



NEWPORT

EST. 1997 | MARKET & DELI | HEALTHY & NATURAL



HOT BREAKFASTS

SERVED FROM 07:00 - 12:00PM ~ REGRET NO SUBSTITUTIONS ~

- POACHED EGGS 55**
2 POACHED FREE RANGE EGGS SERVED WITH SOURDOUGH TOAST & PRESERVES
- SCRAMBLED EGGS 68**
3 SCRAMBLED FREE RANGE EGGS SERVED WITH SOURDOUGH TOAST & PRESERVES
- NATURALLY NEWPORT BREAKFAST 110**
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 110**
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 95**
3 SCRAMBLED EGG WHITES SERVED WITH MUSHROOMS, SPINACH, ROCKET & TOMATO WITH SOUGHDOUGH TOAST

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

- SCRAMBLED EGG 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 HOMEMAKED 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 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 TURMERIC, 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

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, TURMERIC 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, 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
- 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

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
- 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

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

- 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

All Juices Freshly Made On Order

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

ADD AVOCADO 15

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.



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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, ARTICHOSES & FIOR DE LATTE MOZZARELLA SERVED WITH MUSTARD & MAYO

GOURMET AUBERGINE 95/105

GRILLED AUBERGINE, HALLOUMI, ROCKET, ARTICHOSES, 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 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

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)

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, ARTICHOSES, 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

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, ARTICHOSES & SUN DRIED TOMATOES WITH MELTED MOZZARELLA & PARMESAN SERVED PLAIN OR WITH FRESH CHILLI

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 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

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

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 TOPPED 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