



# NEWPORT

EST. 1997 | MARKET & DELI | HEALTHY & NATURAL



## FRESH JUICE

- All Juices Freshly Made On Order
- FRESHLY SQUEEZED ORANGE 250ML 35
  - CARROT 250ML 32
  - CARROT & ORANGE 500ML 40
  - CARROT & APPLE 500ML 40
  - CARROT, APPLE & ORANGE 500ML 45
  - CARROT, APPLE & BEETROOT 500ML 45
  - CARROT, APPLE, ORANGE & BEETROOT 500ML 45
  - CARROT & BEETROOT 500ML 45
  - CARROT & BANANA 500ML 45
  - COLD AUGERED WHEATGRASS 25ML 35
  - COLD AUGERED GINGER 25ML 28
  - ADD SPINACH OR KALE OR CELERY 15ML 15
  - ADD GINGER 5ML 10

## SUPER JUICE 250ML

- All Juices Freshly Made On Order
- FULL IMMUNITY 45  
APPLE, CARROT, LEMON, PARSLEY & GINGER
  - IRON MAN 45  
BEETROOT, APPLE, CUCUMBER, KALE, SPINACH, CELERY, LEMON & MINT
  - FATIGUE FIGHTER 45  
BEETROOT, APPLE, LEMON & GINGER
  - REPLENISH 45  
APPLE, PINEAPPLE, LEMON & MINT
  - LEMON TWIST 45  
APPLE, LEMON, MINT & GINGER
  - RADIANCE 45  
COCONUT WATER, APPLE, CUCUMBER, SPINACH, LEMON, MINT & GINGER
  - SUPERFOOD ME 45  
COCONUT WATER, APPLE, SPINACH, KALE, LEMON, MINT, PARSLEY & GINGER
  - ENERGISER 45  
PINEAPPLE, APPLE & MINT

## SMOOTHIES

- FREEZERCHINO 55
- LIMONATA - FROZEN LEMONADE 55
- STRAWBERRY SLINGER 55
- BERRY BLITZ (V) 50  
ASSORTED BERRIES, BANANA & APPLE JUICE (DAIRY FREE)
- PINEAPPLE BURST (V) 50  
PINEAPPLE, BANANA & ORANGE JUICE (DAIRY FREE)
- MANGO MADNESS (V) 50  
PAWPAW, BANANA & MANGO JUICE (DAIRY FREE)
- PAWPAW POWER (V) 50  
PAWPAW, MIXED BERRIES & MANGO JUICE (DAIRY FREE)
- BREAKFAST BUZZ 50  
MUESLI, BANANA, HONEY & YOGHURT (NUTS) 250ML
- MORNING DATE 50  
DATES, BANANA, HONEY & YOGHURT (NUTS) 250ML
- BANANA BOOST 50  
BANANA, LOW FAT MILK, CINNAMON & PROTEIN POWDER

## SUPER SMOOTHIES

- TROPICAL TWIST (V) 55  
DRAGON FRUIT, BANANA, PAWPAW, PINEAPPLE, BLACKBERRY, BEETROOT AND UNSWEETENED COCONUT WATER (DAIRY FREE)
- MATCHA MATCHA (V) 55  
BANANA, FRESH APPLE JUICE, FRESH MINT & MATCHA GREEN TEA POWDER
- AWESOME AÇAÍ (V) 55  
BANANA, BLACKBERRIES, WILD BERRY JUICE & AÇAÍ NATURAL PULP (DAIRY FREE)
- TRIATHLETE 55  
BANANA, BLACKBERRIES, APPLE JUICE & PROTEIN PACK (DAIRY FREE)
- GO GO GREEN (V) 55  
BANANA, STRAWBERRIES, WILD BERRY JUICE & GREEN SUPER FOOD BOOSTER PACK (DAIRY FREE)
- PEANUT BUTTER BLISS 55  
BANANA, PEANUT BUTTER, SKIM MILK & SUPER FOOD BOOSTER PACK
- GOLDEN GLOW (V) 58  
BANANA, ALMOND MILK & ORGANIC TURMERIC POWDER WITH COCONUT, CINNAMON, MACA, FLAX & CHIA
- PURPLE POWER (V) 58  
ORGANIC PURPLE SWEET POTATO, ACAI, CARDAMOM, GINGER & CINNAMON WITH ORGANIC COCONUT BLOSSOM SUGAR BLENDED WITH BANANA & UNSWEETENED ALMOND MILK

## HOT BEVERAGES

- COFFEE single 26 ~ double 32
- ESPRESSO single 20 ~ double 26
- MACCHIATO single 22 ~ double 28
- CAPPUCCINO / FLAT WHITE single 28 ~ double 34
- CORTADO single 28 ~ double 34
- CAFE LATTE / CHAI LATTE 32
- CHOCOCINO 38
- HOT CHOCOLATE / MILO 35
- RED ESPRESSO 22
- RED FLAT WHITE 32
- RED CAPPUCCINO / RED LATTE 34
- TEA PER PERSON 25
- SPECIALITY TEAS 28  
ENGLISH BREAKFAST, EARL GREY, PEPPERMINT, CAMOMILE, FOUR RED FRUITS, GREEN TEA, GREEN & MINT, GREEN & LEMON, HONEY GINGER TEA, TURMERIC VANILLA TEA

- COFFEE / TEA ~
- SOY MILK ADD 6 / ALMOND MILK ADD 8 / OAT MILK ADD 10
- CAPPUCCINO / LATTE ~
- SOY MILK ADD 8 / ALMOND MILK ADD 10 / OAT MILK ADD 12

## SUPERFOOD LATTES

SERVED WITH ALMOND MILK & RAW HONEY

- GOLDEN LATTE 42
- GOLDEN CACAO CHOCOLATE 42
- RED VELVET LATTE 45
- MATCHA GREEN TEA LATTE 45

## COLD BEVERAGES

- MINERAL WATER 500 ML 22 / 1L 38
- IMPORTED MINERAL WATER 500 ML 35 / 1L 50
- RED BULL 35
- ICED TEA 26
- SODAS 330 ML 24
- POWERADE / ENERGADE 25
- APPLETIZER / GRAPETIZER 27
- FLAVOURED MINERAL WATER 25
- IMPORTED SODAS 30
- LIME / COLA TONIC / PASSION FRUIT & SODA 25

## WELLNESS SHOTS 30ML

DUE TO EXACT RECIPES THESE SHOTS ARE NOT MADE TO ORDER AND ARE SUBJECT TO AVAILABILITY ON THE DAY

- VITAL SHOT 26  
BEET, CARROT, LEMON, PARSLEY & GINGER
- POWER SHOT 26  
PINEAPPLE, LEMON, TURMERIC & BLACK PEPPER
- ENERGY ELIXIR 26  
PINEAPPLE, SPINACH, LEMON & KALE
- MEAN GREEN 26  
WHEATGRASS, CUCUMBER, SPINACH, KALE & GINGER
- GINGER NINJA 26  
GREEN APPLE, GINGER & APPLE CIDER VINEGAR
- TURMERIC TONIC 26  
ORANGE, LEMON, TURMERIC, GINGER & BLACK PEPPER
- FLU SHOT 26  
LEMON, GINGER, RAW HONEY & FRESH CHILLI

## PASTRIES

- PLAIN CROISSANTS 26  
OUR FAMOUS CROISSANTS BAKED DAILY FRESH OUT OF THE OVEN
- FLAVOURED CROISSANTS 30  
CHOICE OF CHOCOLATE, ALMOND, CINNAMON OR CHEESE
- MUFFINS 28  
~ Freshly Baked Daily ~ RAISIN BRAN, CAPPUCCINO, CHOCOLATE, LEMON POPPY OR BLUEBERRY
- ADD BUTTER 3 ~ ADD BUTTER, JAM 10 ~ ADD BUTTER, JAM & CHEESE 18

EXTRA INFORMATION ~ NO DOGS ALLOWED. GRATUITY NOT INCLUDED.  
10% SERVICE CHARGE ADDED TO PARTIES LARGER THAN 6. WE REGRET NO CHECKS ACCEPTED. RESTAURANT SEATING FOR MENU ITEMS ONLY / NO SELF SERVICE. NO TAKE AWAYS MAY BE CONSUMED AT TABLES. ALL NEWPORT PRODUCTS ARE MANUFACTURED IN AN ENVIRONMENT WHERE NUTS & NUT OIL ARE PRESENT & THEREFORE WE CANNOT GUARANTEE ANY PRODUCTS TO BE FREE OF TRACES OF NUTS.  
PLEASE NOTE: AS PER OUR LIQUOR LICENSE AGREEMENT, NO LIQUOR MAY BE SERVED WITHOUT ORDERING A MEAL. LIQUOR SERVED FROM 11AM.

## HEALTHY BREAKFASTS

- SUPER POWER OATS (V) 85  
A BLEND OF RAW GLUTEN FREE OATS & DRIED FRUIT & NUTS MIXED WITH CHIA & ORGANIC TURMERIC, COCONUT, CINNAMON, MACA & FLAX POWDER SERVED WITH WARM ALMOND MILK
- LSA (V) 88  
A HEALTHY CREAMY COOKED PORRIDGE OF FLAX FLOUR, SUNFLOWER FLOUR, ALMOND FLOUR & ALMOND MILK SERVED WITH DATES, BAKED APPLE, BANANA, HONEY & SWEET DUKKAH
- HOT OATS (V) 70  
COOKED OATS SERVED WITH BAKED APPLE, SWEET DUKKAH & HONEY
- FRUIT SALAD, MUESLI, HONEY & YOGHURT 80  
OUR FAMOUS HOMEMADE MUESLI SERVED WITH FRESH SEASONAL FRUIT SALAD, LOW FAT YOGHURT & HONEY
- STEWED FRUIT, MUESLI, HONEY & YOGHURT 85  
HOMEMADE MUESLI SERVED WITH STEWED FRUIT COMPOTE, LOW FAT YOGHURT & HONEY
- BIRCHERS BREAKFAST 78  
A HOMEMADE BLEND OF OATS, NUTS, DRIED FRUIT & YOGHURT SERVED WITH GRATED APPLE, BANANA, RAISINS, TOASTED ALMONDS & HONEY
- BANANA BREAKFAST 78  
OUR FAMOUS HOMEMADE MUESLI SERVED WITH SLICED BANANA, LOW FAT YOGHURT & HONEY
- SLIMMERS BREAKFAST 78  
SPECIAL K SERVED WITH FRESH SEASONAL FRUIT SALAD, LOW FAT YOGHURT & HONEY
- PAWPAW PICK UP 75  
PAWPAW, LOW FAT YOGHURT, TOASTED ALMONDS & HONEY
- FRUIT SALAD (V) 55
- STEWED FRUIT COMPOTE (V) 60
- FRUIT SALAD & YOGHURT 65

- HONEY 3.50 ~ SOY MILK / ALMOND MILK 10 ~ FLAVOURED YOGHURT 8 ~ AÇAÍ PULP 15
- GOJI BERRIES 15 ~ CHIA SEEDS 15 ~ WALNUTS 50G 30 ~ ALMONDS 50G 30
- CRANBERRY 50G 15 ~ BANTING MUESLI 15 ~ VEGAN YOGHURT ADD 44

## SMOOTHIE BOWLS

- AÇAÍ BOWL 85  
LOW FAT YOGHURT, AÇAÍ PULP, SERVED WITH BERRIES & SEASONAL FRUIT
- SUPER BOOST SMOOTHIE BOWL 95  
PEANUT BUTTER, BANANA, UNSWEETENED ALMOND MILK & SUPERFOOD BOOSTER (MESQUITE, CACAO, CHIA, HEMP, MACA, CINNAMON, & VANILLA) GARNISHED WITH HOMEMADE WHEAT FREE MUESLI, STRAWBERRIES, BANANA, & TOASTED ALMONDS
- VANILLA NUT SMOOTHIE BOWL 95  
BANANA, UNSWEETENED ALMOND MILK, CINNAMON & WHEY PROTEIN TOPPED WITH HOMEMADE WHEAT FREE GRANOLA, TOASTED ALMONDS, CRANBERRIES, GOJI AND CHIA SEEDS
- TUTTI FRUTTI SMOOTHIE BOWL 98  
DRAGON FRUIT, BANANA, PINEAPPLE, PAPAYA, WHEAT FREE GRANOLA & ALMOND MILK, GARNISHED WITH FRESH SEASONAL TROPICAL FRUITS

## HOT BREAKFASTS

SERVED FROM 07:00 - 12:00PM

- POACHED EGGS 55  
2 POACHED FREE RANGE EGGS SERVED WITH A CHOICE OF 2 SLICES OF HOMBAKED SOURDOUGH WHITE / RYE / WHOLEWHEAT / SOURDOUGH RYE / SOURDOUGH WHOLEWHEAT / GLUTEN FREE / HEALTH BREAD TOAST & PRESERVES
- SCRAMBLED EGGS 60  
3 SCRAMBLED FREE RANGE EGGS SERVED WITH A CHOICE OF 2 SLICES OF HOMBAKED SOURDOUGH WHITE / SOURDOUGH RYE / SOURDOUGH WHOLEWHEAT / GLUTEN FREE / HEALTH BREAD TOAST & PRESERVES
- SCRAMBLED EGGS ON CROISSANT 78  
3 SCRAMBLED FREE RANGE EGGS SERVED ON A CROISSANT FOR SEPARATE CROISSANT ADD R10
- CROISSANT FRENCH TOAST 55  
SERVED WITH CINNAMON SUGAR & SYRUP
- CHOC CROISSANT FRENCH TOAST 60  
DRIZZLED WITH HOMEMADE CHOCOLATE SAUCE
- SHAKSHUKA 80  
3 EGGS POACHED IN A SAUCE OF TOMATOES, PEPPERS & ONIONS SPICY OR PLAIN SERVED WITH A HOMBAKED CRUSTY BAGUETTE
- NATURALLY NEWPORT BREAKFAST 98  
2 SCRAMBLED OR POACHED FREE RANGE EGGS SERVED WITH MUSHROOMS, BEEF SAUSAGE OR TURKEY MACON, & GRILLED TOMATO & A CHOICE OF 2 SLICES OF HOMBAKED SOURDOUGH WHITE / RYE / WHOLEWHEAT / SOURDOUGH WHOLEWHEAT / GLUTEN FREE / HEALTH BREAD TOAST & PRESERVES
- NATURALLY NEWPORT SUPER PRO 88  
3 SCRAMBLED EGG WHITES SERVED WITH MUSHROOMS, SPINACH, ROCKET & TOMATO & CHOICE OF SOUGHDOUGH TOAST

- CHEESE 15 ~ GRILLED TOMATO 12 ~ TURKEY MACON 28 ~ SPINACH 20
- AVO 25 ~ FETA 20 ~ SALMON 65 ~ MUSHROOMS 25 ~ BEEF SAUSAGE 25
- BANTING BREAD ADD 10 ~ SCRAMBLED WHITES ONLY ADD 10





# NEWPORT

EST. 1997 | MARKET & DELI | HEALTHY & NATURAL



## STARTERS

NOT AVAILABLE FOR TAKEAWAY

### LOADED HUMMUS PLATE 85

HUMMUS, TAHINA & CHOPPED SALAD OF FETA, CUCUMBER & TOMATO SERVED WITH A PITA BREAD

### MEDITERRANEAN PLATE (V) 75

AUBERGINE, HUMMUS & TAHINA SERVED WITH A PITA BREAD

### CAPRESE SALAD 88

FRESH FIOR DE LATTE MOZZARELLA, TOMATO & BASIL

### BEEF CARPACCIO 105

HOMEMADE RARE ROASTED SIRLOIN SERVED WITH PARMESAN & ROCKET

## SOUPS

### HOMEMADE SOUP 65

SERVED WITH A COMPLIMENTARY SOURDOUGH ROLL  
ASK YOUR SERVER FOR THE DAILY SPECIAL

ADD R6.50 FOR OTHER BREAD CHOICES PUMPKIN SEED ROLL, CIABATTA, HEALTH BREAD, RYE BREAD OR NEWPORT SOURDOUGH BREADS  
ADD R10 FOR BANTING BREAD

## WRAPS

CHOICE OF WHITE OR WHOLEWHEAT. GLUTEN FREE ADD 12

### LOUISIANA 75

CAJUN / GRILLED CHICKEN BREAST, AVO, CUCUMBER, WATERCRESS, SHREDDED LETTUCE & OUR SECRET LOUISIANA SAUCE

### HAWAIIAN 78

CHICKEN SCHNITZEL BREAST, PINEAPPLE, CUCUMBER SHREDDED LETTUCE & SWEET CHILI MAYO (GLUTEN FREE SCHNITZEL BREAST ADD 5.00)

### CARIBBEAN 80

CHICKEN SCHNITZEL BREAST, AVO, FETA, CUCUMBER & SHREDDED LETTUCE WITH A HOMEMADE MAYO (GLUTEN FREE SCHNITZEL BREAST ADD 5.00)

### MEDITERRANEAN 80

AUBERGINE, CAJUN / GRILLED CHICKEN BREAST, FETA, AVO & SHREDDED LETTUCE

### TEL AVIV (V) 70

FALAFEL, HUMMUS, MIXED SALAD, SHREDDED LETTUCE & HOMEMADE TAHINA SAUCE

### CAPRI WRAP 75

CAJUN / GRILLED CHICKEN BREAST, CUCUMBER, SUN DRIED TOMATOES, PEPPERDEWS, FETA, SHREDDED LETTUCE & OUR HOMEMADE DRESSING

### TURKISH WRAP 70

CHICKEN SCHWARMA BREAST, HUMMUS, MIXED SALAD, SHREDDED LETTUCE & NEWPORT'S GARLIC SAUCE

### GREEK WRAP 75

CRUMBED HALLOUMI, AUBERGINE, ROCKET, SUNDRIED TOMATOES, PEPPERDEWS & TZATZIKI

### CAESAR WRAP 80

CHICKEN BREAST, AVO, CUCUMBER, IMPORTED PARMESAN, SHREDDED LETTUCE & CAESAR DRESSING

### ARCTIC WRAP 88

SMOKED SALMON (60G), AVO, CUCUMBER, ROCKET, WATERCRESS, SHREDDED LETTUCE & CREAM CHEESE

### PACIFIC WRAP 80

TUNA, AVO, CUCUMBER, PEPPERDEWS, BOILED EGG & SHREDDED LETTUCE WITH CHERRY TOMATOES & HOMEMADE MAYO

## SANDWICHES

ALL SANDWICHES SERVED ON CHOICE OF BAGEL, HEALTH BREAD, 100% RYE OR CROISSANT. FOR NEWPORT PUMPKIN SEED ROLL, ARTISANAL SOURDOUGH BREADS, CIABATTA, LIGHT RYE / BAGUETTE / BANTING BREAD ADD R10.

~REGRET NO SUBSTITUTIONS~

KINDLY NOTE WE DO NOT SERVE OPEN SANDWICHES

### AVO & SALAD 75/85

AVO, LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO

### RARE ROAST BEEF 70/80

HOMEMADE MUSTARD & PEPPER CRUSTED RARE ROAST SIRLOIN THINLY SLICED, LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO

### SMOKED CHICKEN 65/75

SMOKED CHICKEN BREAST THINLY SLICED SERVED WITH LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO

### CHICKEN MAYO 85/95

CHICKEN MAYO SERVED WITH LETTUCE, TOMATO & GHERKINS

### TUNA MAYO 75/85

TUNA MAYO SERVED WITH LETTUCE, TOMATO & GHERKINS

### HAM & CHEESE 65/75

GYSPY HAM SERVED WITH CHEDDAR OR MOZZARELLA, LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO

### SALAMI & CHEESE 65/75

CERVELAT SALAMI SERVED WITH CHEDDAR OR MOZZARELLA, LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO

### SMOKED SALMON 95/105

ONLY THE BEST NORWEGIAN SALMON (60g/80g) SERVED WITH CREAM CHEESE, LETTUCE, TOMATO & GHERKINS

## BURGERS

STANDARD (SINGLE BREAST) - WHITE ROLL - 100% RYE, BAGEL ~  
LARGE (DOUBLE BREAST) - SOURDOUGH BREADS, BAGUETTE, CIABATTA. ALL BURGERS SERVED WITH OUR HOMEMADE SAUCE, LETTUCE, TOMATO, GHERKINS, COLESLAW AND CRISPS ~ FOR PUMPKIN SEED ROLL ADD R6.50.

### CAJUN CHICKEN BURGER STD 75 / LRG 95

### PLAIN CHICKEN BURGER STD 75 / LRG 95

### CHICKEN SCHNITZEL BURGER STD 80 / LRG 98

(GLUTEN FREE SCHNITZEL BREAST ADD 5.00 EACH)

### BANTING CAJUN/PLAIN CHICKEN STD 80 / LRG 98

BANTING BURGER SERVED WITH A SIDE SALAD & CARB FRIENDLY DRESSING

## GOURMET SANDWICHES

ALL GOURMET SANDWICHES SERVED ON A CHOICE, BAGEL, HEALTH BREAD OR 100% RYE. FOR PUMPKIN SEED ROLL, NEWPORT ARTISANAL SOURDOUGH BREADS, CIABATTA, LIGHT RYE / BAGUETTE / BANTING BREAD ADD R10.

~ REGRET NO SUBSTITUTIONS~

KINDLY NOTE WE DO NOT SERVE OPEN SANDWICHES

### GOURMET CHICKEN MAYO 90/100

CHICKEN MAYO, ROCKET, WATERCRESS & AVO

### GOURMET TUNA MAYO 85/95

TUNA MAYO, ROCKET, WATERCRESS, SDT & GHERKINS

### GOURMET RARE ROAST BEEF 80/90

RARE ROAST BEEF, ROCKET, WATERCRESS, GHERKINS & HORSERADISH

### GOURMET CAPRESE 90/100

FIOR DE LATTE MOZZARELLA, ROCKET, TOMATO & BASIL PESTO

### GOURMET BRIE 75/85

BRIE, ROCKET, PEPPERDEWS & TOMATO

### GOURMET SMOKED CHICKEN 80/90

SMOKED CHICKEN, AVO, ROCKET, PEPPERDEWS, MUSTARD

### GOURMET PARMA HAM 100/110

PARMA HAM, ROCKET, ARTICHOKE & FIOR DE LATTE MOZZARELLA SERVED WITH MUSTARD & MAYO

### GOURMET AUBERGINE 95/105

GRILLED AUBERGINE, HALLOUMI, ROCKET, ARTICHOKE, TOMATO & TAHINA SAUCE

### GOURMET SMOKED SALMON 95/115

FRESH NORWEGIAN SALMON, CREAM CHEESE, TOMATO, CAPERS & ONION

### ADDITIONS FOR SANDWICHES std/large: ONION/JALAPENOS/TOMATO 10/15

~ ROCKET/PEPPERDEWS/SDT 12/15 ~ PESTO 15/20 ~ AVO 30/35

~ FETA/BRIE 25/30 ~ HUMMUS/CHEESE 15/20 ~ EMMENTHALER 20/30

~ SALMON (60g/80g) 65/75 ~ HALLOUMI 25/30 ~ G/F HALLOUMI ADD 5

## SALADS

ALL SALADS SERVED WITH OUR HOMEMADE SALAD DRESSING.

~ REGRET NO SUBSTITUTIONS ~

### CARIBBEAN SALAD 88

CHICKEN SCHNITZEL BREAST SERVED WITH AVO, FETA, RED ONION & GREEN BEANS ON A BED OF LETTUCE WITH CUCUMBER

### CAJUN / GRILLED / SMOKED CHICKEN 88

CAJUN OR SMOKED CHICKEN BREAST WITH AVO SERVED ON A BED OF LETTUCE, TOMATO, CUCUMBER, SDT & PEPPERS

### GREEK SALAD 80

OLIVES, FETA, SDT & ONIONS SERVED ON A BED OF LETTUCE WITH CUCUMBER, TOMATO, PEPPERDEWS, RADDISH & PEPPERS

### TUNA SALAD 95

TUNA, ANCHOVIES, EGG, ONION, GREEN BEANS, RADDISH, SDT, PEPPERDEWS & OLIVES SERVED ON A BED OF LETTUCE WITH CUCUMBER & TOMATO

### CHICKEN CAESAR SALAD 95

GRILLED CHICKEN BREAST, COS LETTUCE, CROUTONS, PARMESAN SHAVINGS & OUR FAMOUS CAESAR DRESSING

### AVO, PARMESAN & PINE NUT SALAD 115

AVO, PARMESAN SHAVINGS & PINE NUTS SERVED ON A BED OF LETTUCE WITH CUCUMBER & SDT

### BUTTERNUT, BEETROOT & FETA 90

ROASTED BUTTERNUT & BEETROOT SERVED WITH FETA ON A BED OF LETTUCE, CUCUMBER, AVO, SDT & TOASTED SUNFLOWER SEEDS/PUMPKIN SEEDS

### SMOKED SALMON SALAD 130

FRESH NORWEGIAN SALMON (80g) SERVED ON A BED OF LETTUCE WITH AVO, TOMATOES, CUCUMBER, SDT, ONIONS & CAPERS

### ITALIAN SALAD 135

PARMA HAM (80g), ROCKET, ARTICHOKE, FIOR DE LATTE MOZZARELLA & CHERRY TOMATOES WITH A BALSAMIC DRIZZLE

### FALAFEL SALAD 95

FALAFEL, AUBERGINE & HUMMUS SERVED ON A BED OF MIXED GREENS WITH CHICK PEAS & TAHINA SAUCE

### ADDITIONS:

PINE NUTS (6g) 30 ~ CHICKEN SCHNITZEL BREAST 35

CAJUN/SMOKED CHICKEN BREAST/PARMESAN/HALLOUMI 30

AVO 30 ~ FETA/BUTTERNUT/BEETROOT 25 SALMON 75 ~ OLIVES 12

EGG 10 ~ TUNA 25 ~ ROCKET 13 ~ PARMA HAM 80

QUINOA/CHICKPEAS 15

## INSALATIERA - POWER BOWLS

REGRET NO SUBSTITUTIONS

### SPINACH POWER BOWL 88

BABY SPINACH, GRATED BEETROOT, AVO & QUINOA SERVED WITH DICED CUCUMBER, CORN, FETA, RADISH & EGG SERVED WITH A HOMEMADE BANTING 5 SEED CRACKER & HONEY BALSAMIC VINAIGRETTE

### LENTIL & COUSCOUS BOWL 98

HEALTHY SALAD OF LENTILS, COUSCOUS, BABY SPINACH CHOPPED CUCUMBER, CHERRY TOMATOES, RED ONION, AVO & CORN TOPPED WITH CRUMBED HALLOUMI CHEESE & SERVED WITH A GREEK VINAIGRETTE

### CAJUN CHICKEN QUINOA BOWL 110

CAJUN CHICKEN BREAST, QUINOA, TOASTED FLAKED ALMONDS, DICED CUCUMBER & GREEN PEPPER SERVED WITH AVO, FETA & FRESH HERBS TOSSED WITH OLIVE OIL & LEMON JUICE

### BUDDHA BOWL 115

SPICY CHICKPEAS SERVED ON A BED OF QUINOA, WITH 3 FELAFEL BALLS, COOKED SPINACH, ROASTED BUTTERNUT & SERVED WITH HOMEMADE HUMMUS & A TAHINI DRESSING

### ITALIAN POLLO BOWL 120

GRILLED CHICKEN BREAST, SERVED WITH A CHICKPEAS, BABY MARROW & TOMATO RELISH, COOKED SPINACH & ROAST BUTTERNUT ON A BED OF QUINOA SERVED WITH PARMESAN SHAVINGS

## PIATTO PRANZO

### FALAFEL PLATE 90

5 FALAFEL BALLS SERVED WITH HUMMUS, TAHINA SAUCE, MIXED ISRAELI SALAD & A HOMEMADE BEETROOT & TURNIP PICKLE SERVED WITH A PITA BREAD

### SCHNITZEL PLATE 115

2 CHICKEN SCHNITZEL BREASTS SERVED WITH SLICED CUCUMBER, TOMATO, AVOCADO & ONION (GLUTEN FREE SCHNITZEL BREASTS ADD 10.00)

### CAJUN CHICKEN / GRILLED CHICKEN PLATE 110

2 CAJUN / GRILLED CHICKEN BREASTS SERVED WITH SLICED TOMATO, CUCUMBER, AVOCADO & ONION

### SALMON PLATE 145

NORWEGIAN SMOKED SALMON(80g) SERVED WITH SLICED TOMATO, CUCUMBER, AVOCADO & ONION

## PASTAS

ALL PASTAS SERVED WITH PENNE & IMPORTED PARMESAN CHEESE

### BAKED ZITI 85

PENNE TOSSED IN BOLOGNAISE & BECHAMEL OVEN BAKED

### BASIL PESTO 85

A BLEND OF BASIL, FRESH GARLIC, PINE NUTS

### HOMEMADE MACARONI CHEESE 70

OVEN BAKED

### NAPOLITANA / ARABIATA (V) 70

HOMEMADE TOMATO SAUCE

### SUNDRIED TOMATO & OLIVE 85

SUN DRIED TOMATO, OLIVES, CHILI & GARLIC, PARMESAN & OLIVE OIL

### BOLOGNAISE 90

HOMEMADE BEEF & ITALIAN TOMATO SAUCE

## CROSTINI

NOT AVAILABLE FOR TAKEAWAY ~ SERVED FROM 07:00 - 12:00AM

### NATURALLY NEWPORT CROSTINI 38

2 SLICES OF OUR FAMOUS IN HOUSE FRESH BAKED TOASTED SOURDOUGH BREAD SERVED WITH BUTTER & JAM

### AWESOME AVO CROSTINI (SEASONAL) (V) 68

SLICED AVOCADO SERVED ON A CHOICE OF 2 SLICES OF WHITE OR WHOLE WHEAT SOURDOUGH CROSTINI

### SALAMI & CHEESE CROSTINI 80

SALAMI & MOZZARELLA CHEESE SLICED SERVED WITH TOMATO ON A CHOICE OF 2 SLICES OF SOURDOUGH WHITE / WHOLE WHEAT / RYE CROSTINI

### SALMON CROSTINI 145

SMOKED SALMON (80g), CREAM CHEESE & SLICED AVOCADO SERVED ON A CHOICE OF 2 SLICES OF WHITE / WHOLE WHEAT / RYE SOURDOUGH CROSTINI

## PITAS

### FALAFEL 75

PITA POCKET FILLED WITH HOMEMADE FALAFEL BALLS, HUMMUS, TAHINA & CHOPPED LETTUCE WITH A TOMATO & CUCUMBER SALAD

### CHICKEN SCHWARMA 80

PITA POCKET FILLED WITH MEDITERRANEAN SPICED CHICKEN BREAST, CHOPPED LETTUCE, TOMATO & CUCUMBER SALAD WITH A HOMEMADE HUMMUS & TAHINI SAUCE

## DESSERTS

### APPLE PUDDING & VANILLA ICE-CREAM 50

### MALVA PUDDING & VANILLA ICE-CREAM 50

### DARK CHOC BROWNIE & VANILLA ICE-CREAM 50

### VANILLA ICE-CREAM & CHOC SAUCE 40

### HOMEMADE CARROT CAKE 48

### OUR FAMOUS HOMEMADE CHEESECAKE 50

~  
Homemade  
Daily  
~