

WELCOME TO THE GARDEN

FOLK

BYRON BAY

**WE ARE - HOUSE MADE & HOME GROWN / LUSH ATMOSPHERE / SWINGIN' TUNES
THANKS FOR VISITING OUR SPECIAL CONCEPT. PLEASE ENJOY :)**

LOCAL ARTISAN SOURDOUGH, TOASTED W.
ORGANIC BUTTER & HOUSE PRESERVE **9.5** (GF0)

ORGANIC CINNAMON RAISIN BAGEL W. LOCAL HONEY & MAPLE
DRIZZLE, CRUSHED ALMONDS & ROSEWATER LABNE **14.5** (VO)

ORGANIC TAHINI & CITRUS GRANOLA W. FRESH FRUIT,
MINT, HOUSE NUT MILK & HIBISCUS VEGAN YOGHURT OR
ORGANIC LOCAL POT SET YOGHURT **16** (V/GF**)

ORGANIC BUCKWHEAT BANANA HOTCAKES W. ROSEWATER LABNE,
FRESH FRUIT, BUNDJALUNG HONEY & MAPLE DRIZZLE, MINT,
CRUSHED ALMONDS **20** (GF**)

DOUBLE EGG ROLL - 2 FRIED EGGS, SWEET ONION PICKLE,
JT'S SMOKEY BBQ GOOD JUICE, LOCAL ORGANIC CHEDDAR,
ON ORGANIC TURKISH ROLL **14** (GF0)

SMASHED AVO ON ORGANIC SOURDOUGH W. HOUSE DUKKAH, GARDEN
GREENS, GRILLED CITRUS, TOASTED SEEDS **16** (V/GF0)
ADD HOUSE KRAUT **3**
ADD LOCAL ORGANIC FETA **4**

POACHED EGGS W. SILVERBEET MINT PESTO, SMASHED AVO,
HOUSE DUKKAH, SEASONAL GARDEN GREENS & TOASTED SEEDS
ON LOCAL SOURDOUGH **19.5** (GF0)
ADD LOCAL ORGANIC FETA OR HALOUMI **4**

FOLK BURRITO W. SPICED BIODYNAMIC BROWN RICE & QUINOA,
ORGANIC BLACK BEANS, SPICED KRAUT, CUMIN ROAST PUMPKIN,
AVO, SMOKEY BBQ, GARDEN GREENS **18** (V/GF0)

ADD CHEDDAR **4**
ADD HOUSE CUCUMBER PICKLE **3**
THE WORKS ! **6**

SOBA NOODLE SALAD W. ROASTED BROCCOLINI & SWEET
SESAME, TURMERIC SPICED CASHEWS, FRIED SHALLOTS,
BABY GARDEN GREENS, HOUSE PONZU & XO **19.5** (V)
ADD FRIED EGG **3**

PORTOBELLO MUSHROOM BURGER W. HOUSE TONKATSU, CRISPY COS,
SLAW, CASHEW MAYO & GRILLED CHEDDAR **16** (VO)
ADD HALOUMI OR SMASHED AVO **3**

NOURISHING BOWL OF SPICED BIODYNAMIC BROWN RICE, QUINOA
& RAISINS, CUMIN ROAST PUMPKIN, TAHINI SLAW, HUMMUS,
KRAUT, BABY GREENS & A POACHED EGG **21** (GF/VO)
ADD LOCAL AVO / HALOUMI **4**

HOUSE MADE & ORGANIC LOCAL SIDES

CHEDDAR / FETA / HALOUMI / AVO / MUSHIES / VEGAN MOZZARELLA **4**
SCRUBBY GULLY EGG / HOUSE PICKLE / HOUSE KRAUT **3**
EXTRA HOUSE MADE SAUCE / ORGANIC BUTTER **2**

WE ARE A PLANT BASED & OPEN KITCHEN - WE ARE HAPPY TO ASSIST WITH ALLERGIES THOUGH WE CANNOT GUARANTEE.

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FOLK

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**WE ARE - HOUSE MADE & HOME GROWN / LUSH ATMOSPHERE / SWINGIN' TUNES
TAKE A SEAT, RELAX, ORDER AT THE COUNTER WHEN YOU'RE READY :)**

COFFEE

**ORGANIC & CONSCIOUSLY ROASTED
HIGHWIRE BLEND BY DUKES, MELBOURNE**

**YOUR CHOICE OF ORGANIC MILK AT NO EXTRA CHARGE -
LOCAL BARAMBAH DAIRY / BONSOY / OATLY
HOUSE ALMOND & CASHEW / HOUSE COCONUT**

BLACK 4.5 (SO) WHITE 4.5 / 5.5
MUG OF FEATURED FILTER 4.5
FEATURED FILTER FOR 2 8
COCONUT COLD BREW 6
CHILLED FILTER 4.5
ICED LATTE 5.5

SMOOTHIE BLENDS

DAIRY FREE & DELICIOSO

ACAI W. STRAWBERRY, BANANA & COCO H2O 11
ADD PEANUT BUTTER 2
GREEN DREAM - BANANA, MANGO, GREENS, MINT & COCO 9.5
BPCM - BANANA, PEANUT BUTTER, CACAO W. MAPLE & OAT 9.5
ADD SHOT OF ESPRESSO COFFEE 2.5
STRAWBERRY & ROSEWATER W. COCO MILK & COCO H2O 9.5
CHOC COCONUT BOUNTY SHAKE (A TREAT!) 9.5

ORGANIC NATUROPATHIC TEAS & LATTES

HOUSE CRAFTED

AYURVEDIC CHAI, BONSOY 6
DANDELION BUSH CHAI, NUT MILK 6 (V/CF)

TURMERIC, BLACK PEPPER & BAOBAB ON HOUSE NUT MILK 7
SPICED CACAO, CARDAMON HOT CHOCOLATE ON HOUSE NUT MILK 7
MATCHA LATTE ON BONSOY - ICED OR HOT 7

ENGLISH BREAKFAST 4.5
WILD WOMAN HERBAL BLEND 5
PEPPERMINT, NATIVE LEMON MYRTLE &
CALENDULAR DIGESTIVE 5

ORGANIC REFRESHERS & ELIXIRS

HOUSE BREWED VANILLA & STRAWBERRY KEFIR
(PROBIOTIC CREAMING SODA) 7
HOUSE ICED TEA OF HIBISCUS, LAVENDER, CITRUS & GINGER 7
COLD PRESSED ORANGE JUICE 8
YOUNG COCONUT WATER 5

REST ASSURED THAT WE PROUDLY SUPPORT ORGANIC, LOCAL, ETHICAL. WE CARE ABOUT YOUR HEALTH & THE HEALTH OF OUR ENVIRONMENT.

WEEKENDS ATTRACT A 10% SERVICE CHARGE FOR OUR TEAM. 15% PUBLIC HOLIDAYS. ONE BILL PER TABLE. (PLEASE NOTE - #NOINSTAGRAMCOLLABS)