







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

POACHED EGGS 65

2 POACHED FREE RANGE EGGS SERVED WITH SOURDOUGH TOAST & PRESERVES

SCRAMBLED EGGS 85

3 SCRAMBLED FREE RANGE EGGS SERVED WITH SOURDOUGH TOAST & PRESERVES

NATURALLY NEWPORT BREAKFAST 130

2 SCRAMBLED OR POACHED FREE RANGE EGGS SERVED WITH MUSHROOMS. BEEF SAUSAGE OR BACON & GRILLED TOMATO WITH SOURDOUGH TOAST & PRESERVES

NATURALLY NEWPORT VEG BREAKFAST 130

SPINACH, MUSHROOMS, ROCKET & GRILLED TOMATO

SERVED WITH SLICED AVOCADO OR HALLOUMI AND SOURDOUGH TOAST & PRESERVES **NATURALLY NEWPORT VEGAN BREAKFAST** 105

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 108

MUSHROOMS & SPINACH SAUTÉED WITH 3 EGG WHITES SERVED WITH FRESH ROCKET, TOMATO AND SOURDOUGH WHOLEWHEAT TOAST

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

SCRAMBLED EGG CROISSANT 115

3 SCRAMBLED FREE RANGE EGGS SERVED ON A CROISSANT WITH ROCKET & GRILLED TOMATO

ITALIAN PARMA HAM CROISSANT 158

3 SCRAMBLED FREE RANGE EGGS SERVED ON A CROISSANT WITH PARMA HAM (50GR), ROCKET & FRESH TOMATO

SMOKED SALMON CROISSANT 168

3 SCRAMBLED FREE RANGE EGGS SERVED ON A CROISSANT WITH NORWEGIAN SALMON (40GR), ROCKET & FRESH TOMATO

SHAKSHUKA 98

3 EGGS POACHED IN A SAUCE OF TOMATOES, PEPPERS & ONIONS SPICY OR PLAIN SERVED WITH A HOMEBAKED CRUSTY BAGUETTE

CROISSANT FRENCH TOAST 88

SERVED WITH BERRIES, CINNAMON, SUGAR & SYRUP

CHOC CROISSANT FRENCH TOAST 88

DRIZZLED WITH HOMEMADE CHOCOLATE SAUCE

FRESNO WRAP (SERVED TILL 12.30PM) 110 3 FREE RANGE SCRAMBLED EGGS, BABY SPINACH, STREAKY BACON OR

SMOKED TURKEY BREAST, CHERRY TOMATOES & GRATED CHEDDAR

ADDITIONS: CHEDDAR CHEESE 18 ~ GRILLED TOMATO 18 ~ STREAKY BACON 38 SPINACH 25 ~ AVO 28 ~ FETA 25 ~ SALMON 88 ~ MUSHROOMS 38 BEEF SAUSAGE 38 ~ HALLOUMI 35 ~ SCRAMBLED WHITES ONLY ADD 10

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

Cold Pressed

Here Daily

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

CROSTINI

NOT AVAILABLE FOR TAKEAWAY \sim **SERVED FROM 07:00 - 12:00PM**

2 SLICES OF OUR FAMOUS IN HOUSE FRESH BAKED

NATURALLY NEWPORT CROSTINI 55

TOASTED SOURDOUGH BREAD SERVED WITH BUTTER, JAM & CHEESE

AWESOME AVO CROSTINI (SEASONAL) (V) 85

SLICED AVOCADO SERVED ON Á CHÓICE OF 2 SLICES OF WHITE OR WHOLE WHEAT SOURDOUGH CROSTINI

SALMON CROSTINI 158

SMOKED SALMON (80GR), CREAM CHEESE & SLICED AVOCADO SERVED ON A CHOICE OF 2 SLICES OF WHITE / WHOLE WHEAT / RYE SOURDOUGH CROSTINI

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

All Juices Freshly

All Juices Freshly

Made On Order

Made On Order

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

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

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

PASTRIES

PLAIN CROISSANTS 35 OUR FAMOUS CROISSANTS BAKED DAILY FRESH OUT OF THE OVEN

FLAVOURED CROISSANTS 38

CHOICE OF CHOCOLATE, ALMOND, CINNAMON OR CHEESE

~ Freshly Baked Daily ~ RAISIN BRAN, CAPPUCCINO.

CHOCOLATE, LEMON POPPY OR BLUEBERRY

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

SMOOTHIE BOWLS

AÇAÍ BOWL 125

BANANA, BLACKBERRIES, WILD BERRY JUICE & ACAÍ NATŪRAL 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

GOJI AND CHIA SEEDS

WHEAT FREE GRANOLA, TOASTED ALMONDS, CRANBERRIES,

MORNING DATE SMOOTHIE BOWL 125 BANANA, ALMONDS, CINNAMON & DATES BLENDED WITH ALMOND MILK & RAW HONEY. GARNISHED WITH GLUTEN FREE GRANOLA, DATES & TOASTED ALMONDS

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

FRESHLY SQUEEZED PINEAPPLE JUICE, APPLE JUICE & LIME JUICE

APPLE, SPINACH, KALE, LEMON, MINT, PARSLEY & GINGER **ENERGISER** 58

PINEAPPLE, APPLE & MINT LIMELIGHT 65

WITH A SHOT OF COLD PRESSED WHEAT GRASS **SUPER SUNSHINE** 65

ORANGE, PINEAPPLE, LEMON AND GINGER

FREEZERCHINO 68

SMOOTHIES

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 AÇAİ** (V) 75

BANANA, BLACKBERRIES, WILD BERRY JUICE & AÇAÍ NATURAL PULP (DAÌRÝ FREE)

PEANUT BUTTER BLISS 75

MEAN GREEN SUPERSHAKE (V) 75

BANANA, PEANUT BUTTER, SKIM MILK & SUPER FOOD BOOSTER PACK

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

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 MENILITEMS ONLY / NO SELE 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

FRESH SPINACH, KALE, MINT, BANANA, FRESHLY SQUEEZED GREEN APPLE JUICE AND GREEN SUPER FOOD BOOSTER **GOLDEN GLOW (V)** 75

ADD AVOCADO 15

MEAL. LIQUOR SERVED FROM 11AM.

FRESH JUICE











PIATTO VERDURE – TOASTED PLANT BASED WRAPS

REGRET NO SUBSTITUTIONS

GENOVESE TOSTADA 110

BABY SPINACH, GRILLED AUBERGINE, BALSAMIC ROAST VEGETABLES (BABY MARROW, PEPPERS, MUSHROOMS & RED ONION) MELTED PB MOZZARELLA & FRESH BASIL

MOROCCAN TOSTADA 110

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 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

STARTERS NOT AVAILABLE FOR TAKEAWAY

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 SERVED WITH A TOASTED SOURDOUGH ROLL

PASTAS

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

HOMEMADE MACARONI CHEESE 98 OVEN BAKED

NAPOLITANA / ARABIATA (V) 110

HOMEMADE TOMATO SAUCE

SUNDRIED TOMATO & OLIVE 110

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

BOLOGNAISE 118

HOMEMADE BEEF & ITALIAN TOMATO SAUCE

INSALATIERA - POWER BOWLS

REGRET NO SUBSTITUTIONS

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

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

PIATTO PRANZO

FALAFEL PLATE 110

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

SCHNITZEL PLATE 140

2 CHICKEN SCHNITZEL BREASTS SERVED WITH 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

WRAPS

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

AUBERGINE, CAJUN / GRILLED CHICKEN BREAST, FETA, AVO & SHREDDED LETTUCE

TEL AVIV (V) 110

FALAFEL, HUMMUS, MIXED SALAD, SHREDDED LETTUCE & HOMEMADE TAHINA SAUCE

CAPRI WRAP 110

CAJUN / GRILLED CHICKEN BREAST, CUCUMBER, SUN DRIED TOMATOES, PEPPERDEWS, FETA, SHREDDED LETTUCE & OUR HOMEMADE DRESSING

TURKISH WRAP 110 CHICKEN SCHWARMA BREAST, HUMMUS, MIXED SALAD,

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, SHREDDED LETTUCE & CREAM CHEESE

PACIFIC WRAP 110 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

SALADS

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

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

GRILLED CHICKEN BREAST, COS LETTUCE, FREE RANGE EGG, CROUTONS PARMESAN SHAVINGS & OUR FAMOUS CAESAR DRESSING

AVO, PARMESAN & PINE NUT SALAD 130 AVO, PARMESAN SHAVINGS & PINE NUTS SERVED

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

CLICHMBER AVO. SDT & TOASTED SLINELOWER SEEDS/PLIMPKIN SEEDS

SMOKED SALMON SALAD 158

ROASTED BUTTERNUT & BEETROOT SERVED WITH FETA 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) $\mathbf{38} \sim \text{CHICKEN SCHNITZEL BREAST } \mathbf{40}$ 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

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

SANDWICHES

ALL MEDIUM SANDWICHES / GOURMET MEDIUM SANDWICHES SERVED ON CHOICE OF BAGEL, HEALTH BREAD OR 100% RYE 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 BARE BOAST 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,

PLANT BASED CHEESE, LETTUCE, FRESH TOMATO & GHERKINS

ROCKET, AVO. CREAM CHEESE, TOMATO, CAPERS & ONION PLANT BASED CHEESE & TOMATO 98/108

SERVED WITH PLANT BASED MUSTARD, MAYO & PB BUTTER ON FRESHLY BAKED SOURDOUGH BREAD **PLANT BASED CHICKEN MAYO** 112/122

HOMEMADE PLANT BASED CHICKEN MAYO SERVED WITH ROCKET,

TOMATO & GHERKINS & AVO ON FRESHLY BAKED SOURDOUGH BREAD

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

ADDITIONS FOR SANDWICHES std/large: ONION/JALAPENOS/TOMATO 15/20 ROCKET/PEPPERDEWS/SDT 20/25 ~ PESTO 20/25 ~ AVO 30/38 FETA/BRIE 30/40 ~ HUMMUS/CHEESE 20/30 ~ EMMENTHALER 20/30

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 $\text{CRISPS} \sim \text{FOR PUMPKIN SEED ROLL ADD R6.50}$

CAJUN CHICKEN BURGER STD 115 / LRG 135 PLAIN CHICKEN BURGER STD 115 / LRG 135

CHICKEN SCHNITZEL BURGER STD 120 / LRG 145

BAGEL WITH LETTUCE. TOMATO. GHERKINS & LAYS PLAIN CRISPS

(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

PITAS

FALAFEL 110

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

CHICKEN SCHWARMA 110

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

CARRIBEAN PITA 110

PITA POCKET FILLED WITH CHICKEN SCHNITZEL BREAST, AVO, FETA, CUCUMBER & SHREDDED LETTUCE WITH NEWPORT'S HOMEMADE MAYO (GLUTEN FREE SCHNITZEL BREAST ADD 5.00)