



# 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
- 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 40
- IMPORTED MINERAL WATER 500 ML 35 / 750ML 50
- RED BULL 35
- ICED TEA 26
- SODAS 330 ML 24
- POWERADE / ENERGIDE 25
- APPLETIZER / GRAPETIZER 28
- 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 30  
BEET, CARROT, LEMON, PARSLEY & GINGER
- POWER SHOT 30  
PINEAPPLE, LEMON, TURMERIC & BLACK PEPPER
- ENERGY ELIXIR 30  
PINEAPPLE, SPINACH, LEMON & KALE
- MEAN GREEN 30  
WHEATGRASS, CUCUMBER, SPINACH, KALE & GINGER
- GINGER NINJA 30  
GREEN APPLE, GINGER & APPLE CIDER VINEGAR
- TURMERIC TONIC 30  
ORANGE, LEMON, TURMERIC, GINGER & BLACK PEPPER
- FLU SHOT 30  
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 85  
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 94  
LOW FAT YOGHURT, AÇAÍ PULP, SERVED WITH BERRIES, SEASONAL FRUIT AND HOMEMADE GLUTEN FREE CRANBERRY GRANOLA
- 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

- APPLE PUDDING & VANILLA ICE-CREAM 55
- MALVA PUDDING & VANILLA ICE-CREAM 55
- DARK CHOC BROWNIE & VANILLA ICE-CREAM 55
- VANILLA ICE-CREAM 45  
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*

