General

Focus sidebar	⌘	⌥	1
Focus builder	⌘	⌥	2
Move to next item			↓
Move to previous item			↑
Expand collection / folder			→
Collapse collection / folder			←
Select current and next item		⇧	↓
Select current and previous item		⇧	↑
Search sidebar		⌘	F
Open request in a tab			↵
Copy		⌘	C
Paste		⌘	V
Delete			⌫
Duplicate		⌘	D
Edit / rename		⌘	E
Save		⌘	S
Save as	⌘	⇧	S
Send request		⌘	↵
Toggle the sidebar		⌘	\
Jump to url		⌘	L
Open console	⌘	⌥	C

Postman shortcuts for Mac