



NEWPORT

EST. 1997 | MARKET & DELI | HEALTHY & NATURAL



FRESH JUICE

- All Juices Freshly Made On Order*
- FRESHLY SQUEEZED ORANGE 250ML 35
 - CARROT 250ML 35
 - CARROT & ORANGE 500ML 45
 - CARROT & APPLE 500ML 45
 - CARROT, APPLE & ORANGE 500ML 45
 - CARROT, APPLE & BEETROOT 500ML 48
 - CARROT, APPLE, ORANGE & BEETROOT 500ML 48
 - CARROT & BEETROOT 500ML 48
 - CARROT & BANANA 500ML 48
 - 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 48
APPLE, CARROT, LEMON, PARSLEY & GINGER
 - IRON MAN 48
BEETROOT, APPLE, CUCUMBER, KALE, SPINACH, CELERY, LEMON & MINT
 - FATIGUE FIGHTER 48
BEETROOT, APPLE, LEMON & GINGER
 - REPLENISH 48
APPLE, PINEAPPLE, LEMON & MINT
 - LEMON TWIST 48
APPLE, LEMON, MINT & GINGER
 - RADIANCE 48
COCONUT WATER, APPLE, CUCUMBER, SPINACH, LEMON, MINT & GINGER
 - SUPERFOOD ME 48
COCONUT WATER, APPLE, SPINACH, KALE, LEMON, MINT, PARSLEY & GINGER
 - ENERGISER 48
PINEAPPLE, APPLE & MINT

SMOOTHIES

- FREEZERCHINO 58
- CHOCOLATE FREEZER 500ML 58
- LIMONATA - FROZEN LEMONADE 58
- STRAWBERRY SLINGER 58
- BERRY BLITZ (V) 55
ASSORTED BERRIES, BANANA & APPLE JUICE (DAIRY FREE)
- PINEAPPLE BURST (V) 55
PINEAPPLE, BANANA & ORANGE JUICE (DAIRY FREE)
- MANGO MADNESS (V) 55
PAWPAW, BANANA & MANGO JUICE (DAIRY FREE)
- PAWPAW POWER (V) 55
PAWPAW, MIXED BERRIES & MANGO JUICE (DAIRY FREE)
- BREAKFAST BUZZ 55
MUESLI, BANANA, HONEY & YOGHURT (NUTS) 250ML
- MORNING DATE 55
DATES, BANANA, HONEY & YOGHURT (NUTS) 250ML
- BANANA BOOST 55
BANANA, LOW FAT MILK, CINNAMON & PROTEIN POWDER

SUPER SMOOTHIES

- TROPICAL TWIST (V) 58
DRAGON FRUIT, BANANA, PAWPAW, PINEAPPLE, BLACKBERRY, BEETROOT AND UNSWEETENED COCONUT WATER (DAIRY FREE)
- MATCHA MATCHA (V) 58
BANANA, FRESH APPLE JUICE, FRESH MINT & MATCHA GREEN TEA POWDER
- AWESOME AÇAÍ (V) 58
BANANA, BLACKBERRIES, WILD BERRY JUICE & AÇAÍ NATURAL PULP (DAIRY FREE)
- TRIATHLETE 58
BANANA, BLACKBERRIES, APPLE JUICE & PROTEIN PACK (DAIRY FREE)
- GO GO GREEN (V) 58
BANANA, STRAWBERRIES, WILD BERRY JUICE & GREEN SUPER FOOD BOOSTER PACK (DAIRY FREE)
- PEANUT BUTTER BLISS 58
BANANA, PEANUT BUTTER, SKIM MILK & SUPER FOOD BOOSTER PACK
- MEAN GREEN SUPERSHAKE (V) 58
FRESH SPINACH, KALE, MINT, BANANA, FRESHLY SQUEEZED GREEN APPLE JUICE AND GREEN SUPER FOOD BOOSTER
- GOLDEN GLOW (V) 60
BANANA, ALMOND MILK & ORGANIC TURMERIC POWDER WITH COCONUT, CINNAMON, MACA, FLAX & CHIA

HOT BEVERAGES

- COFFEE single 28 ~ double 34
- ESPRESSO single 22 ~ double 28
- MACCHIATO single 24 ~ double 30
- CAPPUCCINO / FLAT WHITE single 30 ~ double 36
- CORTADO single 30 ~ double 36
- CAFE LATTE / CHAI LATTE 34
- CHOCOCINO 38
- HOT CHOCOLATE / MILO 35
- RED FLAT WHITE 34
- RED CAPPUCCINO / RED LATTE 36
- 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 44
- GOLDEN CACAO CHOCOLATE 44
- RED VELVET LATTE 48
- MATCHA GREEN TEA LATTE 48

COLD BEVERAGES

- MINERAL WATER 500 ML 22 / 750ML 38
- IMPORTED MINERAL WATER 500 ML 35 / 750ML 50
- RED BULL 35
- ICED TEA 26
- SODAS 330 ML 24
- POWERADE / ENERGIDE 25
- APPLETIZER / GRAPETIZER 27
- FLAVOURED MINERAL WATER 25
- IMPORTED SODAS 35
- 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

Cold Pressed Here Daily

- VITAL SHOT 28
BEET, CARROT, LEMON, PARSLEY & GINGER
- POWER SHOT 28
PINEAPPLE, LEMON, TURMERIC & BLACK PEPPER
- ENERGY ELIXIR 28
PINEAPPLE, SPINACH, LEMON & KALE
- MEAN GREEN 28
WHEATGRASS, CUCUMBER, SPINACH, KALE & GINGER
- GINGER NINJA 28
GREEN APPLE, GINGER & APPLE CIDER VINEGAR
- TURMERIC TONIC 28
ORANGE, LEMON, TURMERIC, GINGER & BLACK PEPPER
- FLU SHOT 28
LEMON, GINGER, RAW HONEY & FRESH CHILLI

EXTRA INFORMATION ~ NO DOGS ALLOWED. GRATUITY NOT INCLUDED.
10% SERVICE CHARGE ADDED TO PARTIES LARGER THAN 6.

WE REGRET NO CHEQUES 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

- FRUIT SALAD, MUESLI, HONEY & YOGHURT 85
OUR FAMOUS HOMEMADE MUESLI SERVED WITH FRESH SEASONAL FRUIT SALAD, LOW FAT YOGHURT & HONEY
- STEWED FRUIT, MUESLI, HONEY & YOGHURT 88
HOMEMADE MUESLI SERVED WITH STEWED FRUIT COMPOTE, LOW FAT YOGHURT & HONEY
- BIRCHERS BREAKFAST 80
A HOMEMADE BLEND OF OATS, NUTS, DRIED FRUIT & YOGHURT SERVED WITH GRATED APPLE, BANANA, RAISINS, TOASTED ALMONDS & HONEY
- BANANA BREAKFAST 80
OUR FAMOUS HOMEMADE MUESLI SERVED WITH SLICED BANANA, LOW FAT YOGHURT & HONEY
- SLIMMERS BREAKFAST 80
SPECIAL K SERVED WITH FRESH SEASONAL FRUIT SALAD, LOW FAT YOGHURT & HONEY
- SUPER POWER OATS (V) 88
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) 75
COOKED OATS SERVED WITH BAKED APPLE, SWEET DUKKAH & HONEY
- PAWPAW PICK UP 78
PAWPAW, LOW FAT YOGHURT, TOASTED ALMONDS & HONEY
- FRUIT SALAD (V) 55
- STEWED FRUIT COMPOTE (V) 65
- FRUIT SALAD & YOGHURT 65

HONEY 3.50 ~ SOY / 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 (V) 98
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 (V) 98
BANANA, UNSWEETENED ALMOND MILK, CINNAMON & WHEY PROTEIN TOPPED WITH HOMEMADE WHEAT FREE GRANOLA, TOASTED ALMONDS, CRANBERRIES, GOJI AND CHIA SEEDS
- TUTTI FRUTTI SMOOTHIE BOWL (V) 98
DRAGON FRUIT, BANANA, PINEAPPLE, PAPAYA, WHEAT FREE GRANOLA & ALMOND MILK, GARNISHED WITH FRESH SEASONAL TROPICAL FRUITS

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

DESSERTS

- Homemade Daily*
- APPLE PUDDING & VANILLA ICE-CREAM 50
 - MALVA PUDDING & VANILLA ICE-CREAM 50
 - DARK CHOC BROWNIE & VANILLA ICE-CREAM 50
 - VANILLA ICE-CREAM 40
SERVED WITH HOMEMADE CHOC SAUCE
 - HOMEMADE CARROT CAKE 48
MOIST & DELICIOUS WITH A CREAM CHEESE ICING
 - OUR FAMOUS HOMEMADE CHEESECAKE 50
HOME-BAKED WITH HINTS OF LEMON & VANILLA



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SANDWICHES

ALL SANDWICHES / GOURMET 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 TURKEY / CHICKEN 65/75

SMOKED TURKEY OR 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

ITALIAN 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

GOURMET SANDWICHES

GOURMET CHICKEN MAYO 90/100

CHICKEN MAYO, ROCKET, WATERCRESS & AVO

GOURMET TUNA MAYO 85/95

TUNA MAYO, ROCKET, WATERCRESS, SDT & GHERKINS

GOURMET TURKEY 90/100

TURKEY BREAST, EMMENTHALER, AVO, LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO

GOURMET CAPRESE 90/100

FIOR DE LATTE MOZZARELLA, ROCKET, TOMATO & BASIL PESTO

GOURMET BRIE 85/95

BRIE, ROCKET, PEPPERDEWS & TOMATO

GOURMET SMOKED CHICKEN 85/95

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 15/20 ~ PESTO 15/20 ~ AVO 30/35
~ FETA/BRIE 25/30 ~ HUMMUS/CHEESE 15/20 ~ EMMENTHALER 20/30
~ SALMON (60g/80g) 70/80 ~ HALLOUMI 30/35 ~ G/F HALLOUMI ADD 5

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 FALAFEL 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

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

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) 88

ROASTED AUBERGINE, ROCKET & DICED TOMATO DRIZZLED WITH HOMEMADE TAHINA FRESH MINT & PINENUTS SERVED WITH A WARM PITA BREAD

CAPRESE SALAD 95

FRESH FIOR DE LATTE MOZZARELLA, TOMATO & BASIL

BEEF CARPACCIO 120

HOMEMADE RARE ROASTED SIRLOIN SERVED WITH PARMESAN & ROCKET AND BALSAMIC DRESSING

WRAPS

CHOICE OF WHITE OR WHOLEWHEAT. GLUTEN FREE ADD 15

LOUISIANA 78

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

HAWAIIAN 85

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

CARIBBEAN 85

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

MEDITERRANEAN 85

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

TEL AVIV (V) 78

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

CAPRI WRAP 78

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

TURKISH WRAP 78

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

GREEK WRAP 78

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

CAESAR WRAP 85

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

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 85

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

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 78 / LRG 98

PLAIN CHICKEN BURGER STD 78 / LRG 98

CHICKEN SCHNITZEL BURGER STD 85 / LRG 105

(GLUTEN FREE SCHNITZEL BREAST ADD 5.00 EACH)

BANTING CAJUN/PLAIN CHICKEN STD 85 / LRG 105

BANTING BURGER SERVED WITH A SIDE SALAD & CARB FRIENDLY DRESSING

PASTAS

ALL PASTAS SERVED WITH PENNE & IMPORTED PARMESAN CHEESE

BAKED ZITI 88

PENNE TOSSED IN BOLOGNAISE & BECHAMEL OVEN BAKED

BASIL PESTO 88

A BLEND OF BASIL, FRESH GARLIC, PINE NUTS

HOMEMADE MACARONI CHEESE 70

OVEN BAKED

NAPOLITANA / ARABIATA (V) 75

HOMEMADE TOMATO SAUCE

SUNDRIED TOMATO & OLIVE 85

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

BOLOGNAISE 90

HOMEMADE BEEF & ITALIAN TOMATO SAUCE

PITAS

FALAFEL 78

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

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

WINE / BEER

JORDAN CHAMELEON GLASS WHITE/ROSE 45

JORDAN CHAMELEON GLASS RED 48

JORDAN CHAMELEON SAUVIGNON BLANC CHARDONNAY 135

PORCUPINE RIDGE SAVIGNON BLANC 150

DURBANVILLE HILLS CHARDONNAY 165

JORDAN CHARDONNAY UNOAKED 285

JORDAN CHENIN BLANC 210

JORDAN CHAMELEON DRY ROSÉ 135

JORDAN CHAMELEON CABERNET SAUVIGNON MERLOT 150

PORCUPINE RIDGE MERLOT 160

DURBANVILLE HILLS CABERNET SAUVIGNON 160

LOCAL BEERS 26

IMPORTED BEERS 30

CRAFT BEER 58

CIDERS 30

SPIRITS PER TOT

KLIPDRIFT /SMIRNOFF/GORDONS/BACARDI 18

BELLS WHISKY 20

JOHNNY WALKER BLACK 36

COCKTAILS

BLOODY MARY 40

SINGLE VODKA & TOMATO JUICE

STRAWBERRY DAQUIRI 60

SINGLE BACARDI AND FROZEN STRAWBERRY WITH A DASH OF MINT

WICKED LEMON 60

VODKA AND FROZEN LEMONADE WITH A DASH OF MINT

SEA BREEZE 60

VODKA AND FRESHLY SQUEEZED ORANGE

SIMONSIG KAAPSE VONKEL 325

JC LE ROUX LE DOMAINE / LA CHANSON 165

CARAFE FRESHLY SQUEEZED ORANGE JUICE 120