



CAPE TOWN

NEWPORT

EST. 1997 | MARKET & DELI | HEALTHY & NATURAL



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

HOT BREAKFASTS

SERVED FROM 07:00 - 12:00PM ~ REGRET NO SUBSTITUTIONS ~

POACHED EGGS 68

2 POACHED FREE RANGE EGGS SERVED WITH SOURDOUGH TOAST & PRESERVES

SCRAMBLED EGGS 88

3 SCRAMBLED FREE RANGE EGGS SERVED WITH SOURDOUGH TOAST & PRESERVES

NATURALLY NEWPORT BREAKFAST 138

2 SCRAMBLED OR POACHED FREE RANGE EGGS SERVED WITH MUSHROOMS, BEEF SAUSAGE OR BACON & GRILLED TOMATO WITH SOURDOUGH TOAST & PRESERVES

NATURALLY NEWPORT VEG BREAKFAST 138

SPINACH, MUSHROOMS, ROCKET & GRILLED TOMATO SERVED WITH HALLOUMI AND SOURDOUGH TOAST & PRESERVES

NATURALLY NEWPORT VEGAN BREAKFAST 120

SPINACH, MUSHROOM AND RED ONION TOSSED IN A CHICKPEA FLOUR EGG SERVED WITH A HOMEMADE TOMATO & RED PEPPER RELISH (SPICY OR PLAIN) AND SOURDOUGH TOAST

NATURALLY NEWPORT SUPER PRO 118

MUSHROOMS & SPINACH SAUTÉED WITH 3 EGG WHITES SERVED WITH FRESH ROCKET, TOMATO AND SOURDOUGH WHOLEWHEAT TOAST

ALL THE ABOVE SERVED WITH A CHOICE OF 2 SLICES OF HOMEMADE SOURDOUGH WHITE / 50% RYE / 100% RYE / WHOLEWHEAT GLUTEN FREE OR HEALTH TOAST & PRESERVES

SCRAMBLED EGG CROISSANT 120

3 SCRAMBLED FREE RANGE EGGS SERVED ON A CROISSANT WITH ROCKET & GRILLED TOMATO

ITALIAN PARMA HAM CROISSANT 168

3 SCRAMBLED FREE RANGE EGGS SERVED ON A CROISSANT WITH PARMA HAM (50GR), ROCKET & FRESH TOMATO

SMOKED SALMON CROISSANT 168

3 SCRAMBLED FREE RANGE EGGS SERVED ON A CROISSANT WITH NORWEGIAN SALMON (40GR), ROCKET & FRESH TOMATO

SHAKSHUKA 118

3 EGGS POACHED IN A SAUCE OF TOMATOES, PEPPERS & ONIONS SPICY OR PLAIN SERVED WITH CRUMBLD FETA & A HOMEMADE CRUSTY BREAD

CROISSANT FRENCH TOAST 98

SERVED WITH BERRIES, CINNAMON, SUGAR & SYRUP

FRESNO WRAP (SERVED TILL 12.30PM) 120

3 FREE RANGE SCRAMBLED EGGS, BABY SPINACH, STREAKY BACON OR SMOKED TURKEY BREAD, CHERRY TOMATOES & GRATED CHEDDAR

ADDITIONS: CHEDDAR CHEESE 18 ~ GRILLED TOMATO 18 ~ STREAKY BACON 38 SPINACH 25 ~ AVO 30 ~ FETA 25 ~ SALMON 88 ~ MUSHROOMS 38 BEEF SAUSAGE 38 ~ HALLOUMI 35 ~ SCRAMBLED WHITES ONLY ADD 10

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

CROSTINI

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

NATURALLY NEWPORT CROSTINI 58

2 SLICES OF OUR FAMOUS IN HOUSE FRESH BAKED TOASTED SOURDOUGH BREAD SERVED WITH BUTTER, JAM & CHEESE

AWESOME AVO CROSTINI (SEASONAL) 98

SLICED AVOCADO SERVED WITH SLICED TOMATO & CRUMBLD FETA ON A CHOICE OF 2 SLICES OF WHITE OR WHOLE WHEAT SOURDOUGH CROSTINI

SALMON CROSTINI 168

SMOKED SALMON (80GR), CREAM CHEESE & SLICED AVOCADO SERVED ON A CHOICE OF 2 SLICES OF WHITE / WHOLE WHEAT / RYE SOURDOUGH CROSTINI

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 / ENERGAD 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

VITAL SHOT 35

BEEF, 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

TUMERIC TONIC 35

ORANGE, LEMON, TURMERIC, GINGER & BLACK PEPPER

FLU SHOT 35

LEMON, GINGER, RAW HONEY & FRESH CHILLI

WHEATGRASS SHOT 35

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

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

FRESH JUICE

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

All Juices Freshly Made On Order

SUPER JUICE

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

All Juices Freshly Made On Order

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

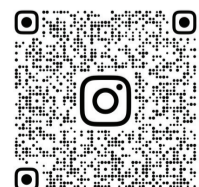
BANANA, ALMOND MILK & ORGANIC TURMERIC POWDER WITH COCONUT, CINNAMON, MACA, FLAX & CHIA

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)



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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
GYSPY 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

BURGERS

STANDARD (SINGLE BREAD) - WHITE ROLL, BAGEL ~
LARGE (DOUBLE BREAD) - 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 BREAD ADD 5.00 EACH)

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 BREAD ADD 10)

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.

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 BREAD ADD 5.00)
- CARIBBEAN** 118
CHICKEN SCHNITZEL BREAST, AVO, FETA, CUCUMBER & SHREDDED LETTUCE WITH A HOMEMADE MAYO (GLUTEN FREE SCHNITZEL BREAD ADD 5.00)
- MEDITERRANEAN** 128
AUBERGINE, CAJUN / GRILLED CHICKEN BREAST, FETA, AVO & SHREDDED LETTUCE
- TEL AVIV (V)** 118
FALAFEL, HUMMUS, MIXED SALAD, SHREDDED LETTUCE & HOMEMADE 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

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

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

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

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

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

INSALATIARA - 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

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 BREADS 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



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