

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 :)**

HOUSE MADE GLUTEN FREE BUCKWHEAT AND ALMOND BANANA BREAD W. MAPLE AND CINNAMON BUTTER, SEASONAL FRESH FRUIT, CRUSHED ALMONDS AND BLACK SESAME SEEDS **9** (GF/VO)

LOCAL ARTISAN ORGANIC SOURDOUGH, TOASTED W. ORGANIC BUTTER & HOUSE PRESERVE **10.5** (GFO)

ORGANIC TAHINI & CITRUS GRANOLA W. FRESH FRUIT, MINT, HOUSE NUT MILK & HIBISCUS VEGAN YOGHURT OR

ORGANIC LOCAL POT SET YOGHURT **18** (VO)

ACAI BOWL W. SEASONAL FRESH FRUIT, HOUSE MADE GRANOLA, CACAO NIBS AND SHREDDED COCONUT **18.5**
ADD PEANUT BUTTER **2**

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

DOUBLE EGG ROLL - 2 FRIED EGGS, SWEET ONION PICKLE, SMOKEY HOUSE BBQ SAUCE, LOCAL ORGANIC CHEDDAR, ON ORGANIC PANINI **18** (GFO)

SMASHED AVO ON ORGANIC SOURDOUGH W. HOUSE DUKKAH, GARDEN GREENS, GRILLED CITRUS, TOASTED SEEDS **18.50** (V/GFO)
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 **22.5** (VO/GFO)
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 **22** (V/GFO)
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 **3.5**
LOCAL EGG / HOUSE PICKLE / HOUSE KRAUT **3**
EXTRA HOUSE MADE SAUCE / ORGANIC BUTTER **2**

LITTLE FOLK (FOR CHILDREN ONLY)

SLICE OF ORGANIC SOURDOUGH,
EGG (POACHED OR FRIED) OR AVO W.
ORGANIC BUTTER **8.5** (GFO)

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

FRESH BAKED CROISSANT **5.5**
ADD MELTED LOCAL ORGANIC CHEDDAR **2**
ADD HOUSE PRESERVE **1**

BANANA AND HONEY SMOOTHIE **6.5**

BABYCINO **2.5**

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.

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 :)**

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 1

BLACK 5 (SO) WHITE 5 / 6

MUG OF FEATURED FILTER 5.5

COCONUT COLD BREW 7

CHILLED FILTER 5.5

ICED LATTE 5.5

HOT CHOCOLATE 4.5 / 5.5

SMOOTHIE BLENDS

DAIRY FREE & DELICIOSO

ACAI W. STRAWBERRY, BANANA & COCO H2O 13

ADD PEANUT BUTTER 2

GREEN DREAM - BANANA, MANGO, GREENS, MINT & COCO 12

BPCM - BANANA, PEANUT BUTTER, CACAO W. MAPLE & OAT 12

ADD SHOT OF ESPRESSO COFFEE 2.5

ORGANIC NATUROPATHIC TEAS & LATTES

HOUSE CRAFTED

HOUSE AYURVEDIC CHAI, BONSOY 7

DANDELION BUSH CHAI, NUT MILK 7 (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 5.5

WILD WOMAN HERBAL BLEND 6

PEPPERMINT, NATIVE LEMON MYRTLE & CALENDULAR DIGESTIVE 6

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) 8

HOUSE ICED TEA OF HIBISCUS, LAVENDER, CITRUS & GINGER 8

COLD PRESSED ORANGE JUICE 8.5

YOUNG COCONUT WATER 6

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

SATURDAYS ATTRACT A 10% SURCHARGE. 15% ON SUNDAYS AND PUBLIC HOLIDAYS.