

Sea Folk Food

BRUNCH

UNTIL
4 PM -

Breakfast Flatbreads £12.00

Avocado, Poached Eggs,
Grilled Tomatoes (V)

Bacon, Fried Eggs, Grilled
Tomatoes

Halloumi, Poached Eggs,
Chilli Jam (V)

Fancy a little extra?

Bacon	£3.00
Halloumi	£2.50
Tomatoes	£2.00
Eggs	£2.50

LUNCH

Stone Baked Flatbreads £9.50

Sweet & Spicy

Mozzarella, Nduja spicy sausage,
Red peppers, Hot Honey

Greek (V)

Feta Cheese, Black Olives, Red
onion, Rocket, Balsamic Glaze

Forest Floor

Mozzarella, Oyster Mushrooms,
Pesto Dressing

Buratta £11.00

Buratta, Fresh Cherry Tomato
Balsamic Glaze, Extra Virgin
Olive Oil

POKE BOWLS

£15.00

Salmon & Avocado

Smoked Salmon, Spicy
Guacamole, Sticky Rice &
Salad, Pickled
Cucumbers & Ginger,
Spring onions.

Lemon & Honey Dressing

Glazed Chicken Thigh

Soy & Maple Glazed Chicken
Thigh, Sticky Rice & Asian
Slaw Base, Pickled Red
Onion & Kohlrabi, Crispy
Onions, Edamame beans,
Sriracha Mayo.

Peanut Sauce Dressing

Oyster Mushroom

Pan Fried Oyster
Mushrooms, Sticky Rice
and Asian Slaw Base
Pickled Kohlrabi & Ginger,
Kimchi, Edamame Beans,
Crispy Shallots.

Soy & Maple Dressing

SWEET TREATS

Chocolate Chip Cookie	£4.00
Vegan Dark Chocolate Cookie	£4.00
Cinnamon Swirl	£4.50
Protein Balls	£3.85
Tribe Brownies	£3.85
Tyrells Crisps	£2.50

Gluten free & Vegan options available
Please inform our staff of any allergies, dietary
requirements or preferences, Full allergen
information is available upon request

ICE CREAM

Northern Bloc	£4.25
Ginger Caramel	
Salted Caramel	
Vanilla	
Double Chocolate	
Mango & Passionfruit Sorbet	
Sicilian Lemon Sorbet	
Children's Choc / Strawb	£3.85
Dog Ice Cream	£3.85

SEA SCRUB SAUNA
FOLKESTONE



LEAVE US
A REVIEW

Sea Folk Drinks

COFFEE

Espresso | Long Black |
Americano £3.80

Cortado | Flat White
Latte | Cappuccino £4.00

Iced Latte £4.20

Hot Chocolate
Hot | Iced £3.50 | £4.00

Matcha
Latte | Iced £4.00

Chai
Latte | Iced £4.00

Shots
Vanilla | Caramel 50p
Maple Syrup £1.00
CBD £1.00
Spirits Prices Vary

TEA

Good & Proper £3.00

Caffeinated -

Breakfast Brew | Earl Grey | Jade Tips

Herbal -

Chamomile | Lemon Grass
Peppermint | Rooibos

BEER

Orion £6.00
Japanese Lager £3.50 half

Hepcat - £6.00
Session Pale Ale £3.50 half

Cans £5.50
Kentish Pip High diver
Balfour Fruit Cider
Dark beer - Guinness

Non Alcoholic Beer £5.00
Lucky Saint
Hep Cat AF
0% Guinness

WINE

Chapel Down English Glass £12
Bottle £55
Prosecco Glass £6.50
Bottle £24.50

SOFT DRINKS

Momo Kombucha £5.00

Ginger & Lemon | Elderflower
Turmeric | Raspberry Hibiscus

Spring Water
Marlish £1.50
Still | Sparkling | Raspberry

Vichy Catalan £4.50
Sparkling

Coconut Water £3.00

Trip CBD £4.00
Peach & Ginger
Elderflower & Mint

Karma Soft Drinks £3.00
Cola | Diet-Cola
Lemonade | Orangeade

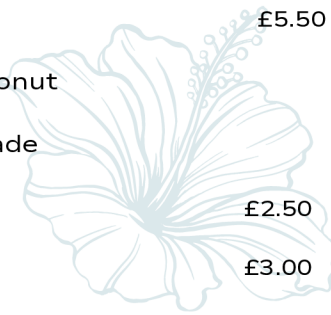
Shaken Juices £5.50

Pineapple & Coconut

Hibiscus Lemonade

Add Electrolytes £2.50

Ginger Shot £3.00



FROZEN COCKTAILS

Margarita
Watermelon & Strawberry Daquiri £12

SPIRITS

Vodka - Reyka 25ml £5 | 50ml £9
Tequila - Cazcabel 25ml £5 | 50ml £9
Mezcal - Verde 25ml £6 | 50ml £10
Gin - Beefeater 25ml £4.5 50ml £8
Baileys 25ml £4 | 50ml £7
Orange Curacao 25ml £5 | 50ml £8

Fever Tree
Tonic / Soda / Ginger beer £3.00