



CAPE TOWN

# NEWPORT

EST. 1997 | MARKET & DELI | HEALTHY & NATURAL



@NEWPORT\_MARKET\_AND\_DELI

IF YOU HAVE ANY ALLERGIES, PLEASE NOTIFY THE MANAGER ON DUTY - WE HAVE A VARIETY OF GLUTEN FREE & ALTERNATIVE MILK OPTIONS AVAILABLE

## 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 65  
APPLE, CARROT, LEMON, PARSLEY & GINGER
- IRON MAN 65  
BEETROOT, APPLE, CUCUMBER, KALE, SPINACH, CELERY, LEMON & MINT
- FATIGUE FIGHTER 65  
BEETROOT, APPLE, LEMON & GINGER
- REPLENISH 65  
APPLE, PINEAPPLE, LEMON & MINT
- LEMON TWIST 65  
APPLE, LEMON, MINT & GINGER
- RADIANCE 65  
APPLE, CUCUMBER, SPINACH, LEMON, MINT & GINGER
- SUPERFOOD ME 65  
APPLE, SPINACH, KALE, LEMON, MINT, PARSLEY & GINGER
- ENERGISER 65  
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 75
- BERRY BLITZ (V) 75  
ASSORTED BERRIES, BANANA & APPLE JUICE (DAIRY FREE)
- PINEAPPLE BURST (V) 75  
PINEAPPLE, BANANA & ORANGE JUICE (DAIRY FREE)
- MANGO MADNESS (V) 75  
PAWPAW, BANANA & MANGO JUICE (DAIRY FREE)
- PAWPAW POWER (V) 75  
PAWPAW, MIXED BERRIES & MANGO JUICE (DAIRY FREE)
- BREAKFAST BUZZ 78  
MUESLI, BANANA, HONEY & YOGHURT (NUTS)
- MORNING DATE 78  
DATES, BANANA, HONEY & YOGHURT (NUTS)
- BANANA BOOST 78  
BANANA, LOW FAT MILK, CINNAMON & PROTEIN POWDER

## SUPER SMOOTHIES

- PEANUT BUTTER BLISS 78  
BANANA, PEANUT BUTTER, SKIM MILK & SUPER FOOD BOOSTER PACK
- MEAN GREEN SUPERSHAKE (V) 85  
FRESH SPINACH, KALE, MINT, BANANA, FRESHLY SQUEEZED GREEN APPLE JUICE AND GREEN SUPER FOOD BOOSTER
- GOLDEN GLOW (V) 78  
BANANA, ALMOND MILK & ORGANIC TURMERIC POWDER WITH COCONUT, CINNAMON, MACA, FLAX & CHIA
- CHOCO NUT (V) 78  
BANANA, PEANUT BUTTER, OAT MILK, CACAO POWDER & RAW HONEY
- AWESOME AÇAÍ (V) 85  
BANANA, BLACKBERRIES, WILD BERRY JUICE & AÇAÍ NATURAL PULP (DAIRY FREE)

**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 34 ~ double 40
- ESPRESSO single 30 ~ double 36
- MACCHIATO single 34 ~ double 40
- CAPPUCCINO / FLAT WHITE single 38 ~ double 44
- CORTADO single 38 ~ double 44
- CAFE LATTE 40
- CHAI LATTE 45
- CHOCOCINO 50
- HOT CHOCOLATE 45
- RED CAPPUCCINO 45
- TEA PER PERSON 30
- SPECIALITY TEAS 35  
ENGLISH BREAKFAST, EARL GREY, PEPPERMINT, CAMOMILE, GREEN TEA, GREEN & MINT, GREEN & LEMON, HONEY GINGER TEA

POURING CREAM ADD 15  
 COFFEE / TEA ~ ALMOND MILK ADD 8 / OAT MILK ADD 10  
 CAPPUCCINO / LATTE ~ 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

## COLD BEVERAGES

- MINERAL WATER 500 ML 26 / 1 LITRE 45
- IMPORTED MINERAL WATER 500 ML 50 / 750ML 65
- RED BULL 42
- ICED TEA 330ML 30
- SODAS 330ML 28
- POWERADE / ENERGADE 28
- APPLETIZER / GRAPETIZER 38
- 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 35  
BEET, CARROT, LEMON, PARSLEY & GINGER
- POWER SHOT 35  
PINEAPPLE, LEMON, TURMERIC & BLACK PEPPER
- ENERGY ELIXIR 35  
PINEAPPLE, SPINACH, LEMON & KALE
- MEAN GREEN 35  
WHEATGRASS, CUCUMBER, SPINACH, KALE & GINGER
- GINGER NINJA 35  
GREEN APPLE, GINGER & APPLE CIDER VINEGAR
- TURMERIC TONIC 35  
ORANGE, LEMON, TURMERIC, GINGER & BLACK PEPPER
- FLU SHOT 35  
LEMON, GINGER, RAW HONEY & FRESH CHILLI
- WHEATGRASS SHOT 35

## SOUPS

- HOMEMADE CLEAR CHICKEN NOODLE SOUP 108
- LENTIL SOUP (V) 98  
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 BREAD

KINDLY NOTE THE KITCHEN DOES NOT SHARE MEALS OR DRINKS

## PASTRIES

- PLAIN CROISSANTS 40  
OUR FAMOUS CROISSANTS BAKED DAILY FRESH OUT OF THE OVEN
- FLAVOURED CROISSANTS 45  
CHOICE OF CHOCOLATE, ALMOND, CINNAMON OR CHEESE
- MUFFINS 40  
~ Freshly Baked Daily ~ RAISIN BRAN, CAPPUCCINO, CHOCOLATE, LEMON POPPY OR BLUEBERRY
- ADD BUTTER 3 ~ ADD BUTTER, JAM 10 ~ ADD BUTTER, JAM & CHEESE 18

## SPARKLING WINE

- SIMONSIG KAAPSE VONKEL 400
- JC LE ROUX LE DOMAINE / LA CHANSON 220
- GRAHAM BECK BRUT 380
- PONGRACZ CAP CLASSIQUE BRUT 380
- CARAFE FRESHLY SQUEEZED ORANGE JUICE 120

## WINE

- JORDAN CHAMELEON GLASS WHITE/ROSE 58
- JORDAN CHAMELEON GLASS RED 60
- JORDAN CHAMELEON SAUVIGNON BLANC 180
- JORDAN CHAMELEON ROSÉ 180
- JORDAN CHAMELEON CABERNET SAUVIGNON MERLOT 195
- PORCUPINE RIDGE MERLOT 175

## BEER

- LOCAL BEERS 40
- IMPORTED BEERS 45
- NON ALCOHOLIC BEER 40
- NIEUWBREW CRAFT BEER 75
- CIDERS 45

## 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

## HEALTHY BREAKFASTS

- FRUIT SALAD, MUESLI, HONEY & YOGHURT 120  
OUR FAMOUS HOMEMADE MUESLI SERVED WITH FRESH SEASONAL FRUIT SALAD, LOW FAT YOGHURT & RAW HONEY (WHEAT FREE OPTION AVAILABLE)
- STEWED FRUIT, MUESLI, HONEY & YOGHURT 120  
OUR FAMOUS HOMEMADE MUESLI SERVED WITH STEWED FRUIT COMPOTE, LOW FAT YOGHURT & RAW HONEY
- BIRCHERS BREAKFAST 118  
A HOMEMADE BLEND OF OATS, NUTS, DRIED FRUIT & YOGHURT SERVED WITH GRATED APPLE, BANANA, RAISINS, TOASTED ALMONDS & RAW HONEY
- BANANA BREAKFAST 118  
OUR FAMOUS HOMEMADE MUESLI SERVED WITH SLICED BANANA, LOW FAT YOGHURT & RAW HONEY
- SUPER POWER OATS (V) 118  
BLEND OF RAW UNCOOKED OATS, DRIED FRUIT & NUTS, CHIA SEEDS, ORGANIC TURMERIC, COCONUT, CINNAMON, MACA & FLAX POWDER SERVED WITH RAW HONEY & WARM ALMOND MILK
- PAWPAW PICK UP 118  
PAWPAW, LOW FAT YOGHURT, TOASTED ALMONDS & RAW HONEY
- FRUIT SALAD (V) 88
- STEWED FRUIT COMPOTE (V) 88
- HOT OATS 98  
COOKED OATS SERVED WITH BAKED APPLE, SWEET DUKKAH & HONEY

**ADDITIONS:** HONEY 5 ~ ALMOND MILK 10 ~ FLAVOURED YOGHURT 12  
 AÇAÍ PULP 15ML 38 ~ GOJI BERRIES 28 ~ CHIA SEEDS 28 ~ WALNUTS 50GR 35  
 ALMONDS 50GR 35 ~ BANANA 12 ~ CRANBERRY 50G 22

## SMOOTHIE BOWLS

- SUPER BOOST SMOOTHIE BOWL (V) 135  
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) 135  
BANANA, ALMOND MILK, CINNAMON & WHEY PROTEIN TOPPED WITH HOMEMADE WHEAT FREE GRANOLA, TOASTED ALMONDS, CRANBERRIES, GOJI AND CHIA SEEDS
- AÇAÍ BOWL 145  
BANANA, BLACKBERRIES, WILD BERRY JUICE & AÇAÍ NATURAL PULP (DAIRY FREE) SERVED WITH BERRIES, SEASONAL FRUIT AND HOMEMADE GLUTEN FREE CRANBERRY GRANOLA

Kindly note: Waiters are not permitted to accept individual payments from guests please settle the complete bill at the table



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## STARTERS

NOT AVAILABLE FOR TAKEAWAY

### LOADED HUMMUS PLATE 110

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

### CAPRESE SALAD 128

FRESH FIOR DE LATTE MOZZARELLA SERVED ON A BED OF ROCKET WITH TOMATO & BASIL SERVED WITH A TOASTED SOURDOUGH ROLL

## WRAPS

CHOICE OF WHITE OR WHOLEWHEAT. GLUTEN FREE ADD 20

### LOUISIANA 118

CAJUN / GRILLED CHICKEN BREAST, AVO, CUCUMBER, SHREDDED LETTUCE & OUR SECRET LOUISIANA SAUCE

### HAWAIIAN 118

CHICKEN SCHNITZEL BREAST, PINEAPPLE, CUCUMBER SHREDDED LETTUCE & SWEET CHILI MAYO (GLUTEN FREE SCHNITZEL BREAST ADD 5.00)

### CARIBBEAN 118

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

### MEDITERRANEAN 128

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

### TEL AVIV (V) 118

FALAFEL, HUMMUS, MIXED SALAD, SHREDDED LETTUCE & H/MADE TAHINA SAUCE

### CAPRI WRAP 118

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

### TURKISH WRAP 125

CHICKEN SCHWARMA BREAST, HUMMUS, MIXED SALAD, SHREDDED LETTUCE & NEWPORT'S GARLIC SAUCE

### GREEK WRAP 125

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

### CAESAR WRAP 125

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

### ARCTIC WRAP 128

SMOKED SALMON (60GR), AVO, CUCUMBER, ROCKET, WATERCRESS, SHREDDED LETTUCE & CREAM CHEESE

### PACIFIC WRAP 125

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

### TEXAN WRAP 135

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

### FRESNO WRAP 120

3 FREE RANGE SCRAMBLED EGGS, BABY SPINACH, STREAKY BACON OR SMOKED TURKEY BREAST, CHERRY TOMATOES & GRATED CHEDDAR. SERVED TILL 12.30PM

## SALADS

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

### CARIBBEAN SALAD 130

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

### CAJUN CHICKEN SALAD 120

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

### GREEK SALAD 115

OLIVES, FETA, SDT & ONIONS SERVED ON A BED OF LETTUCE WITH CUCUMBER, TOMATO, PEPPERDEWS, RADDISH & PEPPERS

### ADD GRILLED CHICKEN BREAST 40

### TUNA SALAD 138

TUNA, ANCHOVIES, EGG, ONION, RADDISH, SDT, PEPPERDEWS & OLIVES SERVED ON A BED OF LETTUCE WITH CUCUMBER & TOMATO

### CHICKEN CAESAR SALAD 138

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

### BUTTERNUT, BEETROOT & FETA 130

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

### SMOKED SALMON SALAD 158

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

### ITALIAN SALAD 158

PARMA HAM (80GR), ROCKET, ARTICHOKE, FIOR DE LATTE MOZZARELLA & CHERRY TOMATOES WITH A BALSAMIC DRIZZLE

### FALAFEL SALAD 125

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 40 ~ 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

## 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

### RARE ROAST BEEF 110/130

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

### SMOKED TURKEY 110/130

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

### HOMEMADE EGG MAYONAISE 110/130

HOMEMADE EGG SALAD SERVED WITH LETTUCE, TOMATO & GHERKINS

### CHICKEN MAYO 115/135

CHICKEN MAYO SERVED WITH LETTUCE, TOMATO & GHERKINS

### TUNA MAYO 115/135

TUNA MAYO SERVED WITH LETTUCE, TOMATO & GHERKINS

### HAM & CHEESE 110/130

GYSY HAM SERVED WITH CHEDDAR OR MOZZARELLA, LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO

### SMOKED SALMON 120/140

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

## GOURMET SANDWICHES

### GOURMET CHICKEN MAYO 125/145

CHICKEN MAYO, ROCKET & AVO

### GOURMET TURKEY 122/132

TURKEY BREAST, EMMENTHALER, AVO, LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO

### GOURMET CAPRESE 115/125

FIOR DE LATTE MOZZARELLA, ROCKET, TOMATO & BASIL PESTO

### GOURMET SALAMI 122/132

ITALIAN SALAMI, MOZZARELLA, AVO, ROCKET, PEPPERDEWS, MUSTARD

### GOURMET PARMA HAM 138/158

PARMA HAM, ROCKET, ARTICHOKE & FIOR DE LATTE MOZZARELLA SERVED WITH MUSTARD & MAYO

### GOURMET AUBERGINE 125/145

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

### GOURMET SMOKED SALMON 138/148

FRESH NORWEGIAN SALMON 60GR/80GR, ROCKET, AVO, CREAM CHEESE, TOMATO, CAPERS & ONION

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) 88 ~ HALLOUMI 30/40 ~ PB CHEESE ADD 20/30

## INSALATIERA - POWER BOWLS

REGRET NO SUBSTITUTIONS

### SPINACH POWER BOWL 125

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

### CAJUN CHICKEN QUINOA BOWL 138

CAJUN CHICKEN BREAST, QUINOA, TOASTED FLAKED ALMONDS, DICED CUCUMBER & GREEN PEPPER SERVED WITH AVO, FETA & FRESH HERBS TOSSED WITH OLIVE OIL & LEMON JUICE

## DESSERTS

### APPLE PUDDING & VANILLA ICE-CREAM 68

### DARK CHOC BROWNIE & VANILLA ICE-CREAM 68

### VANILLA ICE-CREAM 55

SERVED WITH HOMEMADE CHOC SAUCE

### HOMEMADE CARROT CAKE 68

MOIST & DELICIOUS WITH A CREAM CHEESE ICING

### OUR FAMOUS HOMEMADE CHEESECAKE 68

HOME-BAKED WITH HINTS OF LEMON & VANILLA

~  
Homemade  
Daily  
~

## PIATTO VERDURE – TOASTED PLANT BASED WRAPS

REGRET NO SUBSTITUTIONS

### MOROCCAN TOSTADA 125

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 125

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

### ADRIATIC TOSTADA 125

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

## PIATTO PRANZO

### FALAFEL PLATE 118

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

### SCHNITZEL PLATE 150

2 CHICKEN SCHNITZEL BREASTS SERVED WITH SLICED CUCUMBER, TOMATO, AVOCADO & ONION (GLUTEN FREE SCHNITZEL BREASTS ADD 10.00)

### MEDITERRANEAN SCHNITZEL PLATE 188

CHICKEN SCHNITZEL TOPPED WITH SPINACH, NAPOLITANA SAUCE, GRILLED MOZZARELLA, OLIVES, FETA, BASIL & CHILLI

### PARMA SCHNITZEL PLATE 198

CHICKEN SCHNITZEL TOPPED WITH PARMA HAM, GRILLED MOZZARELLA, SPINACH, NAPOLITANA SAUCE, BASIL & CHILLI

### CAJUN CHICKEN / GRILLED CHICKEN PLATE 140

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

### SALMON PLATE 168

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

## BURGERS

STANDARD (SINGLE BREAST) - WHITE ROLL, 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 118 / LRG 138

### CHICKEN SCHNITZEL BURGER STD 120 / LRG 145

(GLUTEN FREE SCHNITZEL BREAST ADD 5.00 EACH)

## PASTAS

ALL PASTAS SERVED WITH PENNE & IMPORTED PARMESAN CHEESE

### BAKED ZITI 128

PENNE TOSSED IN BOLOGNAISE & BECHAMEL OVEN BAKED

### BASIL PESTO 128

A BLEND OF BASIL, FRESH GARLIC, PINE NUTS  
ADD CHICKEN SCHNITZEL BREAST 40

### HOMEMADE MACARONI CHEESE 115

OVEN BAKED

### NAPOLITANA / ARABIATA (V) 120

HOMEMADE TOMATO SAUCE

### SUNDRIED TOMATO & OLIVE 125

SUN DRIED TOMATO, OLIVES, CHILI & GARLIC, PARMESAN & OLIVE OIL  
ADD PLAIN OR CAJUN CHICKEN BREAST 40

### BOLOGNAISE 128

HOMEMADE BEEF & ITALIAN TOMATO SAUCE

## PITAS

### FALAFEL 118

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

### CHICKEN SCHWARMA 118

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

### CARRIBEAN PITA 118

PITA POCKET FILLED WITH CHICKEN SCHNITZEL BREAST, AVO, FETA, CUCUMBER & SHREDDED LETTUCE WITH NEWPORT'S HOMEMADE MAYO (GLUTEN FREE SCHNITZEL BREAST ADD 10)