



CAPE TOWN

NEWPORT

EST. 1997 | MARKET & DELI | HEALTHY & NATURAL



FRESH JUICE

ALL JUICES FRESHLY MADE ON ORDER

- FRESHLY SQUEEZED ORANGE** 250ML 25
- CARROT** 250ML 25
- CARROT & ORANGE** 500ML 30
- CARROT & APPLE** 500ML 30
- CARROT, APPLE & ORANGE** 500ML 35
- CARROT, APPLE & BEETROOT** 500ML 35
- CARROT, APPLE, ORANGE & BEETROOT** 500ML 40
- CARROT & BEETROOT** 500ML 35
- CARROT & BANANA** 500ML 35
- WATERMELON (SEASONAL)** 500ML 30
- COLD AUGERED WHEATGRASS** 25ML 25
- COLD AUGERED GINGER** 25ML 25
- ADD SPINACH OR KALE OR CELERY** 15ML 15
- ADD GINGER** 5ML 5

SUPER JUICE 250ML

ALL JUICES FRESHLY MADE ON ORDER

- FULL IMMUNITY** 35
APPLE CARROT LEMON PARSLEY & GINGER
- HORNY TOAD** 35
APPLE KALE AND GINGER
- IRON MAN** 40
BEETROOT APPLE CUCUMBER, KALE, SPINACH, CELERY, LEMON & MINT
- FATIGUE FIGHTER** 40
BEETROOT APPLE LEMON AND GINGER
- REPLENISH** 40
APPLE PINEAPPLE LEMON AND MINT
- LEMON TWIST** 40
APPLE LEMON AND MINT AND GINGER
- THRIVE** 40
COCONUT WATER BEETROOT POMEGRANATE JUICE AND MINT
- RADIANCE** 40
COCONUT WATER APPLE CUCUMBER SPINACH LEMON MINT AND GINGER
- SUPERFOOD ME** 40
COCONUT WATER APPLE SPINACH, KALE LEMON MINT PARSLEY & GINGER

SMOOTHIES

- FREEZERCHINO** 40
- BERRY BLITZ** 38
ASSORTED BERRIES, BANANA & APPLE JUICE (DAIRY FREE)
- PINEAPPLE BURST** 38
PINEAPPLE, BANANA & ORANGE JUICE (DAIRY FREE)
- MANGO MADNESS** 38
PAWPAW, BANANA & MANGO JUICE (DAIRY FREE)
- PAWPAW POWER** 38
PAWPAW, MIXED BERRIES & MANGO JUICE (DAIRY FREE)
- BREAKFAST BUZZ** 38
MUESLI, BANANA, HONEY & YOGHURT (NUTS) 250ML
- MORNING DATE** 38
DATES, BANANA, HONEY & YOGHURT (NUTS) 250ML

SUPER SMOOTHIES

- AWESOME AÇAÍ** 48
BANANA, BLACKBERRIES, POMEGRANATE JUICE + AÇAÍ NATURAL PULP (DAIRY FREE)
- ENERGY ENHANCER** 48
BERRIES, BANANA, APPLE JUICE + ENERGY PACK (DAIRY FREE)
- IMMUNO LIFT** 48
BANANA, HONEY, ORANGE JUICE + VITALITY PACK (DAIRY FREE)
- MEGA GREEN** 48
PINEAPPLE, BANANA, APPLE JUICE + POWER PACK (DAIRY FREE)
- BRAIN BUILDER** 48
PAW-PAW, BERRIES, MANGO JUICE + BRAIN PACK (DAIRY FREE)
- TRIATHLETE** 48
BANANA, BLACKBERRIES, APPLE JUICE + PROTEIN PACK (DAIRY FREE)
- GO GO GREEN** 48
BANANA, STRAWBERRIES, POMEGRANATE JUICE + GREEN SUPER FOOD BOOSTER PACK (DAIRY FREE)
- PEANUT BUTTER BLISS** 48
BANANA, PEANUT BUTTER, SKIM MILK + SUPER FOOD BOOSTER PACK
- CACAO CLASSIC** 48
BANANA, HONEY, SKIM MILK & ORGANIC CACAO POWDER
- SWEET BURN** 48
BANANA, COCONUT WATER, ALMONDS & CINNAMON
- SWEET SENSATION** 48
BANANA, COCONUT WATER, ORGANIC CHIA MEAL & HONEY

PASTRIES

- PLAIN CROISSANTS** 20
OUR FAMOUS CROISSANTS BAKED DAILY FRESH OUT OF THE OVEN
- FLAVOURED CROISSANTS** 25
CHOICE OF CHOCOLATE, ALMOND, CINNAMON OR CHEESE
- MUFFINS** 20
~ Freshly Baked Daily ~ RAISIN BRAN, CAPPUCCINO, CHOCOLATE, HONEY & MUESLI, LEMON POPPY OR BLUEBERRY
- ADD BUTTER 3 ~ ADD BUTTER, JAM 10 ~ ADD BUTTER, JAM & CHEESE 18

CROSTINI

NOT AVAILABLE FOR TAKEAWAY

- NATURALLY NEWPORT CROSTINI** 33
2 SLICES OF OUR FAMOUS IN HOUSE FRESH BAKED TOASTED SOURDOUGH BREAD SERVED WITH BUTTER AND JAM
- AWESOME AVO CROSTINI (SEASONAL)** 55
SLICED AVOCADO SERVED ON A CHOICE OF 2 SLICES OF WHITE OR WHOLE WHEAT SOURDOUGH CROSTINI
- ADD MOZZARELLA / CHEDDAR CHEESE 10 ~ ADD COTTAGE CHEESE 15

COLD BREAKFASTS

- AÇAÍ BOWL** 75
LOW FAT YOGHURT, AÇAÍ PULP, SERVED WITH BERRIES & SEASONAL FRUIT
- FRUIT SALAD, MUESLI, HONEY AND YOGHURT** 65
OUR FAMOUS HOMEMADE MUESLI SERVED WITH FRESH SEASONAL FRUIT SALAD, LOW FAT YOGHURT & HONEY
- BIRCHERS BREAKFAST** 65
A HOMEMADE BLEND OF OATS, NUTS, DRIED FRUIT & YOGHURT SERVED WITH GRATED APPLE, BANANA, RAISINS, TOASTED ALMONDS & HONEY
- BANANA BREAKFAST** 60
OUR FAMOUS HOMEMADE MUESLI SERVED WITH SLICED BANANA, LOW FAT YOGHURT & HONEY
- STEWED FRUIT BREAKFAST** 65
OUR FAMOUS HOMEMADE MUESLI SERVED WITH STEWED FRUIT, LOW FAT YOGHURT & HONEY
- SLIMMERS BREAKFAST** 65
SPECIAL K SERVED WITH FRESH SEASONAL FRUIT SALAD, LOW FAT YOGHURT & HONEY
- PAWPAW PICK UP** 60
PAWPAW, LOW FAT YOGHURT, TOASTED ALMONDS & HONEY
- FRUIT SALAD** 40
- FRUIT SALAD & YOGHURT** 50
- STEWED FRUIT** 40
- STEWED FRUIT & YOGHURT** 50

- HONEY 3 ~ SOY MILK 8 ~ FLAVOURED YOGHURT 8
- AÇAÍ PULP 15 ~ GOJI BERRIES 15 ~ CHIA SEEDS 15 ~ WALNUTS 50G 20
- ALMONDS 50G 20 ~ CRANBERRY 50G 15 ~ BANTING MUESLI 10

HOT BREAKFASTS

SERVED FROM 07:00 - 11:30AM

- POACHED EGGS** 55
2 POACHED FREE RANGE EGGS SERVED WITH A CHOICE OF 2 SLICES OF HOMBAKED SOURDOUGH WHITE OR SOURDOUGH RYE OR SOURDOUGH WHOLEWHEAT OR GLUTEN FREE OR HEALTH BREAD TOAST AND PRESERVES
- SCRAMBLED EGGS** 60
3 SCRAMBLED FREE RANGE EGGS SERVED WITH A CHOICE OF 2 SLICES OF HOMBAKED SOURDOUGH WHITE OR SOURDOUGH RYE OR SOURDOUGH WHOLEWHEAT OR GLUTEN FREE OR HEALTH BREAD TOAST AND PRESERVES
- SCRAMBLED EGGS ON CROISSANT** 65
3 SCRAMBLED FREE RANGE EGGS SERVED ON A CROISSANT
- CROISSANT FRENCH TOAST** 50
SERVED WITH CINNAMON SUGAR AND SYRUP
- HOT OATS** 50
COOKED OATS SERVED WITH BAKED APPLE, SWEET DUKKAH & HONEY
- SHAKSHUKA** 65
2 EGGS POACHED IN A SAUCE OF TOMATOES, PEPPERS AND ONIONS SPICY OR PLAIN SERVED WITH A HOMBAKED CRUSTY BAGUETTE
- CHEESE 15 ~ GRILLED TOMATO 8 ~ TURKEY MACON 22 ~ SPINACH 15
- AVO 20 ~ FETA 20 ~ SALMON 65 ~ BANTING BREAD ADD 10

SANDWICHES

ALL SANDWICHES SERVED ON CHOICE OF BAGEL, PUMPKIN SEED ROLL, HEALTH BREAD, 100% RYE OR CROISSANT.
FOR NEWPORT ARTISINAL SOURDOUGH BREADS, CIABATTA, LIGHT RYE / BAGUETTE / BANTING BREAD ADD R10.
 ~REGRET NO SUBSTITUTIONS~
KINDLY NOTE WE DO NOT SERVE OPEN SANDWICHES

- CHEESE & TOMATO** 45/55
CHEDDAR/MOZZARELLA OR CHUNKY COTTAGE CHEESE, LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO
- AVO & SALAD** 55/65
AVO, LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO
- RARE ROAST BEEF** 60/70
HOMEMADE MUSTARD & PEPPER CRUSTED RARE ROAST SIRLOIN THINLY SLICED, LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO
- SMOKED CHICKEN** 55/65
SMOKED CHICKEN BREAST THINLY SLICED SERVED WITH LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO
- PASTRAMI** 60/70
SPICED BEEF SERVED WITH LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO
- CHICKEN MAYO** 75/85
CHICKEN MAYO SERVED WITH LETTUCE, TOMATO & GHERKINS
- TUNA MAYO** 70/80
TUNA MAYO SERVED WITH LETTUCE, TOMATO & GHERKINS
- HAM & CHEESE** 60/70
GYSPY HAM SERVED WITH CHEDDAR OR MOZZARELLA, LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO
- SALAMI & CHEESE** 60/70
CERVELAT SALAMI SERVED WITH CHEDDAR OR MOZZARELLA, LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO
- SMOKED SALMON** 85/95
ONLY THE BEST NORWEGIAN SALMON SERVED WITH CREAM CHEESE, LETTUCE, TOMATO & GHERKINS

GOURMET SANDWICHES

ALL GOURMET SANDWICHES SERVED ON A CHOICE OF PUMPKIN SEED ROLL, BAGEL, HEALTH BREAD OR 100% RYE.
FOR NEWPORT ARTISINAL SOURDOUGH BREADS, CIABATTA, LIGHT RYE / BAGUETTE / BANTING BREAD ADD R10.
 ~ REGRET NO SUBSTITUTIONS~
KINDLY NOTE WE DO NOT SERVE OPEN SANDWICHES

- GOURMET CHICKEN MAYO** 85/95
CHICKEN MAYO, ROCKET, WATERCRESS & AVO
- GOURMET TUNA MAYO** 75/85
TUNA MAYO, ROCKET, WATERCRESS, SDT & GHERKINS
- GOURMET RARE ROAST BEEF** 75/85
RARE ROAST BEEF, ROCKET, WATERCRESS, GHERKINS & HORSERADISH
- GOURMET CAPRESE** 75/85
FIOR DE LATTE MOZZARELLA, ROCKET, TOMATO & BASIL PESTO PESTO
- GOURMET BRIE** 70/80
BRIE, ROCKET, PEPPERDEWS & TOMATO
- GOURMET SMOKED CHICKEN** 75/85
SMOKED CHICKEN, AVO, ROCKET, PEPPERDEWS, MUSTARD & MAYO
- GOURMET PARMA HAM** 95/105
PARMA HAM, ROCKET, ARTICHOKE & FIOR DE LATTE MOZZARELLA
- GOURMET AUBERGINE** 90/100
GRILLED AUBERGINE, HALOUMI, ROCKET, ARTICHOKE, TOMATO & TAHINA SAUCE
- GOURMET SMOKED SALMON** 90/100
FRESH NORWEGIAN SALMON, CREAM CHEESE, TOMATO, CAPERS & ONION

- ADDITIONS FOR SANDWICHES (For Large Sandwiches add R5):**
 ONION/JALAPENOS/TOMATO 5 ~ ROCKET/PEPPERDEWS/SDT 8
 PESTO 10 ~ AVO 15 ~ FETA/BRIE 15 ~ HUMMUS/CHEESE 10
 EMMENTHALER 15 ~ SALMON 65

FOR NEWPORT ARTISINAL SOURDOUGH BREADS, CIABATTA, LIGHT RYE / BAGUETTE ADDITIONAL R5

Hot Beverages

- COFFEE** single 22 ~ double 28
- ESPRESSO** single 18 ~ double 24
- MACCHIATO** single 20 ~ double 26
- CAPPUCCINO** single 24 ~ double 30
- FLAT WHITE** single 24 ~ double 30
- CAFE LATTE** single 26 ~ double 32
- CHOCOCINO** 30 ~ MILO 28
- HOT CHOCOLATE** 26 ~ CHAI LATTE 26
- TEA PER PERSON** 20 ~ SPECIALTY TEAS 25
- ORGANIC COFFEE** ADD 2 ~ SOY MILK ADD 7 ~ ALMOND MILK ADD 7



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STARTERS

NOT AVAILABLE FOR TAKEAWAY

HUMMUS PLATE 50

HUMMUS, TAHINA & OLIVES SERVED WITH 2 PITA BREADS

MEDITERRANEAN PLATE 55

AUBERGINE & TAHINA SERVED WITH 2 PITA BREADS

CAPRESE SALAD 80

FRESH FIOR DE LATTE MOZZARELLA, TOMATO AND BASIL

BEEF CARPACCIO 90

HOMEMADE RARE ROASTED SIRLOIN SERVED WITH PARMESAN & ROCKET

SALADS

ALL SALADS SERVED WITH OUR HOMEMADE SALAD DRESSING.

~ REGRET NO SUBSTITUTIONS ~

CAJUN CHICKEN / SMOKED CHICKEN 75

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

GREEK SALAD 75

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

WATERMELON & FETA SALAD 80

JUICY CHUNKS OF WATERMELON SERVED WITH SALTY FETA ON A BED OF ROCKET WITH BALSAMIC DRIZZLE (SEASONAL)

TUNA SALAD 85

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

CHICKEN CAESAR SALAD 85

GRILLED CHICKEN BREAST, COS LETTUCE, CROUTONS, PARMESAN SHAVINGS AND OUR FAMOUS CAESAR DRESSING

AVO, PARMESAN & PINE NUT SALAD 90

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

CAJUN CHICKEN QUINOA 75

CAJUN CHICKEN BREAST, QUINOA, TOASTED FLAKED ALMONDS, DICED CUCUMBER & PEPPERS WITH FRESH HERBS OLIVE OIL & LEMON JUICE

BUTTERNUT & FETA 85

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

SMOKED SALMON SALAD 115

FRESH NORWEGIAN SALMON (100GR) SERVED ON A BED OF LETTUCE WITH AVO, TOMATOES, CUCUMBER, SDT, ONIONS & CAPERS

FARRO & FETA SALAD 85

HEALTHY SALAD OF BARLEY, CHOPPED CUCUMBER, CELERY, SUN DRIED TOMATOES, RED ONION, CORN AND CORIANDER TOSSED IN A GREEK VINAIGRETTE WITH CRUMBLLED FETA

ITALIAN SALAD 120

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

FALAFEL SALAD 90

FALAFEL, AUBERGINE & HUMMUS SERVED ON A BED OF MIXED GREENS AND CHOPPED ISRAELI SALAD WITH CHICK PEAS & TAHINA SAUCE

ADDITIONS:

PINE NUTS 20 ~ CAJUN/SMOKED CHICKEN BREAST/PARMESAN 25
AVO 20 ~ FETA/BUTTERNUT 18 ~ SALMON 65 ~ OLIVES 10 ~ EGG 8
TUNA 20 ~ ROCKET 13 ~ PARMA HAM 80 ~ QUINOA/CHICKPEAS 12

PIATTO PRANZO

FALAFEL PLATE 90

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

SCHNITZEL PLATE 110

2 CHICKEN SCHNITZEL BREASTS SERVED WITH SLICED CUCUMBER, TOMATO, AVOCADO & ONION

CAJUN PLATE 110

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

SALMON PLATE 140

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

PASTAS

ALL PASTAS SERVED WITH A CHOICE OF LINGUINI OR PENNE & IMPORTED PARMESAN CHEESE

BAKED ZITI 85

PENNE TOSSED IN BOLOGNAISE & BECHAMEL OVEN BAKED

BASIL PESTO 75

A BLEND OF BASIL, FRESH GARLIC, PINE NUTS

HOMEMADE MACARONI CHEESE 70

OVEN BAKED

NAPOLITANA/ARABIATA 70

HOMEMADE TOMATO SAUCE

SUNDRIED TOMATO & OLIVE 80

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

BOLOGNAISE 85

WRAPS

LOUISIANA 55

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

HAWAIIAN 60

CHICKEN SCHNITZEL BREAST, PINEAPPLE, CUCUMBER SHREDDED LETTUCE & SWEET CHILI MAYO

CARIBBEAN 60

CHICKEN SCHNITZEL BREAST, AVO, FETA, CUCUMBER & SHREDDED LETTUCE WITH A HOMEMADE MAYO

MEDITERRANEAN 75

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

TEL AVIV 55

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

CAPRI WRAP 65

CAJUN CHICKEN BREAST, CUCUMBER, SUN DRIED TOMATOES, PEPPERDEWS, FETA AND SHREDDED LETTUCE

TURKISH WRAP 55

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

GREEK WRAP 65

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

CAESAR WRAP 65

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

ARCTIC WRAP 85

SMOKED SALMON (50G), AVO, CUCUMBER, ROCKET, WATERCRESS, SHREDDED LETTUCE & CREAM CHEESE

PITAS

FALAFEL 65

PITA POCKET FILLED WITH HOMEMADE FALAFEL, HUMMUS, TAHINI, MIXED SALAD & GARIEF

CHICKEN SCHWARMA 65

PITA POCKET FILLED WITH CHICKEN SCHWARMA, MIXED SALAD, HUMMUS, & NEWPORT'S HOMEMADE GARLIC SAUCE

DESSERTS

Homemade Daily

APPLE PUDDING & VANILLA ICE-CREAM 40

MALVA PUDDING & VANILLA ICE-CREAM 40

DARK CHOC BROWNIE & VANILLA ICE-CREAM 40

VANILLA ICE-CREAM 40

SERVED WITH HOMEMADE CHOC SAUCE

HOMEMADE CARROT CAKE 30

MOIST AND DELICIOUS WITH A CREAM CHEESE ICING

OUR FAMOUS HOMEMADE CHEESECAKE 35

HOME-BAKED WITH HINTS OF LEMON AND VANILLA

BURGERS

STANDARD (SINGLE BREAST) - WHITE ROLL - PUMPKIN SEED, 100% RYE, BAGEL
~ **LARGE** (DOUBLE BREAST) - SOURDOUGH BREADS, BAGUETTE, CIABATTA. ALL BURGERS SERVED WITH OUR HOMEMADE SAUCE, LETTUCE, TOMATO, GHERKINS, COLESLAW AND CRISPS

CAJUN CHICKEN BURGER STD 65 / LRG 85

PLAIN CHICKEN BURGER STD 65 / LRG 85

CHICKEN SCHNITZEL BURGER STD 70 / LRG 95

BANTING CAJUN/PLAIN CHICKEN STD 70 / LRG 90

BANTING BURGER SERVED WITH A SIDE SALAD AND CARB FRIENDLY DRESSING

Wine

GLASS WHITE / GLASS ROSE 40

GLASS RED 45

White Wine

JORDAN CHAMELEON WHITE 130

BLEND OF SAUVIGNON BLANC AND CHARDONNAY

DIEMERSFONTEIN CHENIN BLANC 2016 160

AN UNWOODED CHENIN BLANC

JORDAN SAUVIGNON BLANC 195

JORDAN CHAMELEON ROSE 135

MERLOT COMBINED WITH SHIRAZ, DRY FRUITY ROSÉ

JORDAN UNOAKED CHARDONNAY 195

SPRINGFIELD ESTATE MISS LUCY 2016 210

UNIQUE WHITE BLEND

Red Wine

CHAMELEON RED 145

BLEND OF MERLOT, CABERNET SAUVIGNON, SHIRAZ

FAIRVIEW PINOTAGE 220

JORDAN NO SULPHUR ADDED MERLOT 160

THE GOAT FATHER 160

BLEND OF ITALIAN VARIETIES

JORDAN CABERNET SAUVIGNON 285

MCC / Sparkling

SIMONSIG KAAP SE VONKEL 325

GRAHAM BECK BRUT 300

JC LE ROUX LE DOMAINE / CHANSON 150

CBC Craft Beers

PILSNER 50

A CRAFT PILSNER WITH A STRONG HOP AROMA AND NICE BITTER FINISH

AMBER WEISS 50

A GERMAN-STYLE CRAFT AMBER WEISSBIER. FRUITY & SATISFYINGLY AROMATIC

Spirits Per Tot

BELLS WHISKY 15 ~ KLIPDRIFT BRANDY 15

SMIRNOFF VODKA 15 ~ GORDON'S DRY GIN 15

BACARDI RUM 15 ~ JOHNNY WALKER BLACK 35

Beers

AMSTEL / CASTLE / CASTLE LIGHT /

MILLERS DRAUGHT 23

HEINEKEN / WINDHOEK LAGER OR LIGHT /

SAVANNAH / PERONI / HUNTERS GOLD OR DRY 25

Superfood Booster Pack

A CONCENTRATED AND SYNERGISTIC BLEND OF LUCUMA, MESQUITE, RAW CACAO, HEMP SEED & MACA WITH SELECT SUPER-HERBS FOR EXTRA ZING!

ACAI ~ IS A BERRY COMMONLY FOUND IN THE RAIN FORESTS OF THE AMAZON.

THIS ANTIOXIDANT-RICH FRUIT HAS HEALING, IMMUNE-STIMULATING AND ENERGY-BOOSTING HEALTH BENEFITS. **GREEN SUPERFOOD BOOSTER PACK** ~

BOOST YOUR IMMUNE SYSTEM WITH AFRICAN BAOBAB, GREEN GRASSES, HEMP SEED PROTEIN, AFRICAN MORINGA & SPIRULINA ~ **ENERGY PACK** ~ GET GOING

WITH GUARANA, GINKGO BILOBA, GOTU KOLA, SIBERIAN GINSENG, LIQORICE AND GINGER. CONTAINS CAFFEINE ~ **VITALITY PACK** ~ BOOST YOUR IMMUNE

SYSTEM WITH ECHINACEA, PEPPERMINT, ELDERFLOWERS, GINGER, ZINC, VITAMIN C AND LINSEED ~ **POWER PACK** ~ THE GREEN PROTEIN POWER OF BARLEY

GRASS, WHEATGRASS, SPIRULINA AND KELP POWDER TO ENRICH AND DETOX ~ **BRAIN PACK** ~ THE MIND BOOSTING PROPERTIES OF GINKGO BILOBA, GOTU

KOLA, SIBERIAN GINSENG, WITH BRAIN NUTRIENTS - LECITHIN, GLUTAMINE, VITAMINS B6, C, CALCIUM AND MAGNESIUM ~ **PROTEIN PACK** ~ EGG WHITE,

SOYPROTEIN, PLUS ENHANCERS - CREATINE AND HMB, AMINOS - ARGININE AND GLUTAMINE, AND THE ENERGY PROTECTION OF CHROMIUM AND COQ10, WITH

ADDED AMINOS, VITAMINS, MINERALS. (65% PROTEIN, 20% CARBO, 5% FAT)

ALL POWER PACKS CAN BE ADDED TO SMOOTHIES R8

POWER PACKS ARE SUPPLIED BY THE SUNFLOWER. BLENDED TO EXACT SPECIFICATIONS USING A SORGHUM BASE (GLUTEN FREE) WITH ADDED

VITAMINS, MINERALS AND AMINO ACIDS.

Cold Beverages

MINERAL WATER 500 ML 17 / 1L 30 ~ IMPORTED MINERAL WATER 500 ML 30 / 1L 50 ~ RED BULL 30

LIPTON ICED TEA 22.50 ~ SODAS 330 ML 18 ~ POWERADE/ENERGADE 20 ~ ARIZONA 45

APPLETIZER/GRAPETIZER 27 ~ FLAVOURED MINERAL WATER 20 ~ SNAPPLE 35

LIME/COLA TONIC/PASSION FRUIT & SODA 20

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 AND NUT OIL ARE PRESENT AND 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.