



NEWPORT

EST. 1997 | MARKET & DELI | HEALTHY & NATURAL



HOT BREAKFASTS

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 HOMEMADE 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 HOMEMADE 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

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 ~ SERVED FROM 07:00 - 12:00PM

NATURALLY NEWPORT CROSTINI 55

2 SLICES OF OUR FAMOUS IN HOUSE FRESH BAKED TOASTED SOURDOUGH BREAD SERVED WITH BUTTER, JAM & CHEESE

AWESOME AVO CROSTINI (SEASONAL) (V) 85

SLICED AVOCADO SERVED ON A CHOICE 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

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, 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

TUMERIC TONIC 30

ORANGE, LEMON, TURMERIC, 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

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

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

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

All Juices Freshly Made On Order

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

ENERGIZER 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

All Juices Freshly Made On Order

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.



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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
RARE ROAST BEEF 98/108
SMOKED TURKEY / CHICKEN 88/98
HOMEMADE EGG MAYONAISE 98/108
CHICKEN MAYO 98/108
TUNA MAYO 98/108
HAM & CHEESE 98/108
SMOKED SALMON 115/130

GOURMET SANDWICHES

- GOURMET CHICKEN MAYO 118/128
GOURMET TURKEY 118/128
GOURMET CAPRESE 110/120
GOURMET SMOKED CHICKEN 110/120
GOURMET PARMA HAM 118/128
GOURMET AUBERGINE 118/128
GOURMET SMOKED SALMON 130/140
PLANT BASED CHEESE & TOMATO 98/108
PLANT BASED CHICKEN MAYO 112/122

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

BURGERS

STANDARD (SINGLE BREAD) - WHITE ROLL - 100% RYE, BAGEL ~ LARGE (DOUBLE BREAD) - 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
PLAIN CHICKEN BURGER STD 115 / LRG 135
CHICKEN SCHNITZEL BURGER STD 120 / LRG 145
PLANT BASED CHICKEN BURGER STD 130

PITAS

- FALAFEL 110
CHICKEN SCHWARMA 110
CARRIBEAN PITA 110

WRAPS

CHOICE OF WHITE OR WHOLEWHEAT. GLUTEN FREE ADD 16

- LOUISIANA 110
HAWAIIAN 110
CARIBBEAN 110
MEDITERRANEAN 110
TEL AVIV (V) 110
CAPRI WRAP 110
TURKISH WRAP 110
GREEK WRAP 110
CAESAR WRAP 110
ARCTIC WRAP 118
PACIFIC WRAP 110
TEXAN WRAP 118

SALADS

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

- CARIBBEAN SALAD 120
CAJUN / GRILLED / SMOKED CHICKEN 110
GREEK SALAD 88
TUNA SALAD 125
CHICKEN CAESAR SALAD 125
AVO, PARMESAN & PINE NUT SALAD 130
BUTTERNUT, BEETROOT & FETA 120
SMOKED SALMON SALAD 158
ITALIAN SALAD 148
FALAFEL SALAD 115

ADDITIONS: PINE NUTS (6G) 38 ~ CHICKEN SCHNITZEL BREAD 40 CAJUN / SMOKED CHICKEN BREAD / 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

PIATTO VERDURE - TOASTED PLANT BASED WRAPS

REGRET NO SUBSTITUTIONS

- GENOVESE TOSTADA 110
MOROCCAN TOSTADA 110
JAMAICAN TOSTADA 110
ADRIATIC TOSTADA 110

STARTERS

NOT AVAILABLE FOR TAKEAWAY

- HOMEMADE CHICKEN LIVER PATE 88
LOADED HUMMUS PLATE 95
MEDITERRANEAN PLATE (V) 110
CAPRESE SALAD 118

PASTAS

ALL PASTAS SERVED WITH PENNE & IMPORTED PARMESAN CHEESE

- BAKED ZITI 110
BASIL PESTO 115
HOMEMADE MACARONI CHEESE 98
NAPOLITANA / ARABIATA (V) 110
SUNDRIED TOMATO & OLIVE 110
BOLOGNAISE 118

INSALATIERA - POWER BOWLS

REGRET NO SUBSTITUTIONS

- SPINACH POWER BOWL 115
LENTIL & COUSCOUS BOWL 115
CAJUN CHICKEN QUINOA BOWL 125
BUDDHA BOWL 125
POLLO BOWL 130

PIATTO PRANZO

- FALAFEL PLATE 110
SCHNITZEL PLATE 140
CAJUN CHICKEN / GRILLED CHICKEN PLATE 130
SALMON PLATE 158