

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**

ACTIVATED CHIA AND OAT PORRIDGE
W. SPICED PEAR COMPOTE, SEASONAL FRUIT, CARAMELISED
CINNAMON BANANA AND BERRY JAM **19** (V)
ADD PEANUT BUTTER **2**

DOUBLE EGG ROLL - 2 FRIED EGGS, SWEET ONION PICKLE,
SMOKEY HOUSE BBQ SAUCE, LOCAL ORGANIC CHEDDAR,
ON ORGANIC PANINI **17** (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 W. MUSHROOM DUXELLE ON ORGANIC SOURDOUGH
W. WALNUT BASIL PESTO, ROASTED CHERRY TOMATOES
AND FRESH BABY GREENS **22.50** (VO/GF0)
ADD HALOUMI **4**

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**

ORGANIC RED LENTIL DAHL W. CHILLI TOMATO CHUTNEY,
CRISPY CHICKPEAS AND ROASTED SPICED EGGPLANT SERVED
WITH LOCAL BAKED PITA BREAD **23** (V/GF0)
ADD ORGANIC RICE AND QUINOA **3**
ADD EGG **3**

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 **8**

BANANA AND HONEY SMOOTHIE **6**

**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.**

WELCOME TO THE GARDEN

FOLK

BYRON BAY

**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**
HOT CHOCOLATE **4.5**

SMOOTHIE BLENDS

DAIRY FREE & DELICIOSO

ACAI W. STRAWBERRY, BANANA & COCO H2O **12**
ADD PEANUT BUTTER **2**
GREEN DREAM - BANANA, MANGO, GREENS, MINT & COCO **11**
BPCM - BANANA, PEANUT BUTTER, CACAO W. MAPLE & OAT **11**
ADD SHOT OF ESPRESSO COFFEE **2.5**

ORGANIC NATUROPATHIC TEAS & LATTES

HOUSE CRAFTED

HOUSE AYURVEDIC CHAI, SOY **6.5**
DANDELION BUSH CHAI, NUT MILK **6.5** (V/CF)

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

ENGLISH BREAKFAST **4.5**
WILD WOMAN HERBAL BLEND **5**
PEPPERMINT, NATIVE LEMON MYRTLE & CALENDULAR DIGESTIVE **5**
ORGANIC GREEN TEA **6**
ENERGY TEA (GREEN TEA, SIBERIAN GINSENG,
GOTU KOLA AND MIXED BERRIES) **6**

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.