch and Leeds Ginger Ale	20.00
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Red Bull	30.00
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Scheckters Organic Energy	36.00
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BEERS & CIDER

Cluver Jack Cider 330ml	35.00
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Savanna Light 330ml	30.00
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CBC Pilsner 440ml	45.00
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CBC Amber Weiss 440ml	45.00
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Devils Peak First Light 340ml	45.00
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Castle Lite Lager 340ml	25.00
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Heineken Lager 330ml	34.00
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Tafel Lager 330ml	25.00
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Windhoek Light 330ml	25.00
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Windhoek Lager 330ml	25.00
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Windhoek Draught 440ml	30.00
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Corona 355ml	43.00
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POP FIZZ CLINK

FARM & CULTIVAR	REGION	BOTTLE	250ML	500ML
<p>Stellenrust Chenin Blanc</p> <p>Shows strong lime and some tropical fruit on the nose with a mineral palate of grape fruit and pear drop</p>	Stellenbosch	110.00	45.00	80.00
<p>Usana Barrel fermented Chenin Blanc 2014</p> <p>The natural fermentation adds a softer, creamier mouthfeel while the oak adds complexity and body to the wine. On the nose and palate there are hints of white peach and apple with a touch of toastiness from the barrel aging.</p>	Elgin	155.00	77.00	115.00
<p>Chamonix Sauvignon Blanc</p> <p>Shows a pale straw colour with greenish highlights and ample yet refined aromas, with scents reminiscent of tropical fruit and lemon grass, with figs and pomelo grapefruit on the palate. It is full and round with rich fruit sensations balanced by bracing acidity</p>	Franschhoek	160.00	75.00	120.00
<p>Paul Cluver Sauvignon Blanc</p> <p>The colour is clear and bright, with a clean and fresh nose, expressive granadilla, elderberry, gooseberry and black currant characteristics. These flavours follow through onto the palate which has a lovely creamy texture</p>	Elgin	170.00		
<p>Tokara Chardonnay</p> <p>The wine displays a stunning vibrant straw colour with flecks of green. The nose is packed full of citrus and floral aromas with underlying notes of brioche, vanilla and a hint of toasted almonds. The entry on the palate is vibrant with fresh pineapple, grapefruit and lemon zest notes. The mid-palate has a creamy rounded texture, yet the wine finishes bone dry with a lingering aftertaste of toasted almonds</p>	Stellenbosch	160.00	75.00	120.00
<p>Sutherland Viogner/Rousanne</p> <p>Pretty aromas of sun ripened apricots, peaches and a hint of spring blossoms are typical of this Viogner and Rousanne blend. Ripe summer fruit flavours and good acidity are complimented by this wine's excellent texture and complexity</p>	Elgin	220.00		
<p>Steenberg Ruby Rosé</p> <p>This pale, petal pink dry Rosé delivers subtle fragrances of boysenberry jelly, watermelon sorbet, candy apples, red liquorice candy, ripe sweet melon and fresh herbs on the nose. The wine is full and creamy, yet fresh on the palate</p>	Constantia	125.00	60.00	95.00
<p>Graham Beck Brut Rose {MCC}</p> <p>This seriously classy Cap Classique has a charming silver-pink hue. An effortlessly smooth blend of the two classic Cap Classique varieties – Chardonnay and Pinot Noir. The Rosé NV was allowed enough time on the lees to develop subtle yeasty undertones but to burst with berry and cherry flavours. On the nose expect whiffs of raspberries, cherries and a few secondary aromas of minerality</p>	Franschhoek	290.00		
<p>Graham Beck Brut {MCC}</p> <p>Light yeasty aromas and secondary tones of limey fresh fruit on the nose with rich creamy complexity on the palate. The exceptionally fine mousse contributes freshness and finesse. An extremely versatile bubbly crafted from a selection of the classic MCC varieties, Pinot Noir and Chardonnay. Both varietals were hand-picked Chardonnay for fruit and elegance and Pinot Noir for complexity and length of flavour</p>	Franschhoek	280.00		
<p>Steenberg Sparkling Sauvignon Blanc {MCC}</p> <p>This Sparkling Sauvignon Blanc is made to be fun, fruity and fresh. The nose bursts with aromas of passion fruit, pink grapefruit, melon, guava, mango and green fig. The palate is fresh and zingy with hints of pineapple and passion fruit with a long, lingering aftertaste and a refreshing finish – perfect for a hot summer's day</p>	Constantia	220.00	105.00	

VENI • VIDI • VINO

FARM & CULTIVAR	REGION	BOTTLE	250ML	500ML
<p>Diemersfontein Pinotage</p> <p>On the nose rich dark chocolate and powerful freshly brewed coffee styling, with a hint of mint and baked plums. The palate shows distinct characters of coffee and chocolate, which is balanced with smooth velvety tannins and a lingering aftertaste</p>	Wellington	220.00		
<p>Rustenberg Regional Cabernet Sauvignon</p> <p>The wine shows typical Cabernet Sauvignon flavour and aroma profiles of dark berries and tobacco with a well-structured and lengthy palate</p>	Stellenbosch	185.00	95.00	140.00
<p>Steenberg Stately Cab Sav Shiraz</p> <p>Stately is a blend of 63% Cabernet Sauvignon and 37% Shiraz. The wine's colour is deep black-red with a lighter, garnet red on the rim. The nose entices with ripe blackberries, blackcurrants, dried black olives, ripe mulberries, leather, freshly ground black pepper and star anise. Spice, black fruit, floral and earthy notes linger on the palate long after the last sip</p>	Constantia	195.00		
<p>Sutherland Pinot Noir</p> <p>The wine displays a stunning vibrant straw colour with flecks of green. The nose is packed full of citrus and floral aromas with underlying notes of brioche, vanilla and a hint of toasted almonds. The entry on the palate is vibrant with fresh pineapple, grapefruit and lemon zest notes. The mid-palate has a creamy rounded texture, yet the wine finishes bone dry with a lingering aftertaste of toasted almonds</p>	Elgin	195.00	98.00	148.00
<p>Thelema Mountain Red</p> <p>This wine shows inviting aromas of juicy black fruit, mulberries, plums and hints of warm spice. After spending 18 months in barrel, the palate is soft and juicy with well rounded tannins and a long, delicious finish. Cabernet Sauvignon 28%; Merlot 28%; Petit Verdot 21%; Grenache 21%; Shiraz 1%; Cabernet Franc 1%</p>	Stellenbosch	140.00	65.00	105.00
<p>Stellenrust Merlot</p> <p>This wine offers blackcurrant and ripe plum with some liquorice tones. The oak opens up to a creamy palate and enhances velvety tannins with a sweet and sour tang</p>	Stellenbosch	140.00	65.00	105.00
<p>Usana "the fox" Cabernet Sauvignon 2014</p> <p>A medium to full bodied wine with soft tannins is beautifully balanced. It has a rich, ruby colour, is soft on the palate and displays typical hints of dark berries, spice, cigar box and a touch of vanilla.</p>	Stellenbosch	185.00		