



NEWPORT

EST. 1997 | MARKET & DELI | HEALTHY & NATURAL



FRESH JUICE

- All Juices Freshly Made On Order*
- FRESHLY SQUEEZED ORANGE 250ML 30
 - CARROT 250ML 32
 - CARROT & ORANGE 500ML 38
 - CARROT & APPLE 500ML 38
 - CARROT, APPLE & ORANGE 500ML 42
 - CARROT, APPLE & BEETROOT 500ML 42
 - CARROT, APPLE, ORANGE & BEETROOT 500ML 42
 - CARROT & BEETROOT 500ML 42
 - CARROT & BANANA 500ML 45
 - COLD AUGERED WHEATGRASS 25ML 35
 - COLD AUGERED GINGER 25ML 28
 - ADD SPINACH OR KALE OR CELERY 15ML 15
 - ADD GINGER 5ML 10

SUPER JUICE 250ML

- All Juices Freshly Made On Order*
- FULL IMMUNITY 45
APPLE, CARROT, LEMON, PARSLEY & GINGER
 - IRON MAN 45
BEETROOT, APPLE, CUCUMBER, KALE, SPINACH, CELERY, LEMON & MINT
 - FATIGUE FIGHTER 45
BEETROOT, APPLE, LEMON & GINGER
 - REPLENISH 45
APPLE, PINEAPPLE, LEMON & MINT
 - LEMON TWIST 45
APPLE, LEMON, MINT & GINGER
 - RADIANCE 45
COCONUT WATER, APPLE, CUCUMBER, SPINACH, LEMON, MINT & GINGER
 - SUPERFOOD ME 45
COCONUT WATER, APPLE, SPINACH, KALE, LEMON, MINT, PARSLEY & GINGER
 - ENERGISER 45
PINEAPPLE, APPLE & MINT

SMOOTHIES

- FREEZERCHINO 50
- LIMONATA - FROZEN LEMONADE 50
- STRAWBERRY SLINGER 50
- BERRY BLITZ 48
ASSORTED BERRIES, BANANA & APPLE JUICE (DAIRY FREE)
- PINEAPPLE BURST 48
PINEAPPLE, BANANA & ORANGE JUICE (DAIRY FREE)
- MANGO MADNESS 48
PAWPAW, BANANA & MANGO JUICE (DAIRY FREE)
- PAWPAW POWER 48
PAWPAW, MIXED BERRIES & MANGO JUICE (DAIRY FREE)
- BREAKFAST BUZZ 48
MUESLI, BANANA, HONEY & YOGHURT (NUTS) 250ML
- MORNING DATE 48
DATES, BANANA, HONEY & YOGHURT (NUTS) 250ML

SUPER SMOOTHIES

- MATCHA MATCHA 55
BANANA, FRESH APPLE JUICE, FRESH MINT & MATCHA GREEN TEA POWDER
- AWESOME AÇAÍ (DAIRY FREE) 55
BANANA, BLACKBERRIES, WILDBERRY JUICE & AÇAÍ NATURAL PULP
- TRIATHLETE (DAIRY FREE) 55
BANANA, BLACKBERRIES, APPLE JUICE & PROTEIN PACK
- GO GO GREEN (DAIRY FREE) 55
BANANA, STRAWBERRIES, WILDBERRY JUICE & GREEN SUPER FOOD BOOSTER PACK
- PEANUT BUTTER BLISS 55
BANANA, PEANUT BUTTER, SKIM MILK & SUPER FOOD BOOSTER PACK
- GOLDEN GLOW 55
BANANA, ALMOND MILK & ORGANIC TURMERIC POWDER WITH COCONUT, CINNAMON, MACA, FLAX & CHIA
- PURPLE POWER 55
ORGANIC PURPLE SWEET POTATO, ACAI, CARDAMOM, GINGER & CINNAMON WITH ORGANIC COCONUT BLOSSOM SUGAR BLENDED WITH BANANA & UNSWEETENED ALMOND MILK

PASTRIES

- PLAIN CROISSANTS 25
OUR FAMOUS CROISSANTS BAKED DAILY FRESH OUT OF THE OVEN
 - FLAVOURED CROISSANTS 30
CHOICE OF CHOCOLATE, ALMOND, CINNAMON OR CHEESE
 - MUFFINS 28
~ Freshly Baked Daily ~ RAISIN BRAN, CAPPUCCINO, CHOCOLATE, LEMON POPPY OR BLUEBERRY
- ADD BUTTER 3 ~ ADD BUTTER, JAM 10 ~ ADD BUTTER, JAM & CHEESE 18

HOT BEVERAGES

- COFFEE single 26 ~ double 32
 - ESPRESSO single 20 ~ double 26
 - MACCHIATO single 22 ~ double 28
 - CAPPUCCINO single 28 ~ double 34
 - FLAT WHITE single 28 ~ double 34
 - CORTADO single 28 ~ double 34
 - CAFE LATTE 32
 - CHOCOCINO 36
 - MILO 32
 - HOT CHOCOLATE 32
 - CHAI LATTE 32
 - RED ESPRESSO 22
 - RED FLAT WHITE 30
 - RED CAPPUCCINO 32
 - RED LATTE 32
 - TEA PER PERSON 25
- COFFEE / TEA ~ SOY MILK ADD 6 / ALMOND MILK ADD 8
CAPPUCCINO / LATTE ~ SOY MILK ADD 8 / ALMOND MILK ADD 10

SPECIALITY TEAS

- ENGLISH BREAKFAST, EARL GREY 28
- PEPPERMINT, CAMOMILE, FOUR RED FRUITS, GREEN TEA, GREEN & MINT, GREEN & LEMON, HONEY GINGER TEA, TURMERIC VANILLA TEA

SUPERFOOD LATTES

- GOLDEN LATTE 40
ALMOND MILK WITH ORGANIC TURMERIC, COCONUT CREAM, CINNAMON, CAYENNE, BLACK PEPPER & RAW HONEY
- GOLDEN CACAO CHOCOLATE 40
ALMOND MILK WITH COCOA, ORGANIC TURMERIC, COCONUT CREAM, CINNAMON, MACA, MESQUITE POWDER, HIMALAYAN PINK SALT, BLACK PEPPER, CAYENNE, CLOVE & RAW HONEY
- RED VELVET LATTE 40
ALMOND MILK WITH ORGANIC COCONUT BLOSSOM SUGAR, BEETROOT, ORGANIC CACAO, CINNAMON, GINGER, CAYENNE, ORGANIC COCONUT OIL, HIMALAYAN SALT & RAW HONEY
- MATCHA GREEN TEA LATTE 45
ALMOND MILK WITH ORGANIC COCONUT BLOSSOM SUGAR, ORGANIC MATCHA GREEN TEA, PEPPERMINT LEAF, WHEATGRASS, ORGANIC COCONUT OIL, HIMALAYAN PINK SALT & RAW HONEY

COLD BEVERAGES

- MINERAL WATER 500 ML 20 / 1L 35
- IMPORTED MINERAL WATER 500 ML 35 / 1L 50
- RED BULL 35
- ICED TEA 26
- SODAS 330 ML 20
- POWERADE / ENERGADE 25
- APPLETIZER / GRAPETIZER 27
- FLAVOURED MINERAL WATER 24
- IMPORTED SODAS 30
- LIME / COLA TONIC / PASSION FRUIT & SODA 25

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 25
BEET, CARROT, LEMON, PARSLEY & GINGER
- POWER SHOT 25
PINEAPPLE, LEMON, TURMERIC & BLACK PEPPER
- ENERGY ELIXIR 25
PINEAPPLE, SPINACH, LEMON & KALE
- MEAN GREEN 25
WHEATGRASS, CUCUMBER, SPINACH, KALE & GINGER
- GINGER NINJA 25
GREEN APPLE, GINGER & APPLE CIDER VINEGAR
- TURMERIC TONIC 25
ORANGE, LEMON, TURMERIC, GINGER & BLACK PEPPER
- FLU SHOT 25
LEMON, GINGER, RAW HONEY & FRESH CHILLI

HEALTHY BREAKFASTS

- SUPER POWER OATS 80
A BLEND OF RAW GLUTEN FREE OATS & DRIED FRUIT & NUTS MIXED WITH CHIA & ORGANIC TURMERIC, COCONUT, CINNAMON, MACA & FLAX POWDER SERVED WITH WARM ALMOND MILK
- LSA 88
A HEALTHY CREAMY COOKED PORRIDGE OF FLAX FLOUR, SUNFLOWER FLOUR, ALMOND FLOUR & ALMOND MILK SERVED WITH DATES, BAKED APPLE, BANANA, HONEY & SWEET DUKKAH
- HOT OATS 70
COOKED OATS SERVED WITH BAKED APPLE, SWEET DUKKAH & HONEY
- AÇAÍ BOWL 80
LOW FAT YOGHURT, AÇAÍ PULP, SERVED WITH BERRIES & SEASONAL FRUIT
- FRUIT SALAD, MUESLI, HONEY & YOGHURT 78
OUR FAMOUS HOMEMADE MUESLI SERVED WITH FRESH SEASONAL FRUIT SALAD, LOW FAT YOGHURT & HONEY
- BIRCHERS BREAKFAST 78
A HOMEMADE BLEND OF OATS, NUTS, DRIED FRUIT & YOGHURT SERVED WITH GRATED APPLE, BANANA, RAISINS, TOASTED ALMONDS & HONEY
- BANANA BREAKFAST 75
OUR FAMOUS HOMEMADE MUESLI SERVED WITH SLICED BANANA, LOW FAT YOGHURT & HONEY
- SLIMMERS BREAKFAST 78
SPECIAL K SERVED WITH FRESH SEASONAL FRUIT SALAD, LOW FAT YOGHURT & HONEY
- PAWPAW PICK UP 75
PAWPAW, LOW FAT YOGHURT, TOASTED ALMONDS & HONEY
- FRUIT SALAD 55
- FRUIT SALAD & YOGHURT 60

- HONEY 3 ~ SOY MILK / ALMOND MILK 10 ~ FLAVOURED YOGHURT 8
- AÇAÍ PULP 15 ~ GOJI BERRIES 15 ~ CHIA SEEDS 15 ~ WALNUTS 50G 25
- ALMONDS 50G 25 ~ CRANBERRY 50G 15 ~ BANTING MUESLI 15
- VEGAN YOGHURT ADD 44

HOT BREAKFASTS

SERVED FROM 07:00 - 12:00PM

- POACHED EGGS 55
2 POACHED FREE RANGE EGGS SERVED WITH A CHOICE OF 2 SLICES OF HOMEBAKED SOURDOUGH WHITE OR SOURDOUGH RYE OR SOURDOUGH WHOLEWHEAT OR GLUTEN FREE OR HEALTH BREAD TOAST & PRESERVES
 - SCRAMBLED EGGS 60
3 SCRAMBLED FREE RANGE EGGS SERVED WITH A CHOICE OF 2 SLICES OF HOMEBAKED SOURDOUGH WHITE OR SOURDOUGH RYE OR SOURDOUGH WHOLEWHEAT OR GLUTEN FREE OR HEALTH BREAD TOAST & PRESERVES
 - SCRAMBLED EGGS ON CROISSANT 75
3 SCRAMBLED FREE RANGE EGGS SERVED ON A CROISSANT
 - CROISSANT FRENCH TOAST 55
SERVED WITH CINNAMON SUGAR & SYRUP
 - CHOC CROISSANT FRENCH TOAST 60
DRIZZLED WITH HOMEMADE CHOCOLATE SAUCE
 - SHAKSHUKA 80
3 EGGS POACHED IN A SAUCE OF TOMATOES, PEPPERS & ONIONS SPICY OR PLAIN SERVED WITH A HOMEBAKED CRUSTY BAGUETTE
 - NATURALLY NEWPORT BREAKFAST 98
2 SCRAMBLED OR POACHED FREE RANGE EGGS SERVED WITH MUSHROOMS, BEEF SAUSAGE OR TURKEY MACON, & GRILLED TOMATO & A CHOICE OF 2 SLICES OF HOMEBAKED SOURDOUGH WHITE OR SOURDOUGH WHOLEWHEAT OR GLUTEN FREE OR HEALTH BREAD TOAST & PRESERVES
 - NATURALLY NEWPORT SUPER PRO 88
3 SCRAMBLED EGG WHITES SERVED WITH MUSHROOMS, SPINACH, ROCKET & TOMATO & CHOICE OF SOUGHDOUGH TOAST
- CHEESE 15 ~ GRILLED TOMATO 12 ~ TURKEY MACON 28 ~ SPINACH 20
AVO 25 ~ FETA 20 ~ SALMON 65 ~ MUSHROOMS 25 ~ BEEF SAUSAGE 25
BANTING BREAD ADD 10 ~ SCRAMBLED WHITES ONLY ADD 10

CROSTINI

NOT AVAILABLE FOR TAKEAWAY ~ SERVED FROM 07:00 - 12:00AM

- NATURALLY NEWPORT CROSTINI 35
2 SLICES OF OUR FAMOUS IN HOUSE FRESH BAKED TOASTED SOURDOUGH BREAD SERVED WITH BUTTER & JAM
- AWESOME AVO CROSTINI (SEASONAL) 65
SLICED AVOCADO SERVED ON A CHOICE OF 2 SLICES OF WHITE OR WHOLE WHEAT SOURDOUGH CROSTINI
- SALMON CROSTINI 145
SMOKED SALMON (80GR), CREAM CHEESE & SLICED AVOCADO SERVED ON A CHOICE OF 2 SLICES OF WHITE OR WHOLE WHEAT SOURDOUGH CROSTINI



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STARTERS

NOT AVAILABLE FOR TAKEAWAY

LOADED HUMMUS PLATE 78

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

MEDITERRANEAN PLATE 75

AUBERGINE & TAHINA SERVED WITH A PITA BREAD

CAPRESE SALAD 85

FRESH FIOR DE LATTE MOZZARELLA, TOMATO & BASIL

BEEF CARPACCIO 105

HOMEMADE RARE ROASTED SIRLOIN SERVED WITH PARMESAN & ROCKET

SOUPS

SERVED WITH A COMPLIMENTARY SOURDOUGH ROLL 60

ASK YOUR SERVER FOR THE DAILY SPECIAL

ADD R6.50 FOR OTHER BREAD CHOICES PUMPKIN SEED ROLL, CIABATTA, HEALTH BREAD, RYE BREAD OR NEWPORT SOURDOUGH BREADS
ADD R10 FOR BANTING BREAD

WRAPS

CHOICE OF WHITE OR WHOLEWHEAT. GLUTEN FREE ADD 12

LOUISIANA 65

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

HAWAIIAN 65

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

CARIBBEAN 70

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

MEDITERRANEAN 75

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

TEL AVIV 65

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

CAPRI WRAP 70

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

TURKISH WRAP 65

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

GREEK WRAP 70

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

CAESAR WRAP 75

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

ARCTIC WRAP 85

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

PACIFIC WRAP 80

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

SANDWICHES

ALL SANDWICHES SERVED ON CHOICE OF BAGEL, HEALTH BREAD, 100% RYE OR CROISSANT. FOR NEWPORT PUMPKIN SEED ROLL, ARTISINAL SOURDOUGH BREADS, CIABATTA, LIGHT RYE / BAGUETTE / BANTING BREAD ADD R10.

~REGRET NO SUBSTITUTIONS~

KINDLY NOTE WE DO NOT SERVE OPEN SANDWICHES

AVO & SALAD 65/75

AVO, LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO

RARE ROAST BEEF 70/80

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

SMOKED CHICKEN 65/75

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

CHICKEN MAYO 85/95

CHICKEN MAYO SERVED WITH LETTUCE, TOMATO & GHERKINS

TUNA MAYO 75/85

TUNA MAYO SERVED WITH LETTUCE, TOMATO & GHERKINS

HAM & CHEESE 65/75

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

SALAMI & CHEESE 65/75

CERVELAT SALAMI SERVED WITH CHEDDAR OR MOZZARELLA, LETTUCE, TOMATO, GHERKINS, MUSTARD & MAYO

SMOKED SALMON 95/105

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

BURGERS

STANDARD (SINGLE BREAST) - WHITE ROLL - 100% RYE, 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 70 / LRG 88

PLAIN CHICKEN BURGER STD 70 / LRG 88

CHICKEN SCHNITZEL BURGER STD 75 / LRG 95

(GLUTEN FREE SCHNITZEL BREAST ADD 5.00 EACH)

BANTING CAJUN/PLAIN CHICKEN STD 75 / LRG 95

BANTING BURGER SERVED WITH A SIDE SALAD & CARB FRIENDLY DRESSING

GOURMET SANDWICHES

ALL GOURMET SANDWICHES SERVED ON A CHOICE, BAGEL, HEALTH BREAD OR 100% RYE. FOR PUMPKIN SEED ROLL, 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 90/100

CHICKEN MAYO, ROCKET, WATERCRESS & AVO

GOURMET TUNA MAYO 85/95

TUNA MAYO, ROCKET, WATERCRESS, SDT & GHERKINS

GOURMET RARE ROAST BEEF 80/90

RARE ROAST BEEF, ROCKET, WATERCRESS, GHERKINS & HORSERADISH

GOURMET CAPRESE 90/100

FIOR DE LATTE MOZZARELLA, ROCKET, TOMATO & BASIL PESTO

GOURMET BRIE 75/85

BRIE, ROCKET, PEPPERDEWS & TOMATO

GOURMET SMOKED CHICKEN 80/90

SMOKED CHICKEN, AVO, ROCKET, PEPPERDEWS, MUSTARD

GOURMET PARMA HAM 100/110

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

GOURMET AUBERGINE 95/105

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

GOURMET SMOKED SALMON 95/115

FRESH NORWEGIAN SALMON, CREAM CHEESE, TOMATO, CAPERS & ONION

ADDITIONS FOR SANDWICHES std/large: ONION/JALAPENOS/TOMATO 10/15

~ ROCKET/PEPPERDEWS/SDT 12/15 ~ PESTO 15/20 ~ AVO 20/30

~ FETA/BRIE 20/25 ~ HUMMUS/CHEESE 15/20 ~ EMMENTHALER 20/30

~ SALMON (60g/80g) 65/75 ~ HALLOUMI 25/30 ~ G/F HALLOUMI ADD 5

SALADS

ALL SALADS SERVED WITH OUR HOMEMADE SALAD DRESSING.

~ REGRET NO SUBSTITUTIONS ~

CARIBBEAN SALAD 85

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

CAJUN CHICKEN / SMOKED CHICKEN 80

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

GREEK SALAD 80

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

TUNA SALAD 90

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

CHICKEN CAESAR SALAD 90

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

AVO, PARMESAN & PINE NUT SALAD 95

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

BUTTERNUT, BEETROOT & FETA 90

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

SMOKED SALMON SALAD 125

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

ITALIAN SALAD 135

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

FALAFEL SALAD 95

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

ADDITIONS:

PINE NUTS 25 ~ CAJUN/SMOKED CHICKEN BREAST/PARMESAN/HALLOUMI 25

AVO 25 ~ FETA/BUTTERNUT/BEETROOT 20 ~ SALMON 65 ~ OLIVES 12

EGG 10 ~ TUNA 25 ~ ROCKET 13 ~ PARMA HAM 80

QUINOA/CHICKPEAS 15

INSALATIERA - POWER BOWLS

REGRET NO SUBSTITUTIONS

SPINACH POWER BOWL 88

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

LENTIL & COUSCOUS BOWL 98

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

CAJUN CHICKEN QUINOA BOWL 110

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

BUDDHA BOWL 115

SPICY CHICKPEAS SERVED ON A BED OF QUINOA, WITH 3 FELAFEL BALLS, COOKED SPINACH, ROASTED BUTTERNUT & SERVED WITH HOMEMADE HUMMUS & A TAHINI DRESSING

ITALIAN POLLO BOWL 120

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

PIATTO PRANZO

FALAFEL PLATE 90

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

SCHNITZEL PLATE 115

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

CAJUN PLATE 110

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

SALMON PLATE 145

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

PASTAS

ALL PASTAS SERVED WITH PENNE & IMPORTED PARMESAN CHEESE

BAKED ZITI 85

PENNE TOSSED IN BOLOGNAISE & BECHAMEL OVEN BAKED

BASIL PESTO 80

A BLEND OF BASIL, FRESH GARLIC, PINE NUTS

HOMEMADE MACARONI CHEESE 70

OVEN BAKED

NAPOLITANA/ARABIATA 70

HOMEMADE TOMATO SAUCE

SUNDRIED TOMATO & OLIVE 85

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

BOLOGNAISE 90

HOMEMADE BEEF & ITALIAN TOMATO SAUCE

PITAS

FALAFEL 68

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

CHICKEN SCHWARMA 78

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

DESSERTS

APPLE PUDDING & VANILLA ICE-CREAM 45

MALVA PUDDING & VANILLA ICE-CREAM 45

DARK CHOC BROWNIE & VANILLA ICE-CREAM 45

VANILLA ICE-CREAM 40

SERVED WITH HOMEMADE CHOC SAUCE

HOMEMADE CARROT CAKE 40

MOIST & DELICIOUS WITH A CREAM CHEESE ICING

OUR FAMOUS HOMEMADE CHEESECAKE 45

HOME-BAKED WITH HINTS OF LEMON & VANILLA

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.

Homemade Daily