



NEWPORT

EST. 1997 | MARKET & DELI | HEALTHY & NATURAL



HOT BREAKFASTS

SERVED FROM 07:00 - 12:00PM

POACHED EGGS 55

2 POACHED FREE RANGE EGGS SERVED WITH SOURDOUGH TOAST & PRESERVES

SCRAMBLED EGGS 60

3 SCRAMBLED FREE RANGE EGGS SERVED WITH SOURDOUGH TOAST & PRESERVES

NATURALLY NEWPORT BREAKFAST 98

2 SCRAMBLED OR POACHED FREE RANGE EGGS SERVED WITH MUSHROOMS, BEEF SAUSAGE OR TURKEY MACON & GRILLED TOMATO WITH SOURDOUGH TOAST & PRESERVES

NATURALLY NEWPORT VEG BREAKFAST 98

SPINACH, MUSHROOMS, ROCKET & GRILLED TOMATO SERVED WITH A CHOICE OF EITHER SLICED AVOCADO OR HALLOUMI, SOURDOUGH TOAST & PRESERVES

NATURALLY NEWPORT VEGAN BREAKFAST 98

SPINACH, MUSHROOM AND RED ONION TOSSED IN A CHICKPEA FLOUR EGG SERVED WITH A HOMEMADE TOMATO & RED PEPPER RELISH (SPICY OR PLAIN) AND SOURDOUGH TOAST

NATURALLY NEWPORT SUPER PRO 88

3 SCRAMBLED EGG WHITES SERVED WITH MUSHROOMS, SPINACH, ROCKET & TOMATO WITH SOUGHDOUGH TOAST

ALL THE ABOVE SERVED WITH A CHOICE OF 2 SLICES OF HOMEBAKED SOURDOUGH WHITE / 50% RYE / 100% RYE / WHOLEWHEAT GLUTEN FREE OR HEALTH TOAST & PRESERVES

SCRAMBLED EGGS CROISSANT 80

3 SCRAMBLED FREE RANGE EGGS SERVED ON A CROISSANT FOR SEPARATE CROISSANT ADD R10

SHAKSHUKA 80

3 EGGS POACHED IN A SAUCE OF TOMATOES, PEPPERS & ONIONS SPICY OR PLAIN SERVED WITH A HOMEBAKED CRUSTY BAGUETTE

CROISSANT FRENCH TOAST 55

SERVED WITH CINNAMON SUGAR & SYRUP

CHOC CROISSANT FRENCH TOAST 60

DRIZZLED WITH HOMEMADE CHOCOLATE SAUCE

CHEESE 15 ~ GRILLED TOMATO 12 ~ TURKEY MACON 30 ~ SPINACH 20 AVO 25 ~ FETA 20 ~ SALMON 70 ~ MUSHROOMS 25 ~ BEEF SAUSAGE 25 HALLOUMI 30 ~ BANTING BREAD ADD 10 ~ SCRAMBLED WHITES ONLY ADD 10

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 TUMERIC, 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

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, TUMERIC 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 / ENERGADE 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

VITAL SHOT 28

BEET, CARROT, LEMON, PARSLEY & GINGER

POWER SHOT 28

PINEAPPLE, LEMON, TUMERIC & 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

TUMERIC TONIC 28

ORANGE, LEMON, TUMERIC, GINGER & BLACK PEPPER

FLU SHOT 28

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

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, TOMATO & GHERKINS SERVED WITH A CHOICE OF 2 SLICES OF SOURDOUGH WHITE / WHOLE WHEAT OR 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

FRESH JUICE

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

All Juices Freshly Made On Order

SUPER JUICE 250ML

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

All Juices Freshly Made On Order

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 TUMERIC POWDER WITH COCONUT, CINNAMON, MACA, FLAX & CHIA



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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

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

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

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

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

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

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

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

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

DESSERTS

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

~
Homemade
Daily
~

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.