









All Juices Freshly

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Made On Order

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FRESH JUICE

- 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

- **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

Cold Pressed

Here Daily

SUPER SMOOTHIES

- **TROPICAL TWIST (V)** 75
- DRAGON FRUIT, BANANA, PAWPAW, PINEAPPLE, BLACKBERRY, AND APPLE JUICE (DAIRY FREE)
 - **AWESOME ACAÍ** (V) 75
- BANANA, BLACKBERRIES, WILD BERRY JUICE & AÇAÍ NATURAL PULP (DAÍRÝ 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 TUMERIC 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 CHEOLIES 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
 - 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

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

ADD BUTTER 3 ~ ADD BUTTER, JAM 10 ~ ADD BUTTER, JAM & CHEESE 18

- **MUFFINS** 38
- ~ Freshly Baked Daily ~ RAISIN BRAN, CAPPUCCINO,

CHOICE OF CHOCOLATE, ALMOND, CINNAMON OR CHEESE

CHOCOLATE, LEMON POPPY OR BLUEBERRY

HEALTHY BREAKFASTS

FRUIT SALAD, MUESLI, HONEY & YOGHURT 110

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

A HOMEMADE BLEND OF OATS, NUTS, DRIED FRUIT & YOGHURT

VEGAN MUESLI, WITH A CHOICE OF FRUIT SALAD OR STEWED FRUIT OR BANANA

- 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
 - 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 ~ ACAÍ PULP 15ML 25 ~ GOJI BERRIES 25

SMOOTHIE BOWLS

- BANANA, BLACKBERRIES, WILD BERRY JUICE & AÇAÍ NATŪRAL PULP (DAIRY FREE)
 - AND HOMEMADE GLUTEN FREE CRANBERRY GRANOLA **SUPER BOOST SMOOTHIE BOWL (V)** 125
- CACAO, CHIA, HEMP, MACA, CINNAMON, & VANILLA) GARNISHED WITH HOMEMADE WHEAT FREE MUESLI, STRAWBERRIES, BANANA & TOASTED ALMONDS

VANILLA NUT SMOOTHIE BOWL (V) 125

WHEAT FREE GRANOLA, TOASTED ALMONDS, CRANBERRIES, **GOJI AND CHIA SEEDS**

- **JORDAN CHAMELEON GLASS RED** 58
- **JORDAN BARREL FERMENTED** 168

PORCUPINE RIDGE MERLOT 160 **BEER**

- LOCAL BEERS 38
- **IMPORTED BEERS** 40
- **NON ALCOHOLIC BEER** 38
- **NIEUWBREW CRAFT BEER** 70 CIDERS 40
- KLIPDRIFT / SMIRNOFF / GORDONS / BACARDI 30
 - **BELLS WHISKY** 32 **JOHNNY WALKER BLACK** 45
 - **BLOODY MARY** 88
 - **SEA BREEZE** 88
- BACARDI, FRESHLY SQUEEZED PINEAPPLE & APPLE JUICE WITH FRESH MINT
 - GIN WITH FRESHLY SQUEEZED ORANGE, PASSION & PINEAPPLE JUICE

VODKA WITH FRESHLY SQUEEZED ORANGE & PINEAPPLE JUICE

- WITH A DASH OF POMEGRANATE **TROPICAL BREEZE** 88
- **SIMONSIG KAAPSE VONKEL** 380
 - PONGRACZ CAP CLASSIQUE BRUT 380
- **CARAFE FRESHLY SQUEEZED ORANGE JUICE** 120

- CHIA SEEDS 25 ~ WALNUTS 50GR 35 ~ ALMONDS 50GR 30 ~ BANANA 12 CRANBERRY 50G 22
 - **AÇAÍ BOWL** 125

SERVED WITH BERRIES, SEASONAL FRUIT

- PEANUT BUTTER, BANANA, ALMOND MILK & SUPERFOOD BOOSTER (MESQUITE,
- BANANA, ALMOND MILK, CINNAMON & WHEY PROTEIN TOPPED WITH HOMEMADE
- **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 SAUVIGNON BLANC** 168 **JORDAN CHAMELEON ROSÉ** 168
- **JORDAN CHAMELEON CABERNET SAUVIGNON MERLOT** 175

 - **SPIRITS PER TOT**
 - - **COCKTAILS**
 - DOUBLE VODKA & TOMATO JUICE
 - **SAMURAI** 88
 - **SUMMER SUNSHINE** 88
- VODKA, FRESHLY SQUEEZED WATERMELON, PINEAPPLE & STRAWBERRY JUICE WITH A DASH OF LIME
 - **JC LE ROUX LE DOMAINE / LA CHANSON** 190 **GRAHAM BECK BRUT** 380

OUR FAMOUS HOMEMADE MUESLI SERVED WITH **BIRCHERS BREAKFAST** 98









PIATTO VERDURE – TOASTED PLANT BASED WRAPS

REGRET NO SUBSTITUTIONS

BABY SPINACH, GRILLED AUBERGINE, BALSAMIC ROAST VEGETABLES (BABY MARROW, PEPPERS, MUSHROOMS & RED ONION)

MOROCCAN TOSTADA 110

PLANT BASED MOROCCAN CHICKEN BREAST FILLETS. BABY SPINACH. GRILLED AUBERGINE, COURGETTE, CHICKPEA & TOMATO RELISH SERVED WITH

JAMAICAN TOSTADA 110

PLANT BASED STICKY BBQ CHICKEN FILLETS, BABY SPINACH, RED ONION, PB MOZZARELLA & AVOCADO WITH PINEAPPLE AND A TANGY PLANT BASED MAYO

ADRIATIC TOSTADA 110

PLANT BASED FLAME GRILLED CHICKEN STRIPS, BABY SPINACH, ITALIAN TOMATO SAUCE, ARTICHOKES & SUN DRIED TOMATOES WITH MELTED MOZZARELLA & PARMESAN SERVED PLAIN OR WITH FRESH CHILLI

PIATTO PRANZO

5 FALAFEL BALLS SERVED WITH HUMMUS, TAHINA SAUCE, MIXED ISRAELI SALAD & A HOMEMADE BEETROOT & TURNIP PICKLE SERVED WITH A PITA BREAD

SCHNITZEL PLATE 140

SLICED CUCUMBER, TOMATO, AVOCADO & ONION (GLUTEN FREE SCHNITZEL BREASTS ADD 10.00)

CAJUN CHICKEN / GRILLED CHICKEN PLATE 130

2 CAJUN / GRILLED CHICKEN BREASTS SERVED WITH SLICED TOMATO. CUCUMBER, AVOCADO & ONION

SALMON PLATE 158

NORWEGIAN SMOKED SALMON(80GR) SERVED WITH SLICED TOMATO, CUCUMBER, AVOCADO & ONION

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 115 / LRG 135

CHICKEN SCHNITZEL BURGER STD 120 / LRG 145 (GLUTEN FREE SCHNITZEL BREAST ADD 5.00 EACH)

PLANT BASED CHICKEN BURGER STD 130

BBQ PLANT BASED CHICKEN STRIPS SERVED WITH VEGAN MAYO ON A HOMEMADE

ALL PASTAS SERVED WITH PENNE & IMPORTED PARMESAN CHEESE

BAKED ZITI 110

PENNE TOSSED IN BOLOGNAISE & BECHAMEL OVEN BAKED

BASIL PESTO 115

A BLEND OF BASIL, FRESH GARLIC, PINE NUTS

NAPOLITANA / ARABIATA (V) 110

HOMEMADE TOMATO SAUCE

SUN DRIED TOMATO, OLIVES, CHILI & GARLIC, PARMESAN & OLIVE OIL

BOLOGNAISE 118

HOMEMADE BEEF & ITALIAN TOMATO SAUCE

PITAS

PITA POCKET FILLED WITH HOMEMADE FALAFEL BALLS, HUMMUS, TAHINA & CHOPPED LETTUCE WITH A TOMATO & CUCUMBER SALAD

PITA POCKET FILLED WITH MEDITERRANEAN SPICED CHICKEN BREAST, CHOPPED LETTUCE, TOMATO & CUCUMBER SALAD WITH A HOMEMADE HUMMUS & TAHINI SAUCE

CARRIBEAN PITA 110

(GLUTEN FREE SCHNITZEL BREAST ADD 5.00)

APPLE PUDDING & VANILLA ICE-CREAM 58

DARK CHOC BROWNIE & VANILLA ICE-CREAM 58

VANILLA ICE-CREAM SERVED WITH HOMEMADE CHOC SAUCE 55

HOMEMADE CARROT CAKE 58

OUR FAMOUS HOMEMADE CHEESECAKE 58

ALL MEDIUM SANDWICHES / GOURMET MEDIUM SANDWICHES SERVED ON CHOICE

ALL LARGE SANDWICHES / GOURMET LARGE SANDWICHES SERVED ON CHOICE OF NEWPORT PUMPKIN SEED ROLL, PLAIN CROISSANT, ARTISANAL SOURDOUGH BREADS, CIABATTA, LIGHT RYE, BAGUETTE AND GLUTEN FREE.

~REGRET NO SUBSTITUTIONS~

KINDLY NOTE WE DO NOT SERVE OPEN SANDWICHES

AVO & SALAD 98/108

AVO, LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO

RARE ROAST BEEF 98/108

HOMEMADE MUSTARD & PEPPER CRUSTED RARE ROAST SIRLOIN THINLY SLICED, LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO

SMOKED TURKEY / CHICKEN 88/98

SMOKED TURKEY OR CHICKEN BREAST THINLY SLICED SERVED WITH LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO

HOMEMADE EGG MAYONAISE 98/108

HOMEMADE EGG SALAD SERVED WITH LETTUCE, TOMATO & GHERKINS **CHICKEN MAYO** 98/108

CHICKEN MAYO SERVED WITH LETTUCE, TOMATO & GHERKINS **TUNA MAYO** 98/108

TUNA MAYO SERVED WITH LETTUCE, TOMATO & GHERKINS

HAM & CHEESE 98/108 GYSPY HAM SERVED WITH CHEDDAR OR MOZZARELLA, LETTUCE, TOMATO,

GHERKINS, MUSTARD & MAYO SMOKED SALMON 115/130

ONLY THE BEST NORWEGIAN SALMON (60GR/80GR) SERVED WITH CREAM CHEESE, LETTUCE, TOMATO & GHERKINS

GOURMET SANDWICHES

GOURMET CHICKEN MAYO 118/128

CHICKEN MAYO, ROCKET, WATERCRESS & AVO **GOURMET TURKEY** 118/128

TURKEY BREAST, EMMENTHALER, AVO, LETTUCE, TOMATO, GHERKINS,

MUSTARD & MAYO **GOURMET CAPRESE** 110/120

FIOR DE LATTE MOZZARELLA, ROCKET, TOMATO & BASIL PESTO

GOURMET SMOKED CHICKEN 110/120

SMOKED CHICKEN, AVO, ROCKET, PEPPERDEWS, MUSTARD

GOURMET PARMA HAM 118/128 PARMA HAM, ROCKET, ARTICHOKES & FIOR DE LATTE MOZZARELLA SERVED WITH MUSTARD & MAYO

GOURMET AUBERGINE 118/128

GRILLED AUBERGINE, HALLOUMI, ROCKET, ARTICHOKES, TOMATO & TAHINA SAUCE

GOURMET SMOKED SALMON 130/140

FRESH NORWEGIAN SALMON 60GR/80GR,

ON FRESHLY BAKED SOURDOUGH BREAD

ROCKET, AVO, CREAM CHEESE, TOMATO, CAPERS & ONION

PLANT BASED CHEESE & TOMATO 98/108 PLANT BASED CHEESE, LETTUCE, FRESH TOMATO & GHERKINS SERVED WITH PLANT BASED MUSTARD, MAYO & PB BUTTER

PLANT BASED CHICKEN MAYO 112/122

HOMEMADE PLANT BASED CHICKEN MAYO SERVED WITH ROCKET, TOMATO & GHERKINS & AVO ON FRESHLY BAKED SOURDOUGH BREAD

~ ROCKET/PEPPERDEWS/SDT **20/25** ~ PESTO **20/25** ~ AVO **30/38** FETA/BRIE 30/40 ~ HUMMUS/CHEESE 20/30 ~ EMMENTHALER 20/30

ADDITIONS FOR SANDWICHES std/large: ONION/JALAPENOS/TOMATO 15/20

~ SALMON (50GR) **78** ~ HALLOUMI **35/40** ~ G/F HALLOUMI **ADD 5**

INSALATIERA - POWER BOWLS

SPINACH POWER BOWL 115

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** 115

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** 125

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 125

SPICY CHICKPEAS SERVED ON A BED OF QUINOA, WITH 3 FELAFEL BALLS, COOKED SPINACH, ROASTED BUTTERNUT & SERVED WITH HOMEMADE HUMMUS & A TAHINI DRESSING

POLLO BOWL 130

GRILLED CHICKEN BREAST, SERVED WITH A CHICKPEAS, BABY MARROW & TOMATO RELISH, COOKED SPINACH & ROAST BUTTERNUT ON A BED OF QUINOA SERVED WITH PARMESAN SHAVINGS

STARTERS

HOMEMADE CHICKEN LIVER PATE 88

HOMEMADE CHICKEN LIVER PATE SERVED WITH A CRUSTY TOASTED BAGUETTE

LOADED HUMMUS PLATE 95

HUMMUS, TAHINA & CHOPPED SALAD OF FETA, CUCUMBER & TOMATO SERVED WITH A PITA BREAD

MEDITERRANEAN PLATE (V) 110

ROASTED AUBERGINE, ROCKET & DICED TOMATO DRIZZLED WITH HOMEMADE TAHINA FRESH MINT & PINENUTS SERVED WITH A WARM PITA BREAD

CAPRESE SALAD 118 FRESH FIOR DE LATTE MOZZARELLA, TOMATO & BASIL

WRAPS

SERVED WITH A TOASTED SOURDOUGH ROLL

CHOICE OF WHITE OR WHOLEWHEAT. GLUTEN FREE ADD 16

LOUISIANA 110 CAJUN / GRILLED CHICKEN BREAST, AVO, CUCUMBER, WATERCRESS

SHREDDED LETTUCE & OUR SECRET LOUISIANA SAUCE

HAWAIIAN 110 CHICKEN SCHNITZEL BREAST, PINEAPPLE, CUCUMBER SHREDDED LETTUCE & SWEET

CHILI MAYO (GLUTEN FREE SCHNITZEL BREAST ADD 5.00)

CARIBBEAN 110 CHICKEN SCHNITZEL BREAST, AVO, FETA, CUCUMBER & SHREDDED LETTUCE WITH A HOMEMADE MAYO (GLUTEN FREE SCHNITZEL BREAST ADD 5.00)

MEDITERRANEAN 110

ALIBERGINE CAJUN / GRILLED CHICKEN BREAST FETA AVO & SHREDDED LETTLICE **TEL AVIV** (V) 110 FALAFEL, HUMMUS, MIXED SALAD, SHREDDED LETTUCE & H/MADE TAHINA SAUCE

CAPRI WRAP 110

PEPPERDEWS, FETA, SHREDDED LETTUCE & OUR HOMEMADE DRESSING **TURKISH WRAP** 110

CHICKEN SCHWARMA BREAST, HUMMUS, MIXED SALAD,

CAJUN / GRILLED CHICKEN BREAST, CUCUMBER, SUN DRIED TOMATOES.

SHREDDED LETTUCE & NEWPORT'S GARLIC SAUCE **GREEK WRAP** 110

CRUMBED HALLOUMI, AUBERGINE, ROCKET, SUNDRIED TOMATOES PEPPERDEWS & TZATZIKI

CAESAR WRAP 110 CHICKEN BREAST, AVO, CUCUMBER, IMPORTED PARMESAN SHREDDED LETTUCE & CAESAR DRESSING

ARCTIC WRAP 118 SMOKED SALMON (60GR), AVO, CUCUMBER, ROCKET, WATERCRESS,

PACIFIC WRAP 110

SHREDDED LETTUCE & CREAM CHEESE

TUNA, AVO, CUCUMBER, PEPPERDEWS, BOILED EGG & SHREDDED LETTUCE WITH CHERRY TOMATOES & HOMEMADE MAYO

TEXAN WRAP 118

PAN SEARED MEDIUM RARE SIRLOIN (100GR) SERVED WITH LETTUCE, CUCUMBER, AVOCADO & FETA DRIZZLED WITH BALSAMIC CREAM FRESNO WRAP 110

TURKEY BREAST, CHERRY TOMATOES & GRATED CHEDDAR. SERVED TILL 12.30PM

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

3 FREE RANGE SCRAMBLED EGGS, BABY SPINACH, STREAKY BACON OR SMOKED

CARIBBEAN SALAD 120 CHICKEN SCHNITZEL BREAST SERVED WITH AVO, FETA & RED ONION ON A BED OF LETTUCE WITH CUCUMBER

CAJUN / GRILLED / SMOKED CHICKEN 110

CAJUN OR SMOKED CHICKEN BREAST WITH AVO SERVED ON A BED OF LETTUCE, TOMATO. CUCUMBER, SDT & PEPPERS

GREEK SALAD 88 OLIVES, FETA, SDT & ONIONS SERVED ON A BED OF LETTUCE WITH CUCUMBER.

TOMATO, PEPPERDEWS, RADDISH & PEPPERS TUNA SALAD 125 TUNA, ANCHOVIES, EGG, ONION, RADDISH, SDT, PEPPERDEWS & OLIVES SERVED ON A

BED OF LETTUCE WITH CUCUMBER & TOMATO **CHICKEN CAESAR SALAD** 125

AVO, PARMESAN SHAVINGS & PINE NUTS SERVED

SMOKED SALMON SALAD 158

GRILLED CHICKEN BREAST, COS LETTUCE, FREE RANGE EGG, CROUTONS, PARMESAN SHAVINGS & OUR FAMOUS CAESAR DRESSING **AVO, PARMESAN & PINE NUT SALAD** 130

ON A BED OF LETTUCE WITH CUCUMBER & SDT **BUTTERNUT, BEETROOT & FETA** 120

ROASTED BUTTERNUT & BEETROOT SERVED WITH FETA ON A BED OF LETTUCE, CUCUMBER, AVO, SDT & TOASTED SUNFLOWER SEEDS/PUMPKIN SEEDS

FRESH NORWEGIAN SALMON (80GR) SERVED ON A BED OF LETTUCE WITH AVO, TOMATOES, CUCUMBER, SDT, ONIONS & CAPERS

ITALIAN SALAD 148 PARMA HAM (80GR), ROCKET, ARTICHOKES, FIOR DE LATTE MOZZARELLA & CHERRY TOMATOES WITH A BALSAMIC DRIZZLE

FALAFEL SALAD 115 FALAFEL, AUBERGINE & HUMMUS SERVED ON A BED OF MIXED GREENS

WITH CHICK PEAS & TAHINA SAUCE ADDITIONS: PINE NUTS (6G) 38 ~ CHICKEN SCHNITZEL BREAST 40

- CAJUN / SMOKED CHICKEN BREAST / PARMESAN / HALLOUMI 38 ~ AVO 30 FETA / BUTTERNUT / BEETROOT 30 ~ SALMON (50G) 85 ~ OLIVES 15 ~ EGG 12
- TUNA 35 ~ ROCKET 15 ~ PARMA HAM (50G) 88 ~ QUINOA / CHICKPEAS 18

GENOVESE TOSTADA 110 MELTED PB MOZZARELLA & FRESH BASIL

MELTED MOZZARELLA SERVED PLAIN OR WITH FRESH CHILLI

FALAFEL PLATE 110

2 CHICKEN SCHNITZEL BREASTS SERVED WITH

STANDARD (SINGLE BREAST) - WHITE ROLL - 100% RYE, BAGEL

PLAIN CHICKEN BURGER STD 115 / LRG 135

BAGEL WITH LETTUCE, TOMATO, GHERKINS & LAYS PLAIN CRISPS

HOMEMADE MACARONI CHEESE 98 OVEN BAKED

SUNDRIED TOMATO & OLIVE 110

FALAFEL 110

CHICKEN SCHWARMA 110

PITA POCKET FILLED WITH CHICKEN SCHNITZEL BREAST, AVO, FETA, CUCUMBER & SHREDDED LETTUCE WITH NEWPORT'S HOMEMADE MAYO

DESSERTS

MOIST & DELICIOUS WITH A CREAM CHEESE ICING

Homemade Daily HOME-BAKED WITH HINTS OF LEMON & VANILLA