

PROPER BREAKFAST
full english 11.5
 sausages, streaky bacon, back bacon, 2 poached eggs, field mushroom, roasted tomato, black pudding, hash brown, baked beans, toast
veggie 10.5
 veggie sausages, 2 poached eggs or tofu, avocado, field mushroom, roasted tomato, hash brown, baked beans, toast

folk

good morning, welcome to folk - an institution in west didsbury
 the original place for coffee, breakfast, lunch, dinner and drinks
 we want you to enjoy your visit, if you do please tell us
 we offer vegetarian and vegan dishes and smaller portions for kids

BREAKFAST & BRUNCH 10am - 4pm		BRUNCH COCKTAILS	
steak 'n' eggs	10	folk bloody mary - just let us know how spicy	8
rump steak, 2 poached eggs, avocado, hollandaise, english muffin		mimosa - prosecco and your choice of juice	7
eggs benedict	8.5	espresso martini - a boozy caffeine kick	8
crispy smoked bacon, 2 poached eggs, hollandaise, english muffin			
eggs royale	9	HOT DRINKS	SOFT DRINKS
smoked salmon, 2 poached eggs, hollandaise, english muffin		americano	2.3
eggs florentine (v)	9	cappuccino	2.7
buttered spinach, 2 poached eggs, hollandaise, english muffin		flat white	2.6
baked shakshuka (v)	7.5	latte	2.8
eggs, spicy tomato & harissa, sourdough		macchiato	2.2
wild shrooms & spinach hash (v)	8	hot chocolate	2.9
poached egg, potato, hollandaise sauce, sourdough		mocha	2.9
avocado & feta (v)	7.5	yorkshire tea	2
poached egg, sourdough, sesame seeds, lemon mustard vinaigrette		herbal teas	2.5 / 3
chicken & bacon waffles	9.5	matcha / chai latte	3
fried egg, maple syrup			
huevos rancheros	8	SIDES & BREAKFAST EXTRAS	
chorizo, spicy tomato, black bean, fried egg, tortilla		fries	4
chorizo & sweet potato hash	8	dirty fries	5
served with spinach, a soft poached egg & sourdough		sweet potato fries	4.5
breakfast burrito (v)	8	sausage	2
black bean, avocado, pickled fennel, sundried tomatoes, scrambled eggs or tofu & spicy chilli salsa		streaky bacon	2
waffles (v)	7.5	back bacon	2
creme fraiche, fresh fruit		halloumi	4
breakfast in bread on a soft barm...	5	avocado	2.5
smoked streaky bacon or english sausages or poached eggs (v)		veggie sausage	2
our kitchen/bar contain nuts, dairy & gluten for advice or if you have allergies consult your server		hash brown	2
		toast and butter	3
		baked beans	1.5
		egg	1.5
		field mushroom	1
		roasted tomato	1
		smoked salmon	3
		tofu	2
		black pudding	1

folk

TO START OR TO SHARE...

bread, oil, balsamic (v)	3.5
olives (v)	4
dips, flatbreads (v)	7.5
cajun chicken wings	7
curry cauliflower bites (v)	5.5
squid, aioli	7
padron peppers, sesame (v)	6
garlic chilli prawns	8

LUNCH

pan fried salmon, new potatoes	11
avocado, feta, green buddha salad (v)	9
chicken, linguine, pesto	8
meatballs, spiced tomato sauce	9
lobster mac 'n' cheese	10
sweet potato, coconut curry (v)	8

THE GRILL

steak melt sandwich, fries	10
chargrilled halloumi wrap, fries (v)	8
folk's bacon & cheese burger, fries	11.5
cajun chicken burger, fries	11.5
vegetarian / vegan burger, fries (v)	10.5

A BIT ON THE SIDE

fries (v)	4
dirty fries (v)	5
sweet potato fries (v)	4.5
polenta chips	4.5
greens (v)	4.5
cauliflower cheese (v)	5
mac 'n' cheese (v)	5

...IF YOU'RE STILL HUNGRY

creme brulee	6.5
apple crumble	6
sticky toffee pudding	6.5
salt caramel brownie	6
waffle, maple syrup	6

BOOK A TABLE
 bookings@folkcafebar.co.uk
 0161 445 2912

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TO START OR TO SHARE...AND THEN
bread, oil, balsamic (v)	3.5	chicken supreme
extra virgin olive oil, aged balsamic		cannellini bean, pancetta, tarragon
olives (v)	4	pan fried salmon
unpitted nocellera olives		crushed new potatoes, greens
dips, flatbreads (v)	7.5	buddha salad bowl (v)
hummus, beetroot and caraway, aubergine		avocado, tenderstem, feta, olives
halloumi dippers (v)	7.5	chicken linguine pasta
panko halloumi, dip of choice		pesto, parmesan, sugar snaps, pine nuts
tofu, miso broth	6	wild boar ragu
crisped tofu, coconut, spring onion		erley wild boar, tagliatelle, parmesan
cajun chicken wings	7	lobster mac 'n' cheese
southern style spiced chicken		lobster, crayfish, parmesan
cauliflower bites, curry mayo (v)	5.5	vietnamese green prawn curry
sently spiced tempura		pek choi, sugar snaps, coconut milk, rice
padron peppers, rock salt (v)	6	arrabiata meatballs
sweet green peppers with the odd hot one!		spiced tomato sauce, sourdough, parmesan
garlic chilli prawns, sourdough	8	vegan sweet potato curry (v)
king prawns in garlic & chilli oil & butter		chick pea, coconut milk, spinach, rice
tempura squid, aioli	7	
tempura salt and pepper squid		
baked camembert (v)	9	
with thyme and focaccia		

FROM THE GRILL

folk bacon & cheese burger	12.5
8oz burger, gherkin, tomato, gem lettuce, crispy shallots, fries	
chicken burger	12
cajun spiced chicken burger, bacon, lettuce, crispy shallots, fries	
veggie burger (v)	10.5
bean & mixed nuts burger, sweet potato, hummus, lettuce, carrot, harissa, fries	
vegan cauliflower steak (v)	10
shawarma marinade, harissa	
chargrilled steaks	
all served with fries and peppercorn sauce	
8oz rump steak	15
10oz rib-eye steak	20
8oz fillet steak	24

A BIT ON THE SIDE

house fries (v)	4	cauliflower cheese (v)	5
dirty fries (v)	5	polenta chips	4.5
side salad (v)	4	sweet potato fries (v)	4.5
greens (v)	4.5	mac 'n' cheese (v)	5

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