





FRESH JUICE

FRESHLY SQUEEZED ORANGE 40 CARROT 48

All Juices Freshly **CARROT & ORANGE** 58 Made On Order **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 / KALE / CELERY 15ML 30 **ADD GINGER** 5ML 12

SUPER JUICE

All Juices Freshly

Made On Order

FULL IMMUNITY 68

APPLE, CARROT, LEMON, PARSLEY & GINGER

IRON MAN 72

BEETROOT, APPLE, CUCUMBER, KALE, SPINACH, CELERY, LEMON & MINT

FATIGUE FIGHTER 68

BEETROOT, APPLE, LEMON & GINGER **REPLENISH** 68

APPLE, PINEAPPLE, LEMON & MINT

LEMON TWIST 68 APPLE, LEMON, MINT & GINGER

RADIANCE 68

APPLE, CUCUMBER, SPINACH, LEMON, MINT & GINGER

SUPERFOOD ME 72

APPLE, SPINACH, KALE, LEMON, MINT, PARSLEY & GINGER

ENERGISER 68 PINEAPPLE, APPLE & MINT

LIMELIGHT 72

FRESHLY SQUEEZED PINEAPPLE JUICE, APPLE JUICE & LIME JUICE WITH A SHOT OF COLD PRESSED WHEAT GRASS

SUPER SUNSHINE 68

ORANGE, PINEAPPLE, LEMON & GINGER

SMOOTHIES

FREEZERCHINO 78

BERRY BLITZ (V) 78

ASSORTED BERRIES, BANANA & APPLE JUICE (DAIRY FREE)

PINEAPPLE BURST (V) 78 PINEAPPLE, BANANA & ORANGE JUICE (DAIRY FREE)

MANGO MADNESS (V) 78

PAWPAW, BANANA & MANGO JUICE (DAIRY FREE)

PAWPAW POWER (V) 78

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

AWESOME AÇAİ 88

BANANA, BERRIES, APPLE JUICE & ACAÍ NATURAL POWDER (DAIRY FREE)

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 & GREEN SUPER FOOD BOOSTER **GOLDEN GLOW (V)** 85

BANANA, ALMOND MILK & ORGANIC TUMERIC POWDER WITH COCONUT, CINNAMON, MACA, FLAX & CHIA

CHOCO NUT (V) 85

BANANA, PEANUT BUTTER, OAT MILK,

CACAO POWDER & RAW HONEY

HOT BEVERAGES

COFFEE single 34 - double 40

ESPRESSO single 30 - double 36

MACCHIATO single 34 - double 40

CAPPUCCINO single 38 - double 44

FLAT WHITE single 38 - double 44 CORTADO single 38 - double 44

CAFE LATTE 40

CHAILATTE 48

CHOCOCINO 50

HOT CHOCOLATE 48

RED CAPPUCCINO 48

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

MATCHA GREEN TEA LATTE 58

MINERAL WATER 500 ML 26

1 LITRE 45

IMPORTED MINERAL WATER 500 ML 50

750ML 65

ICED TEA 330ML 30

SODAS 330ML 28

POWERADE / ENERGADE 30

FLAVOURED MINERAL WATER 28

LIME / COLA TONIC / PASSION FRUIT 20

WELLNESS SHOTS 30ML

TO ORDER AND ARE SUBJECT TO AVAILABILITY ON THE DAY

Here Daily

POWER SHOT 38

PINEAPPLE, LEMON, TUMERIC & BLACK PEPPER

ENERGY ELIXIR 38 PINEAPPLE, SPINACH, LEMON & KALE

MEAN GREEN 38

GINGER NINJA 38

TUMERIC TONIC 38

ORANGE, LEMON, TUMERIC, GINGER & BLACK PEPPER

FLU SHOT 38

5 FALAFEL BALLS SERVED WITH HUMMUS, TAHINA SAUCE, MIXED ISRAELI SALAD SERVED WITH A FLATBREAD

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

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

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

PASTAS

ALL PASTAS SERVED WITH PENNE & IMPORTED PARMESAN CHEESE

BAKED ZITI 128

PENNE TOSSED IN BOLOGNAISE & BECHAMEL OVEN BAKED

BASIL PESTO 128

ADD CHICKEN SCHNITZEL BREAST 45

OVEN BAKED

NAPOLITANA / ARABIATA (V) 128 HOMEMADE TOMATO SAUCE

SUNDRIED TOMATO & OLIVE 128 SUN DRIED TOMATO, OLIVES, CHILLI & GARLIC.

ADD PLAIN OR CAJUN CHICKEN BREAST 40

HOMEMADE BEEF & ITALIAN TOMATO SAUCE

PESTO ALLA GENOVESE 148

BASIL PESTO SAUCE WITH PARMESAN AND PINE NUTS

APPLE PUDDING & VANILLA ICE-CREAM 78 **DARK CHOC BROWNIE**

Daily

& VANILLA ICE-CREAM 78 VANILLA ICE-CREAM 55

OUR FAMOUS HOMEMADE CHEESECAKE 78

NO DOGS ALLOWED. GRATUITY NOT INCLUDED. 15% SERVICE CHARGE ADDED TO PARTIES LARGER THAN 8. WE REGRET NO CHEQUES ACCEPTED.

> RESTAURANT SEATING FOR MENU ITEMS ONLY / NO SELF SERVICE. NO TAKE AWAYS MAY BE CONSUMED AT TABLES.

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.

PIATTO PRANZO

FALAFEL PLATE 135

SCHNITZEL PLATE 150

CAJUN / GRILLED CHICKEN PLATE 145

SALMON PLATE 168

A BLEND OF BASIL, FRESH GARLIC, PINE NUTS

HOMEMADE MACARONI CHEESE 118

PARMESAN & OLIVE OIL

BOLOGNAISE 138

CHICKEN BREAST TOSSED WITH PENNE IN CREAMY

DESSERTS

Homemade

SERVED WITH HOMEMADE CHOC SAUCE **HOMEMADE CARROT CAKE** 78 MOIST & DELICIOUS WITH A CREAM CHEESE ICING

HOME-BAKED WITH HINTS OF LEMON & VANILLA

EXTRA INFORMATION:

ALL NEWPORT PRODUCTS ARE MANUFACTURED IN AN

COLD BEVERAGES

RED BULL 42

APPLETIZER / GRAPETIZER 40

IMPORTED SODAS 50

DUE TO EXACT RECIPES THESE SHOTS ARE NOT MADE

Cold Pressed

VITAL SHOT 38 BEET, CARROT, LEMON, PARSLEY & GINGER

WHEATGRASS, CUCUMBER, SPINACH, KALE & GINGER

GREEN APPLE, GINGER & APPLE CIDER VINEGAR

LEMON, GINGER, RAW HONEY & FRESH CHILLI

WHEATGRASS SHOT 40







NEWPORT

RESTAURANT & DELI



STARTERS

NOT AVAILABLE FOR TAKEAWAY

LOADED HUMMUS PLATE 118

HUMMUS, TAHINA & CHOPPED SALAD OF **CUCUMBER & TOMATO SERVED WITH A FLATBREAD**

CAPRESE SALAD 128

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

SOUPS

HOMEMADE CLEAR CHICKEN 110 **NOODLE SOUP**

LENTIL SOUP (V) 110

BEEF FLAVOURED BEAN SOUP 118

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, RYE OR NEWPORT SOURDOUGH BREAD

SANDWICHES

ALL MEDIUM SANDWICHES/GOURMET MEDIUM

SERVED ON CHOICE OF BAGEL, HEALTH BREAD OR 100% RYE. **ALL LARGE SANDWICHES / GOURMET LARGE** SERVED ON CHOICE OF NEWPORT PUMPKIN SEED ROLL, ARTISANAL SOURDOUGH BREADS, CIABATTA, LIGHT RYE, BAGUETTE AND GLUTEN FREE - PLAIN CROISSANT ADD R20 - 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 118/138

CHICKEN MAYO SERVED WITH LETTUCE, TOMATO & GHERKINS **TUNA MAYO** 118/138

TUNA MAYO SERVED WITH LETTUCE, TOMATO & GHERKINS

HAM & CHEESE 110/130 GYSPY HAM SERVED WITH CHEDDAR OR MOZZARELLA,

LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO

SMOKED SALMON 120/140

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

GOURMET SANDWICHES

GOURMET CHICKEN MAYO 125/145 CHICKEN MAYO, ROCKET & AVO

GOURMET TURKEY 125/135

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

GOURMET CAPRESE 118/128

FIOR DE LATTE MOZZARELLA, ROCKET, TOMATO & BASIL PESTO

GOURMET SALAMI 125/135

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

GOURMET PARMA HAM 138/158

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

GOURMET AUBERGINE 125/145

GRILLED AUBERGINE. HALLOUMI. ROCKET.

ARTICHOKES, TOMATO & TAHINA SAUCE

GOURMET SMOKED SALMON 138/158

FRESH NORWEGIAN SALMON (60G/80G), ROCKET, AVO,

CREAM CHEESE, TOMATO, CAPERS & ONION

ADDITIONS FOR SANDWICHES - STD/LARGE: ONION / JALAPENOS / TOMATO 15/20 - PESTO 20/25 ROCKET / PEPPERDEWS / SDT 20/25 - AVO 30/38

FETA 30/40 - **HUMMUS / CHEESE** 20/30 **EMMENTHALER** 20/30 - **SALMON** (50G) 88

HALLOUMI 30/40

WRAPS

CHOICE OF WHITE OR WHOLEWHEAT **GLUTEN FREE ADD 20**

LOUISIANA 128

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

HAWAIIAN 128

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

CARIBBEAN 128

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) 128

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

CAPRI WRAP 128

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

TURKISH WRAP 128

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

GREEK WRAP 128

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

CAESAR WRAP 128

CHICKEN BREAST, AVO. CUCUMBER, IMPORTED PARMESAN, SHREDDED LETTUCE & CAESAR DRESSING **ARCTIC WRAP** 135

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

PACIFIC WRAP 128

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

TEXAN WRAP 138

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

FLATBREADS

FALAFEL 128

FLATBREAD TOPPED WITH HOMEMADE FALAFEL BALLS, HUMMUS, TAHINA & CHOPPED LETTUCE WITH A TOMATO & CUCUMBER SALAD

CHICKEN SCHWARMA 128

FLATBREAD TOPPED WITH MEDITERRANEAN SPICED CHICKEN BREAST, CHOPPED LETTUCE, TOMATO & CUCUMBER SALAD WITH A HOMEMADE HUMMUS & TAHINI SAUCE

CARIBBEAN FLATBREAD 128

FLATBREAD TOPPED WITH CHICKEN SCHNITZEL BREAST, AVO, FETA, CUCUMBER & SHREDDED LETTUCE WITH NEWPORT'S HOMEMADE MAYO

(GLUTEN FREE SCHNITZEL BREAST ADD 10)

BURGERS

STANDARD (SINGLE BREAST): WHITE ROLL, BAGEL

LARGE (DOUBLE BREAST):

SOURDOUGH BREAD, 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 125 / LRG 145

(GLUTEN FREE SCHNITZEL BREAST ADD 10.00 EACH)

SALADS

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

CARIBBEAN SALAD 138

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

CAJUN CHICKEN SALAD 128

CAJUN 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 138

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

SMOKED SALMON SALAD 168

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

ITALIAN SALAD 168 PARMA HAM (80GR), ROCKET, ARTICHOKES, FIOR DE LATTE

MOZZARELLA & CHERRY TOMATOES WITH A BALSAMIC DRIZZLE FALAFEL SALAD 138 FALAFEL, AUBERGINE & HUMMUS SERVED ON

A BED OF MIXED GREENS WITH CHICK PEAS & TAHINA SAUCE

AVO. PARMESAN & PINE NUT SALAD 148 AVO, PARMESAN SHAVINGS & PINE NUTS SERVED ON A BED OF LETTUCE WITH CUCUMBER & SDT

ADDITIONS: CHICKEN SCHNITZEL BREAST 45

CAJUN CHICKEN BREAST 40 - PARMESAN / HALLOUMI 38

AVO 30 - FETA / BUTTERNUT / BEETROOT 30

SALMON (50G) 85 **OLIVES** 15 - **EGG** 12 - **TUNA** 38 **ROCKET** 15 - **PARMA HAM** (50G) 88 PINE NUTS (6G) 38 - QUINOA / CHICKPEAS 18

POWER BOWLS

INSALATIERA -

REGRET NO SUBSTITUTIONS

SPINACH POWER BOWL 138

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

LENTIL & COUSCOUS BOWL 138

HEALTHY SALAD OF LENTILS, COUSCOUS, BABY SPINACH CHOPPED CUCUMBER, CHERRY TOMATOES, RED ONION, AVO & CORN TOPPED WITH CRUMBED HALLOUMI CHEESE & SERVED WITH A HOMEMADE VINAIGRETTE

POLLO BOWL 138

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



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