


FOLK

BACK TO THE ROOTS

FOOD MENU

@folkmarakech



Program of the week

Groove Monday

Oriental meets Jazz & Blues.

Retro Tuesday

Back to the 50's 60's 70's with Arabian Sounds.

Lalla Wednesday

Special Night for the ladies and their besties.

Beats Thursday

A Night full of Moroccan Vibes.

Folklore Friday

YALLA FOLKS! A Moroccan Experience like no other.

Rhythm Saturday

Back to the Roots with Afro Beats.

Unplugged Sunday

Acoustic Moroccan and Arabian Music

Mezze



3 | 120DHS

5 | 200DHS

6 | 240DHS

8 | 300 DHS

Cold

Babaganush

Eggplant, Pepper Trio, Tomato, Almonds, Tahini

Hummus

Chickpeas, Tahini, Lemon Juice, Olive Oil

Muhamara

Cashew Nut Puree, Red Pepper, Ketchup, Harissa, Pomegranate

Metabal Beetroot

Beetroot, Tahini, Lemon Juice, Natural Yogurt

Zaalouk

Eggplant, Paprika, Cumin, Citron, Tomato

Zucchini

Preserved Lemon, Parsley, Garlic, Olive Oil

Sweet Pumpkin

Pumpkin, Honey, Cinnamon, Almond

Beetroot à L'Orange

Beetroot, Orange Pulp and Juice, Honey, Sel

Kebda à la Charmoula

Lamb Liver, Preserved Lemon, Parsley, Garlic, Olive Oil

Hot

Trio de Briouat

Pastry filled with Kefta | Vegetables | Fromage

Patata Harra

Potato, Harissa, Lemon, Parsley, Olive Oil

Foul Mudammas

Fava Beans, Onion, Tomato, Parsley, Garlic, Olive Oil

Fasoulia

Green Bean, Onion, Tomato, Lemon Juice

Laadas

Lentils, Tomato, Parsley, Olive Oil

Maakouda

Potatos, Flower, Parsley, Garlic, Cumin

Loubia

White Bean, Tomato, Beef, Harissa

Feta Hummus

Chickpeas, Toasted Bread, Tahini, Yogurt, Lemon Juice, Pine Nuts, Moroccan Ghee

Falafel

Chickpeas, Coriander Powder, Parsley, Tahini, Pickles, Marinated Olives

Entry

Soup

Harira Mhamsa

Couscous Pearls, Chickpeas, Tomato, Lentils, Celery, Parsley with Dates and Chebakia

120 DHS

Lentil Soup Truffé

Yellow Lentils, Carrots, Truffle Oil, Garlic, Curry Spices

120 DHS

Folk Salad

Mixed Salad, Feta, Black Olive, Pomegranate, Cucumber, Tomato, Vinaigrette with toasted Bread

100 DHS

Chicken Pastila

Pastry filled with Chicken, Almonds, Honey, Cinnamon

150 DHS

Shakshouka

Eggs, Tomato, Pepper, Parsley, Garlic, Olive Oil

120 DHS



Main

Chicken Tajine Mhamer and Folk Fries Chicken, Ginger, Garlic, Onions, Olive Oil, Saffron, Preserved Lemon, Parsley	1 180 DHS	2 340 DHS	4 640 DHS
Lamb Shank à la Marocain Lamb Confit, dried fruits, Semolina Grain, Almonds	1 280 DHS	2 520 DHS	4 960 DHS
Lamb Ouzi with Basmati Rice Lamb, Basmati Rice, Carrots, Peas, Pine Nuts	1 260 DHS	2 490 DHS	4 940 DHS
Beef Tanjia with a Side of Couscous Beef Knuckle, Preserved Lemon, Cumin, Saffron, Garlic, Olive Oil, Moroccan Ghee	1 260 DHS	2 490 DHS	4 940 DHS
Fish Tajine Monkfish, Mussels and Prawns, Charmoula, Paprika, Tomato, Garlic, Parsley, Coriander, Olive Oil, Lemon	1 350 DHS	2 660 DHS	4 1260 DHS
Tajine Khoudra Carrots, Zucchini, Potatos and Seasonal Vegetables, Tomato, Turnip, Garlic, Parsley, Ginger,	1 180 DHS	2 340 DHS	4 640 DHS
Couscous Seven Vegetables and Tfaya Semolina, Carrots, Turnip, Zucchini, Eggplant, Onions Confit, White Cabbage, Pumpkin, Chickpeas	1 180 DHS	2 340 DHS	4 640 DHS
Extra Side Dishes Folk Fries Rice Rostad Vegetables Pasta	1 40 DHS	2 80 DHS	4 160 DHS

Oriental Cuisine

Oriental cuisine, deeply rooted in tradition and history, celebrates a kaleidoscope of tastes and ingredients, inviting you on a gastronomic journey through the vibrant cultures of the Middle East and North Africa. Mezze presents an assortment of small oriental appetizers, highlighting dishes like hummus and falafel. Tajine, a slow-cooked North African stew, tantalizes with its aromatic spices and tender meats. Couscous, a versatile base in North African cuisine, absorbs the essence of stews, vegetables, and meats, embodying the culinary richness of the Orient.

Desert

Jouhara Millesfeuille à la Fleur D'Oranger, Red Fruits, Almonds, Raspberry Coulis	150 DHS
Mille Traux Apple and Raisin Confit, Passionfruit Sorbet	120 DHS
Chia Pudding with Red Fruits Chia Grains, Almond Milk, Red Fruits	130 DHS
Fruit Plate Mixed Seasonal Fruits	100 DHS
Orange Cinnamon Orange Pulp, Cinnamon, Vanilla Ice Cream	100 DHS
Cake of the day ask your waiter for details	120 DHS
Scoop with three Flavors Passionfruit, Vanilla, Chocolat, Lemon, Strawberry	90 DHS

1 | 190 DHS
2 | 360 DHS
4 | 680 DHS

Specials of the Day

subject to availability
ask your waiter for details

Wednesday 180 DHS
Trid
Chicken, Lentils, Fenuilgrek,
Msmen

Thursday
Mashoui
Lamb Shoulder, Roasted
Potatos, Salt, Cumin

Friday
Couscous of the Day
Chicken or Beef or Lamp with
Seven Vegetables and Tfaya

Saturday
Pastila fish
Pastry filled with White Fish, Shrimp, Squid,
Vermicelli

Sunday
Seffa Medfouna
Spring Chicken, Vermicelli, Cinnamon,
Powdered Sugar, Walnuts, Dates



Classic Cocktails

120 DHS

Classic cocktails, timeless and revered, have transcended generations, each sip a taste of history and culture. From the Negroni to the Cosmopolitan, these iconic libations have stood the test of time, blending tradition with modern interpretations, inviting both nostalgia and innovation in the world of mixology.

Old Fashioned

Whiskey, Sugar Cube, Angostura Bitters

Mojito

Rum, Mint, Lime, Sugar Syrup

Espresso Martini

Vodka, Sugar Syrup, Coffee Liqueur, Freshly Brewed Espresso

Negroni

Gin, Campari, Sweet vermouth

Piña Colada

Light Rum, Coconut Cream, Pineapple Juice

Cosmopolitan

Vodka, Cointreau, Lime Juice, Cranberry Juice

Tequila Sunrise

Blanco Tequila, Fresh Orange Juice, Grenadine

Long Island Iced Tea

Vodka, Light Rum, Silver Tequila, Gin, Triple Sec, Sugar Syrup, Fresh Lemon Juice, Coca-Cola

Tom Collins

Gin, Fresh Lemon Juice, Sugar Syrup, Soda

Whisky Sour

Bourbon or Whiskey, Fresh Lemon Juice, Sugar Syrup, Egg White

Devil's Margarita

Blanco Tequila, Fresh Lime Juice, Triple Sec, Red Wine

Folk Star

Vodka, Passion Fruit Purée, Passion Fruit Liqueur, Vanilla Syrup, Prosecco

Aperol Spritz

Aperol, Prosecco, Soda

Lillet Spritz

Lillet Blanc, Gin, Lemon Juice, Syrup, Soda

Mocktails

100 DHS

Summer Breeze

Lime, Lemonade, Fresh Mint

Coco Paradise

Pineapple, Coconut Milk, Heavy Cream, Coconut Syrup

Tropical Bliss

Mango, Orange Juice, Watermelon Syrup, Basil

Sunset Kiss

Red Fruit Purée, Pineapple Juice, Rose syrup

Rise & Shine

Pineapple & Passion Fruit Purée, Yuzu, Mint, Jasmin Syrup

Ginger Delight

Ginger, Honey, Lime, Cinnamon Syrup, Apple Juice, Ginger Ale



Cocktails signatures

150 DHS

Sunset Spritz

Homemade Infusion Aperol & Campari with Dried Abricot, Soda, Prosecco, Angostura Bitter, Lemon Juice, Yuzu

Tequila Twist

Homemade Infusion Tequila with Rosemary, Passion Fruit Purée, Pineapple Juice, Homemade Rose Geranium Syrup

Rum Splash

Homemade Infusion Mix Rum with Basil, Orange Juice, Pineapple Purée, Cinnamon Syrup

Folk Wave

Homemade Infusion Vodka with Dried Cranberry, Red Fruits Juice, Strawberry Syrup, Lime Juice, Egg White

Marrakech Oasis

Homemade Infusion Whisky with Cinnamon, Orange Juice, Homemade Syroup of Saffron, Lemon Juice

Garden Aroma

Homemade Infusion Gin with Jasmine Tea, Lime Juice, Menthe Pastilles, Fresh Mint, Cranberry Juice, Mango Juice

Kech Kiss

Tequila, Aperol, Chartreuse Yellow, Lime Juice

Myxology by Hatim



Hatim, the barman, is a maestro of mixology, brewing drinks with a zeal that's infectious. He pours not just ingredients, but his heart into every cocktail, making each sip a little adventure.

Mixology is the art and science of crafting exquisite and balanced cocktails, a delightful blend of precision and creativity. It's about understanding the nuances of each ingredient, from the spirits to the bitters, and orchestrating them into a harmonious symphony of taste. A mixologist's canvas is the cocktail shaker, and their palette is an array of flavors, colors, and textures. With a keen eye for detail and an adventurous spirit, mixologists innovate and reimagine traditional recipes, offering a tantalizing experience for the senses. Each drink they create is a unique story, a journey that begins with a sip and unfolds with every nuanced flavor.

Whisky's

Jack Daniel	100 DHS	1300 DHS
Jack Daniel Honey	100 DHS	1300 DHS
Red Label JW	100 DHS	1000 DHS
Chivas 12	100 DHS	1500 DHS

Vodka

Belvédère	100 DHS	1600 DHS
Grey Goose	100 DHS	1600 DHS
Absolut	90 DHS	1000 DHS
Smirnoff	90 DHS	1000 DHS

Tequila

Patron Silver	130 DHS	2000 DHS
Patron Reposado	150 DHS	2300 DHS
Camino Real Silver	90 DHS	1100 DHS
Milenario cafe	200 DHS	2600 DHS

Rum

Captain Morgan White	90 DHS	1000 DHS
Çaptain Morgan Gold	90 DHS	1000 DHS
Bacardi Carta Blanca	90 DHS	1000 DHS
Havana Club 3	90 DHS	1000 DHS

Gin

Monkey 47	1400 DHS
Bombay Saphir	90 DHS 1200 DHS
Tanqueray	90 DHS 1200 DHS
Gordon's	90 DHS 1200 DHS

Cognac

Hennessy vs	150 DHS	1300 DHS
Rémy Martin vsop	190 DHS	1800 DHS
Hennessy vsop	250 DHS	2300 DHS
Rémy Martin XO	600 DHS	6000 DHS
Hennessy XO	600 DHS	6000 DHS

Shots

Kamikaze	70 DHS
B52	70 DHS
Washington Apple	70 DHS
Folk	70 DHS
6 Shots	350 DHS
12 Shots	700 DHS



Moroccan Wine

Moroccan wines are a harmonious fusion of tradition and modernity, thriving in diverse landscapes across the country. The winemakers pay homage to indigenous grape varieties, showcasing the terroir's unique characteristics. These wines often echo the Mediterranean ambiance, displaying flavors with a hint of spices and fruits, making them

stand out in the wine world. Embracing sustainable practices, Moroccan wineries have gained international recognition for their quality and taste, contributing to the country's evolving oenological reputation. Enthusiasts have the opportunity to savor these wines and discover the rich oenological heritage that Morocco has to offer.

Red Wine Morocco

Domaine Sahari Reserve Cabernet, Merlo	70 DHS	270 DHS
Medaillon Cabernet, Syrah		320 DHS
S de Siroua Syrah		330 DHS
Volubilia Cabernet Sauvignon, Tempranillo		340 DHS
Eclipse Grenache, Syrah		430 DHS
Le Val D'Argan Bio Grenache, Syrah, Mourvèdre	500 DHS	
Tandem Syrah		620 DHS

White Wine Morocco

Domaine Sahari Grenache	70 DHS	270 DHS
Medaillon Sauvignon blanc		320 DHS
S de Siroua Chardonnay		330 DHS
Volubilia Chardonnay, Sauvignon, Vermentino		340 DHS
Eclipse Sauvignon blanc		400 DHS
Le Val D'Argan Bio Clairette, Bourboulenc, Ugni Blanc, Roussane, Muscats de Beaumes, Viognier, Grenache		400 DHS
Blanc de Baccari Vermentino		430 DHS

Rosé Wine Morocco

Domain Sahari Rosé Cabernet Sauvignon	70 DHS	270 DHS
Domaine Sahari Gris Cabernet Sauvignon	70 DHS	270 DHS
Medaillon Rosé Cabernet, Syrah		300 DHS
S de Siroua Rosé Cabernet Sauvignon		320 DHS
Volubilia Rosé Syrah		320 DHS
Volubilia Gris Syrah		320 DHS
Première de Baccari Rosé Cinsault, Cabernet		340 DHS
Eclipse Rosé Syrah, Grenache, Mourvèdre		380 DHS

Champagne

Moët & Chandon Brut	1600 DHS
Moët & Chandon Rosé	1800 DHS
Ruinart Blanc de Blancs	3000 DHS
Laurent Perrier Brut	1600 DHS
Laurent Perrier Blanc du Blancs	2900 DHS
Laurent Perrier Rosé	2900 DHS

Soft drinks

Sidi ali 75cl	40 DHS
Oulmes 75cl	50 DHS
Coca-Cola 30cl	40 DHS
Coca-Cola zéro 30cl	40 DHS
Fanta Orange 25cl	40 DHS
Sprite 30cl	40 DHS
Hawaii 30cl	40 DHS
Schweppes tonic 30cl	40 DHS
Schweppes Citron 30cl	40 DHS
Poms 30cl	40 DHS
Ginger Ale	90 DHS
Red Bull	90 DHS

Ice Tea

Homemade	
Marrakech Tea Black Tea, Mint, Strawberry, Orange	80 DHS
Folk Tea Black Tea, Pineapple, Cranberry	
Classic Green Tea Jasmin	
Mock Tea Sangría Pomegranate & Raspberry	
Lemonade Lemon & Ginger Tea	

Gris Wine Morocco

Domaine Sahari Gris Cabernet Sauvignon	70 DHS	270 DHS
Volubilia Gris Syrah		320 DHS

Beers

	33cl	50cl	1L
Flag Draft	50 DHS	70 DHS	130 DHS
Casablanca Draft	70 DHS	90 DHS	170 DHS
Flag Gold 25cl			50 DHS
Heineken 33cl			60 DHS
Casablanca 33cl			70 DHS
Stella 33cl			70 DHS
Budwiser 33cl			70 DHS
Corona 33cl			80 DHS
IPA Amazigh 33cl			80 DHS
Alaryk Blonde Artisanal Beer 33cl			120 DHS
Alaryk Ambrée Artisanal Beer 33cl			120 DHS
Estrella Alcohol Free 33cl			50 DHS

Coffee

Espresso	40 DHS
Double Espresso	60 DHS
Cappuccino	50 DHS
Latte Macchiato	50 DHS
Americano	40 DHS
Hot Chocolate	40 DHS
Ice Coffee with or without Milk	50 DHS
Cold Chocolate	40 DHS

Tea / Infusion

Moroccan Mint	30 DHS	50 DHS
Green Tea, Fresh Mint		
Dried Verveina		30 DHS
MFF Khamssa		40 DHS
Sahara Breakfast		
Black Tea, Mint, Orange, Oil Bergamot		
Khamssa Grey		
Black Tea, Cinamon, Orange, Arome Naturelle		
Zaatar		
Black Tea, Moroccan Oregano		



Wifi Password : talk@23!

www.folkmarakech.com

Marrakech Insider

Riad BE Marrakech



Lunch or Spa Day

@beemarrakech
www.be-marrakech.com

BE Agafay - The Hideaway



Night under the Stars or Pool Day

@beagafay
www.be-agafay.com

BE The Souk



Handcrafted Design Majorelle & Sidi Ghanem

@bethesouk
www.bethesouk.com

BE The Flow



Yoga Session at Riad BE

@betheflow_yogastudio
www.theflowyogastudio.com

