



NEWPORT

RESTAURANT & DELI

STARTERS

NOT AVAILABLE FOR TAKEAWAY

LOADED HUMMUS PLATE 138
HUMMUS, TAHINA & CHOPPED SALAD OF CUCUMBER & TOMATO SERVED WITH A FLATBREAD

CAPRESE SALAD 138
FRESH FIOR DE LATTE MOZZARELLA SERVED ON A BED OF ROCKET WITH TOMATO & BASIL SERVED WITH A TOASTED SOURDOUGH ROLL

SOUPS

HOMEMADE CLEAR CHICKEN NOODLE SOUP 125

LENTIL SOUP (V) 125

ITALIAN TOMATO SOUP 125

BEEF FLAVOURED BEAN SOUP 128
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 125/135

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

SMOKED TURKEY 125/135

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

HOMEMADE EGG MAYONAISE 125/135

HOMEMADE EGG SALAD SERVED WITH LETTUCE, TOMATO & GHERKINS

CHICKEN MAYO 128/138

CHICKEN MAYO SERVED WITH LETTUCE, TOMATO & GHERKINS

TUNA MAYO 128/138

TUNA MAYO SERVED WITH LETTUCE, TOMATO & GHERKINS

HAM & CHEESE 125/135

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

SMOKED SALMON 128/140

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

GOURMET SANDWICHES

GOURMET CHICKEN MAYO 135/150
CHICKEN MAYO, ROCKET & AVO

GOURMET TURKEY 135/150
TURKEY BREAD, EMMENTHALER, AVO, LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO

GOURMET CAPRESE 128/138
FIOR DE LATTE MOZZARELLA, ROCKET, TOMATO & BASIL PESTO

GOURMET PARMA HAM 138/158
PARMA HAM, ROCKET, ARTICHOKE & FIOR DE LATTE MOZZARELLA SERVED WITH MUSTARD & MAYO

GOURMET AUBERGINE 135/150

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

GOURMET SMOKED SALMON 138/158
FRESH NORWEGIAN SMOKED SALMON (60G/80G), ROCKET, AVO, CREAM CHEESE, TOMATO, CAPERS & ONION

ADDITIONS FOR SANDWICHES - STD/LARGE:

ONION / JALAPENOS / TOMATO 15/20 - **PESTO** 25/30

ROCKET / PEPPERDEWS / SDT 20/25 - **AVO** 35/40

FETA 30/40 - **HUMMUS / CHEESE** 20/30

EMMENTHALER 20/30 - **SALMON (40G)** 88

HALLOUMI 30/40

WRAPS

KINDLY NOTE - ADDITIONS SERVED SEPARATELY
CHOICE OF WHITE OR WHOLEWHEAT. **GLUTEN FREE ADD 20**

LOUISIANA 138

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

HAWAIIAN 138

CHICKEN SCHNITZEL BREAST, PINEAPPLE, CUCUMBER, SHREDDED LETTUCE & SWEET CHILLI MAYO (GLUTEN FREE SCHNITZEL BREAST ADD 10.00)

CARIBBEAN 138

CHICKEN SCHNITZEL BREAST, AVO, FETA, CUCUMBER & SHREDDED LETTUCE WITH A HOMEMADE MAYO (GLUTEN FREE SCHNITZEL BREAST ADD 10.00)

MEDITERRANEAN 138

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

TEL AVIV (V) 138

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

CAPRI WRAP 138

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

TURKISH WRAP 138

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

GREEK WRAP 138

CRUMBED HALLOUMI, AUBERGINE, ROCKET, SUN DRIED TOMATOES, PEPPERDEWS & TZATZIKI

CAESAR WRAP 138

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

ARCTIC WRAP 148

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

PACIFIC WRAP 138

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

TEXAN WRAP 148

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

JAMAICAN WRAP (V) 148

PLANT BASED STICKY BBQ CHICKEN FILLETS, SHREDDED LETTUCE, CUCUMBER, RED ONION, AVOCADO & PINEAPPLE SERVED WITH TANGY PLANT BASED MAYO

MOROCCAN WRAP (V) 148

PLANT BASED MOROCCAN CHICKEN BREAST FILLETS, SHREDDED LETTUCE, GRILLED AUBERGINE, ROASTED BUTTERNUT, CHICKPEA & TOMATO RELISH SERVED PLAIN OR WITH FRESH CHILLI

FLATBREADS

FALAFEL 138

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

CHICKEN SCHWARMA FLATBREAD 138

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

CARIBBEAN FLATBREAD 138

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 128 / LRG 148

CHICKEN SCHNITZEL BURGER

STD 130 / LRG 150

(GLUTEN FREE SCHNITZEL BREAST ADD 10.00 EACH)

SALADS

ALL SALADS SERVED WITH OUR HOMEMADE SALAD DRESSING
REGRET NO SUBSTITUTIONS

CARIBBEAN SALAD 148

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

CAJUN CHICKEN SALAD 138

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

GREEK SALAD 125

OLIVES, FETA, SDT & ONIONS SERVED ON A BED OF LETTUCE WITH CUCUMBER, TOMATO, PEPPERDEWS, RADDISH & PEPPERS
ADD GRILLED CHICKEN BREAST 48

TUNA SALAD 148

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

CHICKEN CAESAR SALAD 145

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

BUTTERNUT, BEETROOT & FETA 145

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

SMOKED SALMON SALAD 178

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

FALAFEL SALAD 145

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 48
CAJUN CHICKEN BREAST 48 - **PARMESAN / HALLOUMI** 40
AVO 38 - **FETA / BUTTERNUT / BEETROOT** 30
SALMON (40G) 88 - **OLIVES** 15 - **EGG** 12 - **TUNA** 55
ROCKET 15 - **PARMA HAM (50G)** 88
PINE NUTS (6G) 38 - **QUINOA / CHICKPEAS** 20

INSALATIERA - POWER BOWLS

REGRET NO SUBSTITUTIONS

CAJUN CHICKEN QUINOA BOWL 148

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

POLLO BOWL 148

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



@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
KINDLY NOTE: WAITERS ARE NOT PERMITTED TO ACCEPT INDIVIDUAL PAYMENTS FROM GUESTS PLEASE SETTLE THE COMPLETE BILL AT THE TABLE



NEWPORT

RESTAURANT & DELI

FRESH JUICE

All Juices Freshly Made On Order

FRESHLY SQUEEZED ORANGE	55
CARROT	58
CARROT & ORANGE	68
CARROT & APPLE	68
CARROT, APPLE & ORANGE	68
CARROT, APPLE & BEETROOT	68
COLD AUGERED WHEATGRASS 25ML	45
COLD AUGERED GINGER 25ML	35
ADD SPINACH / KALE / CELERY 15ML	35
ADD GINGER 5ML	15

SUPER JUICE

All Juices Freshly Made On Order

IRON MAN	75
BEETROOT, APPLE, CUCUMBER, KALE, SPINACH, CELERY, LEMON & MINT	
FATIGUE FIGHTER	75
BEETROOT, APPLE, LEMON & GINGER	
REPLENISH	75
APPLE, PINEAPPLE, LEMON & MINT	
LEMON TWIST	75
APPLE, LEMON, MINT & GINGER	
GREEN JUICE / RADIANCE	75
APPLE, CUCUMBER, SPINACH, LEMON, MINT & GINGER	
SUPERFOOD ME	75
APPLE, SPINACH, KALE, LEMON, MINT, PARSLEY & GINGER	
ENERGISER	75
PINEAPPLE, APPLE & MINT	
SUPER SUNSHINE	75
ORANGE, PINEAPPLE, LEMON & GINGER	

SMOOTHIES

FREEZERCHINO	85
BERRY BLITZ (V)	85
ASSORTED BERRIES, BANANA & APPLE JUICE (DAIRY FREE)	
PINEAPPLE BURST (V)	85
PINEAPPLE, BANANA & ORANGE JUICE (DAIRY FREE)	
MANGO MADNESS	85
PAWPAW, BANANA & MANGO JUICE (DAIRY FREE)	
PAWPAW POWER	85
PAWPAW, MIXED BERRIES & MANGO JUICE (DAIRY FREE)	
BREAKFAST BUZZ	88
MUESLI, BANANA, HONEY & YOGHURT (NUTS)	
MORNING DATE	88
DATES, BANANA, HONEY & YOGHURT (NUTS)	
BANANA BOOST	85
BANANA, LOW FAT MILK, CINNAMON & PROTEIN POWDER	
AWESOME AÇAÍ	95
BANANA, BERRIES, APPLE JUICE & AÇAÍ NATURAL POWDER (DAIRY FREE)	

SUPER SMOOTHIES

PEANUT BUTTER BLISS	88
BANANA, PEANUT BUTTER, SKIM MILK & SUPER FOOD BOOSTER PACK	
MEAN GREEN SUPERSHAKE	95
FRESH SPINACH, KALE, MINT, BANANA, FRESHLY SQUEEZED GREEN APPLE JUICE & GREEN SUPER FOOD BOOSTER	
GOLDEN GLOW	88
BANANA, ALMOND MILK & ORGANIC TUMERIC POWDER WITH COCONUT, CINNAMON, MACA, FLAX & CHIA	
CHOCO NUT	88
BANANA, PEANUT BUTTER, OAT MILK, CACAO POWDER & RAW HONEY	

HOT BEVERAGES

COFFEE single 36 - double 42
ESPRESSO single 30 - double 36
MACCHIATO single 34 - double 40
CAPPUCCINO single 42 - double 48
FLAT WHITE single 40 - double 46
CORTADO single 38 - double 44
CAFE LATTE 48
CHAI LATTE 50
CHOCOCINO 55
HOT CHOCOLATE 50
RED CAPPUCCINO 50
TEA PER PERSON 30
SPECIALITY TEAS 40
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
ICED ALMOND LATTE	58

COLD BEVERAGES

MINERAL WATER 500 ML	28
1 LITRE	50
SAN PELLEGRINO 500 ML	58
750ML	78
SAN PELLEGRINO SPARKLING ICED TEA	58
RED BULL	48
LIPTON ICED TEA 330ML	38
SODAS - COKE / COKE ZERO	30
SODAS - SPRITE / SPRITE ZERO / FANTA / LEMON TWIST / CREAM SODA	35
POWERADE / ENERGADE	35
APPLETIZER / GRAPETIZER	45
IMPORTED SODAS	50
LIME / COLA TONIC / PASSION FRUIT	10
LIME / COLA TONIC / PASSION FRUIT & WATER	26
LIME / COLA TONIC / PASSION FRUIT & MINERAL WATER	40
LIME / COLA TONIC / PASSION FRUIT & SODA	40

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	40
BEET, CARROT, LEMON, PARSLEY & GINGER	
POWER SHOT	40
PINEAPPLE, LEMON, TUMERIC & BLACK PEPPER	
ENERGY ELIXIR	40
PINEAPPLE, SPINACH, LEMON & KALE	
MEAN GREEN	45
WHEATGRASS, CUCUMBER, SPINACH, KALE & GINGER	
GINGER NINJA	40
GREEN APPLE, GINGER & APPLE CIDER VINEGAR	
TUMERIC TONIC	45
ORANGE, LEMON, TUMERIC, GINGER & BLACK PEPPER	
FLU SHOT	40
LEMON, GINGER, RAW HONEY & FRESH CHILLI	
WHEATGRASS SHOT	45

PIATTO PRANZO

FALAFEL PLATE	138
5 FALAFEL BALLS SERVED WITH HUMMUS, TAHINA SAUCE, MIXED ISRAELI SALAD SERVED WITH A FLATBREAD	
SCHNITZEL PLATE	168
2 CHICKEN SCHNITZEL BREASTS SERVED WITH SLICED CUCUMBER, TOMATO, AVOCADO & ONION (GLUTEN FREE SCHNITZEL BREASTS ADD 20.00)	
CAJUN / GRILLED CHICKEN PLATE	158
2 CAJUN / GRILLED CHICKEN BREASTS SERVED WITH SLICED TOMATO, CUCUMBER, AVOCADO & ONION	
SALMON PLATE	178
NORWEGIAN SMOKED SALMON(80GR) SERVED WITH SLICED TOMATO, CUCUMBER, AVOCADO & ONION	

PASTAS

ALL PASTAS SERVED WITH PENNE & IMPORTED PARMESAN CHEESE

BAKED ZITI	148
PENNE TOSSED IN BOLOGNAISE & BECHAMEL OVEN BAKED	
BASIL PESTO	148
A BLEND OF BASIL, FRESH GARLIC, PINE NUTS ADD CHICKEN SCHNITZEL BREAD 50	
HOMEMADE MACARONI CHEESE	128
OVEN BAKED	
NAPOLITANA / ARABIATA (V)	138
HOMEMADE TOMATO SAUCE	
CAJUN CHICKEN	158
SUNDRIED TOMATO & OLIVE	
CAJUN CHICKEN BREAST, SUNDRIED TOMATO, OLIVES, CHILLI & GARLIC, PARMESAN & OLIVE OIL	
BOLOGNAISE	148
HOMEMADE BEEF & ITALIAN TOMATO SAUCE	
PESTO ALLA GENOVESE	168
CHICKEN BREAST TOSSED WITH PENNE IN CREAMY BASIL PESTO SAUCE WITH PARMESAN AND PINE NUTS	

DESSERTS

Homemade Daily

APPLE PUDDING & VANILLA ICE-CREAM	88
DARK CHOC BROWNIE & VANILLA ICE-CREAM	88
VANILLA ICE-CREAM	68
SERVED WITH HOMEMADE CHOC SAUCE	
HOMEMADE CARROT CAKE	88
MOIST & DELICIOUS WITH A CREAM CHEESE ICING	
OUR FAMOUS HOMEMADE CHEESECAKE	88
HOME-BAKED WITH HINTS OF LEMON & VANILLA	

EXTRA INFORMATION:
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.

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.