

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 ORGANIC SOURDOUGH, TOASTED W.  
ORGANIC BUTTER & HOUSE PRESERVE **10.50** (GF0)

ORGANIC BUCKWHEAT BANANA HOTCAKES W. ROSEWATER LABNE, FRESH FRUIT,  
BUNDJALUNG HONEY AND MAPLE DRIZZLE & CRUSHED ALMONDS **21**

ORGANIC TAHINI & CITRUS GRANOLA W. FRESH FRUIT,  
MINT, HOUSE NUT MILK & HIBISCUS VEGAN YOGHURT OR  
ORGANIC LOCAL POT SET YOGHURT **18** (VO)

DOUBLE EGG ROLL - 2 FRIED EGGS, SWEET ONION PICKLE,  
SMOKEY HOUSE BBQ SAUCE, LOCAL ORGANIC CHEDDAR,  
ON ORGANIC PANINI **16** (GF0)

SMASHED AVO ON ORGANIC SOURDOUGH W. HOUSE DUKKAH,  
GARDEN GREENS, GRILLED CITRUS, TOASTED SEEDS **18.50** (V/GF0)  
ADD HALOUMI **4**  
ADD MUSHIES **4**

POACHED EGGS ON ORGANIC SOURDOUGH W. SILVERBEET MINT PESTO,  
SMASHED AVO, HOUSE DUKKAH & TOASTED SEEDS,  
FRESH BABY GREENS AND GRILLED CITRUS **21.50** (GF0)  
ADD HALOUMI **4**  
ADD HOUSE KRAUT **3**

FOLK BURRITO W. SPICED BIODYNAMIC BROWN RICE & QUINOA,  
ORGANIC BLACK BEANS, HOUSE KRAUT, CUMIN ROAST PUMPKIN,  
AVO, SMOKEY HOUSE BBQ SAUCE, GARDEN GREENS **20** (V/GF0)  
ADD CHEDDAR **4**  
ADD HOUSE CUCUMBER PICKLE **3**  
THE WORKS ! **6**

SOBA NOODLE SALAD W. ROASTED BROCCOLINI & SWEET  
SESAME, TURMERIC SPICED CASHEWS, BABY GARDEN  
GREENS, HOUSE PONZU & XO **22** (V)  
ADD FRIED EGG **3**  
ADD MUSHIES **4**

NOURISHING BOWL OF SPICED BIODYNAMIC BROWN RICE, QUINOA  
& RAISINS, CUMIN ROAST PUMPKIN, TAHINI SLAW, HUMMUS,  
KRAUT, BABY GREENS & A POACHED EGG **24** (GF/VO)  
ADD LOCAL AVO **4**  
ADD HALOUMI **4**

#### HOUSE MADE & ORGANIC LOCAL SIDES

CHEDDAR / HALOUMI / AVO / MUSHIES **4**  
SLICE OF ORGANIC SOURDOUGH TOAST **3.50**  
LOCAL EGG / HOUSE PICKLE / HOUSE KRAUT **3**  
EXTRA HOUSE MADE SAUCE / ORGANIC BUTTER **2**

#### LITTLE FOLK (FOR CHILDREN UNDER 12)

SLICE OF ORGANIC SOURDOUGH, EGG (POACHED OR  
FRIED) OR AVO W. ORGANIC BUTTER **8.50** (GF0)

ORGANIC BUCKWHEAT BANANA HOTCAKE  
W. BUNJALUNG HONEY AND MAPLE DRIZZLE, FRESH  
FRUIT AND ORGANIC LOCAL POT SET YOGURT **12**

HOUSE MADE BANANA BREAD (GF/VO)  
W. BUTTER AND FRESH FRUIT **7.50**

BANANA AND HONEY SMOOTHIE **5**

**WE ARE A PLANT BASED & OPEN KITCHEN - WE ARE HAPPY TO ASSIST WITH ALLERGIES THOUGH WE CANNOT GUARANTEE.  
OUR MEALS ARE SEED AND VEGETABLE OIL FREE.**

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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**

**LOCAL BARAMBAH ORGANIC DAIRY AT NO EXTRA CHARGE.**

**OR YOUR CHOICE OF**

HOUSE MADE NUT MILK /  
SOY / OAT / COCONUT **0.5**

BLACK **4.5** (SO) WHITE **4.5 / 5.5**

MUG OF FEATURED FILTER **4.5**

COCONUT COLD BREW **6**

CHILLED FILTER **4.5**

ICED LATTE **5.5**

## SMOOTHIE BLENDS

**DAIRY FREE & DELICIOSO**

ACAI W. STRAWBERRY, BANANA & COCO H2O **12**

ADD PEANUT BUTTER **2**

GREEN DREAM - BANANA, MANGO, GREENS, MINT & COCO **10**

BPCM - BANANA, PEANUT BUTTER, CACAO W. MAPLE & OAT **10**

ADD SHOT OF ESPRESSO COFFEE **2.5**

## ORGANIC NATUROPATHIC TEAS & LATTES

**HOUSE CRAFTED**

HOUSE 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)