



NEWPORT

EST. 1997 | MARKET & DELI | HEALTHY & NATURAL



FRESH JUICE

All Juices Freshly Made On Order

- FRESHLY SQUEEZED ORANGE 40
- CARROT 45
- CARROT & ORANGE 58
- CARROT & APPLE 58
- CARROT, APPLE & ORANGE 58
- CARROT, APPLE & BEETROOT 58
- CARROT, APPLE, ORANGE & BEETROOT 58
- CARROT & BEETROOT 58
- COLD AUGERED WHEATGRASS 25ML 30
- COLD AUGERED GINGER 25ML 30
- ADD SPINACH OR KALE OR CELERY 15ML 30
- ADD GINGER 5ML 12

SUPER JUICE

All Juices Freshly Made On Order

- FULL IMMUNITY 58
APPLE, CARROT, LEMON, PARSLEY & GINGER
- IRON MAN 58
BEETROOT, APPLE, CUCUMBER, KALE, SPINACH, CELERY, LEMON & MINT
- FATIGUE FIGHTER 58
BEETROOT, APPLE, LEMON & GINGER
- REPLENISH 58
APPLE, PINEAPPLE, LEMON & MINT
- LEMON TWIST 58
APPLE, LEMON, MINT & GINGER
- RADIANCE 58
APPLE, CUCUMBER, SPINACH, LEMON, MINT & GINGER
- SUPERFOOD ME 58
APPLE, SPINACH, KALE, LEMON, MINT, PARSLEY & GINGER
- ENERGISER 58
PINEAPPLE, APPLE & MINT
- LIMELIGHT 65
FRESHLY SQUEEZED PINEAPPLE JUICE, APPLE JUICE & LIME JUICE WITH A SHOT OF COLD PRESSED WHEAT GRASS
- SUPER SUNSHINE 65
ORANGE, PINEAPPLE, LEMON AND GINGER

SMOOTHIES

- FREEZERCHINO 68
- BERRY BLITZ (V) 68
ASSORTED BERRIES, BANANA & APPLE JUICE (DAIRY FREE)
- PINEAPPLE BURST (V) 68
PINEAPPLE, BANANA & ORANGE JUICE (DAIRY FREE)
- MANGO MADNESS (V) 68
PAWPAW, BANANA & MANGO JUICE (DAIRY FREE)
- PAWPAW POWER (V) 68
PAWPAW, MIXED BERRIES & MANGO JUICE (DAIRY FREE)
- BREAKFAST BUZZ 68
MUESLI, BANANA, HONEY & YOGHURT (NUTS)
- MORNING DATE 68
DATES, BANANA, HONEY & YOGHURT (NUTS)
- BANANA BOOST 68
BANANA, LOW FAT MILK, CINNAMON & PROTEIN POWDER

ADD AVOCADO 15

SUPER SMOOTHIES

- TROPICAL TWIST (V) 75
DRAGON FRUIT, BANANA, PAWPAW, PINEAPPLE, BLACKBERRY, AND APPLE JUICE (DAIRY FREE)
- AWESOME AÇAÍ (V) 75
BANANA, BLACKBERRIES, WILD BERRY JUICE & AÇAÍ NATURAL PULP (DAIRY FREE)
- PEANUT BUTTER BLISS 75
BANANA, PEANUT BUTTER, SKIM MILK & SUPER FOOD BOOSTER PACK
- MEAN GREEN SUPERSHAKE (V) 75
FRESH SPINACH, KALE, MINT, BANANA, FRESHLY SQUEEZED GREEN APPLE JUICE AND GREEN SUPER FOOD BOOSTER
- GOLDEN GLOW (V) 75
BANANA, ALMOND MILK & ORGANIC TURMERIC POWDER WITH COCONUT, CINNAMON, MACA, FLAX & CHIA
- CHOCO NUT (V) 75
BANANA, PEANUT BUTTER, OAT MILK, CACAO POWDER & RAW HONEY

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.

HOT BEVERAGES

- COFFEE single 30 ~ double 36
- ESPRESSO single 24~ double 30
- MACCHIATO single 26 ~ double 32
- CAPPUCCINO / FLAT WHITE single 34 ~ double 42
- CORTADO single 34 ~ double 40
- CAFE LATTE / CHAI LATTE 40
- CHOCOCINO 48
- HOT CHOCOLATE / MILO 40
- RED CAPPUCCINO / RED LATTE 40
- TEA PER PERSON 28
- SPECIALITY TEAS 30
ENGLISH BREAKFAST, EARL GREY, PEPPERMINT, CAMOMILE, GREEN TEA, GREEN & MINT, GREEN & LEMON, HONEY GINGER TEA

POURING CREAM ADD 15

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 10

SUPERFOOD LATTES

SERVED WITH ALMOND MILK & RAW HONEY

- GOLDEN LATTE 58
- GOLDEN CACAO CHOCOLATE 58
- MATCHA GREEN TEA LATTE 58
- RED VELVET LATTE 58

COLD BEVERAGES

- MINERAL WATER 500 ML 26 / 1 LITRE 40
- IMPORTED MINERAL WATER 500 ML 50 / 750ML 65
- RED BULL 42
- ICED TEA 330ML 30
- SODAS 330ML 26
- POWERADE / ENERGADE 28
- APPLETIZER / GRAPETIZER 30
- FLAVOURED MINERAL WATER 28
- IMPORTED SODAS 50
- LIME / COLA TONIC / PASSION FRUIT & SODA 30

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

SOUPS

- HOMEMADE SOUP 88
PLEASE ASK YOUR SERVER FOR THE SOUP OF THE DAY SERVED WITH A COMPLIMENTARY SOURDOUGH ROLL
- ADD R6.50 FOR OTHER BREAD CHOICES PUMPKIN SEED ROLL, CIABATTA, HEALTH BREAD, RYE BREAD OR NEWPORT SOURDOUGH BREADS

PASTRIES

- PLAIN CROISSANTS 35
OUR FAMOUS CROISSANTS BAKED DAILY FRESH OUT OF THE OVEN
- FLAVOURED CROISSANTS 38
CHOICE OF CHOCOLATE, ALMOND, CINNAMON OR CHEESE
- MUFFINS 38
~ Freshly Baked Daily ~ RAISIN BRAN, CAPPUCCINO, CHOCOLATE, LEMON POPPY OR BLUEBERRY
- ADD BUTTER 3 ~ ADD BUTTER, JAM 10 ~ ADD BUTTER, JAM & CHEESE 18

HEALTHY BREAKFASTS

- FRUIT SALAD, MUESLI, HONEY & YOGHURT 110
OUR FAMOUS HOMEMADE MUESLI SERVED WITH FRESH SEASONAL FRUIT SALAD, LOW FAT YOGHURT & HONEY
- STEWED FRUIT, MUESLI, HONEY & YOGHURT 110
HOMEMADE MUESLI SERVED WITH STEWED FRUIT COMPOTE, LOW FAT YOGHURT & HONEY
- BIRCHERS BREAKFAST 98
A HOMEMADE BLEND OF OATS, NUTS, DRIED FRUIT & YOGHURT SERVED WITH GRATED APPLE, BANANA, RAISINS, TOASTED ALMONDS & HONEY
- BANANA BREAKFAST 98
OUR FAMOUS HOMEMADE MUESLI SERVED WITH SLICED BANANA, LOW FAT YOGHURT & HONEY
- SLIMMERS BREAKFAST 108
SPECIAL K SERVED WITH FRESH SEASONAL FRUIT SALAD, LOW FAT YOGHURT & HONEY
- PLANT POWER BREAKFAST 148
VEGAN MUESLI, WITH A CHOICE OF FRUIT SALAD OR STEWED FRUIT OR BANANA SERVED WITH STRAWBERRY COCONUT YOGHURT
- PAWPAW PICK UP 110
PAWPAW, LOW FAT YOGHURT, TOASTED ALMONDS & HONEY
- FRUIT SALAD (V) 78
- STEWED FRUIT COMPOTE (V) 88
- FRUIT SALAD & YOGHURT 88
- HOT OATS 88
COOKED OATS SERVED WITH BAKED APPLE, SWEET DUKKAH & HONEY

ADDITIONS: SUBSTITUTE COCONUT YOGHURT 40 ~ HONEY 3.50 ~ SOY / ALMOND MILK 10 FLAVOURED YOGHURT 12 ~ AÇAÍ PULP 15ML 25 ~ GOJI BERRIES 25
CHIA SEEDS 25 ~ WALNUTS 50GR 35 ~ ALMONDS 50GR 30 ~ BANANA 12
CRANBERRY 50G 22

SMOOTHIE BOWLS

- AÇAÍ BOWL 125
BANANA, BLACKBERRIES, WILD BERRY JUICE & AÇAÍ NATURAL PULP (DAIRY FREE) SERVED WITH BERRIES, SEASONAL FRUIT AND HOMEMADE GLUTEN FREE CRANBERRY GRANOLA
- SUPER BOOST SMOOTHIE BOWL (V) 125
PEANUT BUTTER, BANANA, 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) 125
BANANA, ALMOND MILK, CINNAMON & WHEY PROTEIN TOPPED WITH HOMEMADE WHEAT FREE GRANOLA, TOASTED ALMONDS, CRANBERRIES, GOJI AND CHIA SEEDS
- MORNING DATE SMOOTHIE BOWL 125
BANANA, ALMONDS, CINNAMON & DATES BLENDED WITH ALMOND MILK & RAW HONEY GARNISHED WITH GLUTEN FREE GRANOLA, DATES & TOASTED ALMONDS

WINE

- JORDAN CHAMELEON GLASS WHITE/ROSE 55
- JORDAN CHAMELEON GLASS RED 58
- JORDAN CHAMELEON SAUVIGNON BLANC 168
- JORDAN CHAMELEON ROSÉ 168
- JORDAN BARREL FERMMENTED 168
- JORDAN CHAMELEON CABERNET SAUVIGNON MERLOT 175
- PORCUPINE RIDGE MERLOT 160

BEER

- LOCAL BEERS 38
- IMPORTED BEERS 40
- NON ALCOHOLIC BEER 38
- NIEUWBREW CRAFT BEER 70
- CIDERS 40

SPIRITS PER TOT

- KLIPDRIFT / SMIRNOFF / GORDONS / BACARDI 30
- BELLS WHISKY 32
- JOHNNY WALKER BLACK 45

COCKTAILS

- BLOODY MARY 88
DOUBLE VODKA & TOMATO JUICE
- SEA BREEZE 88
VODKA WITH FRESHLY SQUEEZED ORANGE & PINEAPPLE JUICE
- SAMURAI 88
BACARDI, FRESHLY SQUEEZED PINEAPPLE & APPLE JUICE WITH FRESH MINT
- SUMMER SUNSHINE 88
GIN WITH FRESHLY SQUEEZED ORANGE, PASSION & PINEAPPLE JUICE WITH A DASH OF POMEGRANATE
- TROPICAL BREEZE 88
VODKA, FRESHLY SQUEEZED WATERMELON, PINEAPPLE & STRAWBERRY JUICE WITH A DASH OF LIME

- SIMONSIG KAAPSE VONKEL 380
- JC LE ROUX LE DOMAINE / LA CHANSON 190
- GRAHAM BECK BRUT 380
- PONGRACZ CAP CLASSIQUE BRUT 380
- CARAFE FRESHLY SQUEEZED ORANGE JUICE 120

