



PLEASE ORDER & PAY @  
FRONT COUNTER

EXTRA  
SOBENTS FOR COFFEE OR TEA

EXTRA SHOT/DECAFE/ALMOND MILK/  
SOYMILK/ OAT MILK/LAC MILK

## COFFEE



REGULAR \$3.60  
LARGE \$4.10  
EXTRA LARGE \$6.00

FLAT WHITE, CAPPUCCINO, LATTE, LONG  
BLACK, SHORT MAC, LONG MAC, PICCOLO,  
ESPRESSO, MAGIC

## SPECIAL DRINKS

REGULAR \$4.10  
LARGE \$4.60  
EXTRA LARGE \$6.50

HOT CHOCOLATE, WHITE CHOCOLATE,  
MOCHA, VANILLA MAGIC, VANILLA LATTE,  
CARAMEL LATTE, HAZEL LATTE, CHAI LATTE,  
DIRTY CHAI, BEETROOT LATTE,  
DIRTY BEETROOT, MATCHA LATTE,  
TURMERIC LATTE,

## ICED DRINKS

COLD BREW ICED COFFEE \$4.80  
WITH ICE CREAM PLUS \$1.20

ICED LATTE \$4.80  
WITH ICE CREAM PLUS \$1.20

ICED TEA \$4.80  
SPECIAL BLEND PLUS \$1.20

AFFOGATTO \$5.00

## TEA

BASIC ORGANIC TEA \$4.10

ENGLISH BREAKFAST  
FRENCH EARL GREY  
LEMONGRASS & GINGER (NON CAFFEINE)  
PEPPER MINT (NON CAFFEINE)  
SENCHA GREEN

ORGANIC SPECIAL BLEND TEA \$4.60

BYRON BREAKFAST  
NATURAL DETOX (NON CAFFEINE)  
LEMONGRASS & PETALS TANGO (NON CAFFEINE)  
WET CHAI LEAVES  
IMMUNE BOOST (NON CAFFEINE)  
HIBISCUS LOVE (NON CAFFEINE)  
MRS COUNTRY (NON CAFFEINE)  
APPLE MOJITO (HIGH CAFFEINE)

ICED CHOCOLATE \$4.80  
WITH ICE CREAM PLUS \$1.20

ICED CHAI \$4.80  
WITH ICE CREAM PLUS \$1.20

ICED MATCHA \$4.80  
WITH ICE CREAM PLUS \$1.20

COFFEE MILKSHAKE S-\$4.80  
L-\$6.00

COFFEE FRAPPE \$6.00

## OTHER GOOD DRINKS

Fizz /water

check it out from cold drinks fridge

freshly squeezed orange juice SMALL \$4.50. LARGE \$6.50

organic apple juice SMALL \$4.50 LARGE \$6.50

## SMOOTHIE

SUPER UP & GO \$8.50

BERRY + BANANA+TOASTED MUESLI+YOGHURT + HEMP+MILK \$8.50

PRE - WORKOUT  
COLD BREW COFFEE+ APPLE + WHEY + HEMP + CACAO

BANANA + HEMP \$6.80  
BANANA+YOGHURT+MILK+HEMP

THE 4 BERRY \$6.80  
4 BERRY + YOGHURT+MILK+BANANA

MANGO \$6.80  
MANGO+BANANA+YOGHURT+MILK

JUST BANANA \$6.80  
BANANA+YOGHURT+MILK

IM SO GREEN \$7.20  
BERRY+BANANA+SPIRULINA+YOGHURT+MILK

DETOX \$7.20  
FRESH SQUEEZE ORANGE + SPIRULINA + BERRY + GINGER +HEMP

## MALT MILKSHAKE

PLEASE REQUEST IF YOU DON'T WANT MALT

SMALL \$4.80/LARGE \$6  
THICKSHAKE PLUS \$1

CHAI,  
BANANA,  
VANILLA  
STRAWBERRY,  
CARAMEL,  
CHOCOLATE

## SLUSHIES

SMALL \$4 /LARGE \$5

LEMON LIME BITTER

MANGO&LYCHEE

POMMGRANATE&BERRY

BLUE LEMONADE



GF GLUTEN / VEGAN OPTIONS AVAILBLE VG

# TOASTED SANDWICH



\$10

WITH CHIPS OR SALAD

ADD \$4

## BACON TOASTY

Bacon + fried eggs + cheese + relish

## CHICKEN TOASTY

Grilled chicken + lettuce + tomato + cheese + relish

## HAM TOASTY

LEG Ham + tomato + cheese + relish

## ROASTED MUSHROOM TOASTY



Mushroom+lettuce+Tomato +goat cheese +avo +relish

## CHEESE & ONION TOASTY

Aged cheddar+parmesan+goat cheese+onion+relish

# LIGHT FOOD

SCONE & R COFFEE GF \$6.50

HOUSEMADE FRUITY TOAST \$8.70

FOLKS MUFFIN \$4.50

FOLKS MUSLIE \$8.70

DOUBLE SCONES GF \$8.00

**KID FOOD \$8.50**

### LITTLE BREKKY

1 egg & bacon on toast

### CHICKEN & CHIPS

fried Chicken & Chips

### TOAST WITH CHOICE OF

nuttella, jam, peanuts butter, vegemite, butter,lemon curd

# BURGER GF

\$12.50

WITH CHIPS OR SALAD

ADD \$4

## BREKKY BURGER

Bacon+ fried egg+ hash brown+ cheese+relish

## GRILLED FISH BURGER

Grilled fish+lettuce+tomato+pickles+tartar sauce+relish

## THE CHEESE BURGER

Local beef patty+ Double cheese + mayo + pickle+onion

## AVO CHILLI CHICKEN BURGER

Crispy fried chicken+lettuce+avocado chilli salsa

## AUSSIE BURGER

Beef patty+lettuce+tomato+pickles+cheese+egg+BBQ sauce

# SALAD

## TRIO OF MUSHROOM ARANCINI

\$13.00

Roasted mushroom arancini balls with folks original garden salad

## ROASTED PUMPKIN SALAD



\$16.20

Roasted pumpkin wedge + beetroot hummus + cranberry & corn quinoa

## JP CHICKEN SALAD



\$16.20

JP style deep fried chicken salad+cashews + chilli lime dressingg

# ADD ON / EXTRA \$4

EGGS, BACON, MUSHROOM, TOMATO, EXTRA BREAD, HASHBROWNS, SAUSAGES, AVOCADO, GOAT CHEESE, BOWL CHIPS, GARDEN SALAD, SPINACH, CHORIZO,

gluten free bread +\$1, hollandise sauce +\$2

\*we don't do half size\*

# ALL DAY BRUNCH

## HAPPY FREERANGE EGGS GF

\$8.00

Your choice of eggs + bread +relish

(SEE ANY EXTRAS !! CUSTOMISE YOUR ALL DAY BREAKFAST)

## FANCY FRENCH TOAST GF

\$18.00

Housemade brioche French toast + lemon curd+cream +apple crumble

## TRIPLE CHEESE OMELETTE GF

\$16.50

Goat cheese+12 month aged cheddar+herb + parmesan+relish on toast

## SOUP OF THE DAY GF VG

\$10.00

see the specials board or ask folks staff

## EL BURRITO

\$16.50

Scramble eggs +avocado + spinach + black beans +chorizo rice burrito

## LEMUEL'S EGGS BENEDICT GF

\$18.00

Choice of bacon or mushroom or ham

with eggs +Housemade brioche+hollandaise

( SEE ANY EXTRAS! CUSTOMISE YOUR SELF )

## HOUSE MADE CROISSANT

\$8.70

Choice of \*jam & cream\* or \* ham & cheese \*

## FOLKS PICKLETS

\$15.00

Choice of

-bacon+ maple syrup + ice cream

-coconut sugar + lemon curd

## GOOD OLD PORRIDGE VG

\$9.80

Porridge with apple crumbles + berry compote

## AVOCADO BRUSCHETTA GF VG

\$14.00

Roasted tomato + avo + onion + herb infused olive oil + Parmesan cheese + crispy onion on bread