



CAPE TOWN

NEWPORT

EST. 1997 | MARKET & DELI | HEALTHY & NATURAL



FRESH JUICE

All Juices Freshly Made On Order

- FRESHLY SQUEEZED ORANGE 40
- CARROT 40
- CARROT & ORANGE 48
- CARROT & APPLE 48
- CARROT, APPLE & ORANGE 48
- CARROT, APPLE & BEETROOT 50
- CARROT, APPLE, ORANGE & BEETROOT 50
- CARROT & BEETROOT 50
- CARROT & BANANA 50
- COLD AUGERED WHEATGRASS 25ML 30
- COLD AUGERED GINGER 25ML 28
- ADD SPINACH OR KALE OR CELERY 15ML 15
- ADD GINGER 5ML 10

SUPER JUICE

All Juices Freshly Made On Order

- FULL IMMUNITY 50
APPLE, CARROT, LEMON, PARSLEY & GINGER
- IRON MAN 50
BEETROOT, APPLE, CUCUMBER, KALE, SPINACH, CELERY, LEMON & MINT
- FATIGUE FIGHTER 50
BEETROOT, APPLE, LEMON & GINGER
- REPLENISH 50
APPLE, PINEAPPLE, LEMON & MINT
- LEMON TWIST 50
APPLE, LEMON, MINT & GINGER
- RADIANCE 50
APPLE, CUCUMBER, SPINACH, LEMON, MINT & GINGER
- SUPERFOOD ME 50
APPLE, SPINACH, KALE, LEMON, MINT, PARSLEY & GINGER
- ENERGISER 50
PINEAPPLE, APPLE & MINT

SMOOTHIES

- FREEZERCHINO 58
- BERRY BLITZ (V) 58
ASSORTED BERRIES, BANANA & APPLE JUICE (DAIRY FREE)
- PINEAPPLE BURST (V) 58
PINEAPPLE, BANANA & ORANGE JUICE (DAIRY FREE)
- MANGO MADNESS (V) 58
PAWPAW, BANANA & MANGO JUICE (DAIRY FREE)
- PAWPAW POWER (V) 58
PAWPAW, MIXED BERRIES & MANGO JUICE (DAIRY FREE)
- BREAKFAST BUZZ 60
MUESLI, BANANA, HONEY & YOGHURT (NUTS)
- MORNING DATE 60
DATES, BANANA, HONEY & YOGHURT (NUTS)
- BANANA BOOST 58
BANANA, LOW FAT MILK, CINNAMON & PROTEIN POWDER
- ADD AVOCADO 15

SUPER SMOOTHIES

- TROPICAL TWIST (V) 60
DRAGON FRUIT, BANANA, PAWPAW, PINEAPPLE, BLACKBERRY, BEETROOT AND UNSWEETENED COCONUT WATER (DAIRY FREE)
- MATCHA MATCHA (V) 60
BANANA, FRESH APPLE JUICE, FRESH MINT & MATCHA GREEN TEA POWDER
- AWESOME AÇAÍ (V) 60
BANANA, BLACKBERRIES, WILD BERRY JUICE & AÇAÍ NATURAL PULP (DAIRY FREE)
- TRIATHLETE 60
BANANA, BLACKBERRIES, APPLE JUICE & PROTEIN PACK (DAIRY FREE)
- GO GO GREEN (V) 60
BANANA, STRAWBERRIES, WILD BERRY JUICE & GREEN SUPER FOOD BOOSTER PACK (DAIRY FREE)
- PEANUT BUTTER BLISS 60
BANANA, PEANUT BUTTER, SKIM MILK & SUPER FOOD BOOSTER PACK
- MEAN GREEN SUPERSHAKE (V) 60
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
- ADD AVOCADO 15

HOT BEVERAGES

- COFFEE single 30 ~ double 36
- ESPRESSO single 22 ~ double 28
- MACCHIATO single 26 ~ double 32
- CAPPUCCINO / FLAT WHITE single 34 ~ double 42
- CORTADO single 32 ~ double 38
- CAFE LATTE / CHAI LATTE 38
- CHOCOCINO 45
- HOT CHOCOLATE / MILO 40
- RED CAPPUCCINO / RED LATTE 38
- TEA PER PERSON 28
- SPECIALITY TEAS 30
ENGLISH BREAKFAST, EARL GREY, PEPPERMINT, CAMOMILE, FOUR RED FRUITS, GREEN TEA, GREEN & MINT, GREEN & LEMON, HONEY GINGER TEA, TUMERIC VANILLA TEA
- POURING CREAM ADD 12
- 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 48
- GOLDEN CACAO CHOCOLATE 48
- RED VELVET LATTE 48
- MATCHA GREEN TEA LATTE 48

COLD BEVERAGES

- MINERAL WATER 500 ML 24 / 750ML 40
- IMPORTED MINERAL WATER 500 ML 35 / 750ML 55
- RED BULL 35
- ICED TEA 26
- SODAS 330 ML 24
- POWERADE / ENERGADE 25
- APPLETIZER / GRAPETIZER 28
- FLAVOURED MINERAL WATER 25
- IMPORTED SODAS 38
- LIME / COLA TONIC / PASSION FRUIT & SODA 28

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, TUMERIC & 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
- TUMERIC TONIC 30
ORANGE, LEMON, TUMERIC, GINGER & BLACK PEPPER
- FLU SHOT 30
LEMON, GINGER, RAW HONEY & FRESH CHILLI
- WHEATGRASS SHOT 30

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 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 88
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 85
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
- HOT OATS (V) 78
COOKED OATS SERVED WITH BAKED APPLE, SWEET DUKKAH & HONEY
- PAWPAW PICK UP 85
PAWPAW, LOW FAT YOGHURT, TOASTED ALMONDS & HONEY
- FRUIT SALAD (V) 58
- STEWED FRUIT COMPOTE (V) 65
- FRUIT SALAD & YOGHURT 68
- 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 98
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

WINE

- JORDAN CHAMELEON GLASS WHITE/ROSE 48
- JORDAN CHAMELEON GLASS RED 50
- JORDAN CHAMELEON SAUVIGNON BLANC CHARDONNAY 140
- JORDAN CHARDONNAY UNOAKED 285
- JORDAN CHENIN BLANC 210
- JORDAN CHAMELEON DRY ROSÉ 140
- JORDAN CHAMELEON CABERNET SAUVIGNON MERLOT 165
- PORCUPINE RIDGE MERLOT 160

BEER

- LOCAL BEERS 28
- IMPORTED BEERS 34
- CRAFT BEER 60
- CIDERS 38

SPIRITS PER TOT

- KLIPDRIFT /SMIRNOFF/GORDONS/BACARDI 20
- BELLS WHISKY 22
- JOHNNY WALKER BLACK 38

COCKTAILS

- BLOODY MARY 45
SINGLE VODKA & TOMATO JUICE
- SEA BREEZE 70
VODKA WITH FRESHLY SQUEEZED ORANGE & PINEAPPLE JUICE
- SAMURAI 70
BACARDI, FRESHLY SQUEEZED PINEAPPLE & APPLE JUICE WITH FRESH MINT
- SUMMER SUNSHINE 70
GIN WITH FRESHLY SQUEEZED ORANGE, PASSION & PINEAPPLE JUICE WITH A DASH OF POMEGRANATE
- TROPICAL BREEZE 70
VODKA, FRESHLY SQUEEZED WATERMELON, PINEAPPLE & STRAWBERRY JUICE WITH A DASH OF LIME
- SIMONSIG KAAPSE VONKEL 330
- JC LE ROUX LE DOMAINE / LA CHANSON 170
- GRAHAM BECK BRUT 325
- CARAFE FRESHLY SQUEEZED ORANGE JUICE 120



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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 16

- LOUISIANA 85**
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) 85**
FALAFEL, HUMMUS, MIXED SALAD, SHREDDED LETTUCE & HOMEMADE TAHINA SAUCE
- CAPRI WRAP 85**
CAJUN / GRILLED CHICKEN BREAST, CUCUMBER, SUN DRIED TOMATOES, PEPPERDEWS, FETA, SHREDDED LETTUCE & OUR HOMEMADE DRESSING
- TURKISH WRAP 85**
CHICKEN SCHWARMA BREAST, HUMMUS, MIXED SALAD, SHREDDED LETTUCE & NEWPORT'S GARLIC SAUCE
- GREEK WRAP 85**
CRUMBED HALLOUMI, AUBERGINE, ROCKET, SUNDRIED TOMATOES, PEPPERDEWS & TZATZIKI
- CAESAR WRAP 95**
CHICKEN BREAST, AVO, CUCUMBER, IMPORTED PARMESAN, SHREDDED LETTUCE & CAESAR DRESSING
- ARCTIC WRAP 95**
SMOKED SALMON (60G), AVO, CUCUMBER, ROCKET, WATERCRESS, SHREDDED LETTUCE & CREAM CHEESE
- PACIFIC WRAP 85**
TUNA, AVO, CUCUMBER, PEPPERDEWS, BOILED EGG & SHREDDED LETTUCE WITH CHERRY TOMATOES & HOMEMADE MAYO
- TEXAN WRAP 105**
PAN SEARED MEDIUM RARE SIRLOIN (100GR) SERVED WITH ROCKET, CUCUMBER, AVOCADO & FETA DRIZZLED WITH BALSAMIC CREAM

SALADS

ALL SALADS SERVED WITH OUR HOMEMADE SALAD DRESSING ~ REGRET NO SUBSTITUTIONS

- CARIBBEAN SALAD 95**
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

SANDWICHES

ALL SANDWICHES / GOURMET SANDWICHES SERVED ON CHOICE OF BAGEL, HEALTH BREAD OR 100% RYE. FOR NEWPORT PUMPKIN SEED ROLL, PLAIN CROISSANT, ARTISANAL SOURDOUGH BREADS, CIABATTA, LIGHT RYE, BAGUETTE AND BANTING BREAD ADD R10. ~ REGRET NO SUBSTITUTIONS ~ KINDLY NOTE WE DO NOT SERVE OPEN SANDWICHES

- AVO & SALAD 78/88**
AVO, LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO
- RARE ROAST BEEF 78/88**
HOMEMADE MUSTARD & PEPPER CRUSTED RARE ROAST SIRLOIN THINLY SLICED, LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO
- SMOKED TURKEY / CHICKEN 70/80**
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 70/80**
GYSPY HAM SERVED WITH CHEDDAR OR MOZZARELLA, LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO
- SALAMI & CHEESE 70/80**
ITALIAN SALAMI SERVED WITH CHEDDAR OR MOZZARELLA, LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO
- SMOKED SALMON 98/108**
ONLY THE BEST NORWEGIAN SALMON (60g/80g) SERVED WITH CREAM CHEESE, LETTUCE, TOMATO & GHERKINS

GOURMET SANDWICHES

- GOURMET CHICKEN MAYO 95/105**
CHICKEN MAYO, ROCKET, WATERCRESS & AVO
- GOURMET TUNA MAYO 85/95**
TUNA MAYO, ROCKET, WATERCRESS, SDT & GHERKINS
- GOURMET TURKEY 95/105**
TURKEY BREAST, EMMENTHALER, AVO, LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO
- GOURMET CAPRESE 95/105**
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 68**
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

PIATTO VERDURE – TOASTED PLANT BASED WRAPS

REGRET NO SUBSTITUTIONS

- GENOVESE TOSTADA 88**
BABY SPINACH, GRILLED AUBERGINE, BALSAMIC ROAST VEGETABLES (BABY MARROW, PEPPERS, MUSHROOMS & RED ONION) MELTED PB MOZZARELLA & FRESH BASIL
- MOROCCAN TOSTADA 88**
PLANT BASED MOROCCAN CHICKEN BREAST FILLETS, BABY SPINACH, GRILLED AUBERGINE, COURGETTE, CHICKPEA & TOMATO RELISH SERVED WITH MELTED MOZZARELLA SERVED PLAIN OR WITH FRESH CHILLI
- JAMAICAN TOSTADA 88**
PLANT BASED STICKY BBQ CHICKEN FILLETS, BABY SPINACH, RED ONION, PB MOZZARELLA & AVOCADO WITH PINEAPPLE AND A TANGY PLANT BASED MAYO
- ADRIATIC TOSTADA 88**
PLANT BASED FLAME GRILLED CHICKEN STRIPS, BABY SPINACH, ITALIAN TOMATO SAUCE, ARTICHOKE & SUN DRIED TOMATOES WITH MELTED MOZZARELLA & PARMESAN SERVED PLAIN OR WITH FRESH CHILLI

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

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 80 / LRG 98**
- PLAIN CHICKEN BURGER STD 80 / LRG 98**
- CHICKEN SCHNITZEL BURGER STD 88 / LRG 108**
(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
- PLANT BASED CHICKEN BURGER STD 90 / LRG 110**
BBQ PLANT BASED CHICKEN STRIPS SERVED WITH VEGAN MAYO ON A HOMEMADE BAGEL WITH LETTUCE, TOMATO, GHERKINS & LAYS PLAIN CRISPS

PASTAS

ALL PASTAS SERVED WITH PENNE & IMPORTED PARMESAN CHEESE

- BAKED ZITI 88**
PENNE TOSSED IN BOLOGNAISE & BECHAMEL OVEN BAKED
- BASIL PESTO 90**
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 95**
HOMEMADE BEEF & ITALIAN TOMATO SAUCE

PITAS

- FALAFEL 85**
PITA POCKET FILLED WITH HOMEMADE FALAFEL BALLS, HUMMUS, TAHINA & CHOPPED LETTUCE WITH A TOMATO & CUCUMBER SALAD
- CHICKEN SCHWARMA 85**
PITA POCKET FILLED WITH MEDITERRANEAN SPICED CHICKEN BREAST, CHOPPED LETTUCE, TOMATO & CUCUMBER SALAD WITH A HOMEMADE HUMMUS & TAHINI SAUCE
- CARRIBEAN PITA 88**
PITA POCKET FILLED WITH CHICKEN SCHNITZEL BREAST, AVO, FETA, CUCUMBER & SHREDDED LETTUCE WITH NEWPORT'S HOMEMADE MAYO (GLUTEN FREE SCHNITZEL BREAST ADD 5.00)

DESSERTS

- APPLE PUDDING & VANILLA ICE-CREAM 55**
- MALVA PUDDING & VANILLA ICE-CREAM 55**
- DARK CHOC BROWNIE & VANILLA ICE-CREAM 55**
- VANILLA ICE-CREAM SERVED WITH HOMEMADE CHOC SAUCE 45**
- HOMEMADE CARROT CAKE 48**
MOIST & DELICIOUS WITH A CREAM CHEESE ICING
- OUR FAMOUS HOMEMADE CHEESECAKE 50**
HOME-BAKED WITH HINTS OF LEMON & VANILLA