

# WELCOME TO NEWLYNS FARM CAFÉ

At **Newlyns** we believe and trust in our rich farming heritage. For four generations our family have been rearing cows, lambs and pigs at our Upton Grey Farm. We use sustainable methods to rear our animals which protects their welfare, reduces waste, protects rural countryside, and tastes far better, which means you can enjoy the provenance of **Newlyns** farm to fork produce! Everything on our menu is cooked fresh to order which takes a little more time, but tastes so much better.



## OPENING TIMES

### FARM CAFÉ OPENING TIMES

MONDAY TO FRIDAY	8.30am - 4pm
SATURDAY	8am - 3pm
SUNDAY	9am - 2pm

### TEA, COFFEE & CAKE

MONDAY TO FRIDAY	8.30am - 4pm
SATURDAY	8am - 3pm
SUNDAY	9am - 2pm

### BREAKFAST IS SERVED

MONDAY TO FRIDAY	8.30am - 11.45am
SATURDAY	8am - 11.45am
SUNDAY ALL DAY BREAKFAST	9am - 2pm

### LUNCH (HOT) IS SERVED

MONDAY TO SATURDAY	12noon - 3pm
SUNDAY ALL DAY BREAKFAST	9am - 2pm

### SANDWICHES & PANINIS

MONDAY TO FRIDAY	12 noon - 4pm
SATURDAY	12 noon - 3pm

PASSWORD: wirefree



# COFFEE / HOT CHOCOLATE

Moon Roast, a family business, run by enthusiastic people. A small batch coffee roastery based in the heart of rural Hampshire. Inspired by family heritage in the coffee and tea trades spanning four generations. The Moonshot Blend is well rounded, smooth and rich with chocolate notes.

<b>AMERICANO</b>	£2.99	<b>MOCHA</b>	£3.69	<b>HOT CHOCOLATE</b>	£2.99
<b>CAPPUCCINO</b>	£3.49	<b>EXTRA SHOT</b>	£0.75	Mortimer Hot Chocolate —Vegan, Dairy free, Gluten free and Soya free.	
<b>DOUBLE ESPRESSO</b>	£2.99	<b>MONIN SYRUPS</b>	£0.65	<b>MARSHMALLOWS/FLAKE</b>	£0.50
<b>FLAT WHITE</b>	£3.25	Caramel/Vanilla/Hazelnut		<b>WHIPPED CREAM</b>	£0.75
<b>LATTE</b>	£3.49			<b>BABY CINO</b>	£0.65
		<b>ALMOND, SOYA AND OAT MILK AVAILABLE</b>	£0.50		

## TEA

<b>ENGLISH BREAKFAST</b>	£2.99	<b>WINCHESTER FRUIT BASKET</b>	£2.99
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Cupsmith Organic Breakfast Tea will put a spring in your step, every day! Our signature cup of tea is a rich, sweet, malty cup of loveliness. It'll have you whistling happily as you go about your day.

### **EARL GREY SUPREME** £2.99

Top quality Ceylon tea well perfumed with the finest natural bergamot oil and decorated with cornflower petals. It is full bodied, rich in flavour and has a striking appearance, an Earl Grey that is perfect with or without milk.

### **RED BUSH** £2.99

Rooibos tea is made from the dried fermented leaves of the South African shrub *Aspalathus Linearis*. It will only grow in a small arid area of the Cape Province. Rooibos is claimed to have all the antioxidant benefits of the camellia tea.

### **CLASSIC CHAI** £2.99

Indian spiced tea as it should be, strong in flavour with aniseed, cinnamon pieces, ginger pieces, black pepper, cloves and chicory roots. This Classic Chai is pleasant and strong in flavour. The intensity of taste is due to the carefully selected and authentic ingredients using the CO<sub>2</sub> method which involves natural elements of pure water and carbon dioxide. The brew is strong and malty with a hint of a chocolatey aroma.

A rich blend of fruits which can be enjoyed hot or cold, contains a combination of hibiscus blossoms, rose hip peel, apple pieces, elderberries, whole blackberries, strawberries and raspberries.

### **APPLE & GINGER** £2.99

This blend features apple and ginger pieces, with rosehip peel to add a fruity flavour. The result is a sparkling, aromatic drink and an incomparable fruit tea blend.

### **PEPPERMINT** £2.99

Char has used only the finest leaves in this premium-quality peppermint tea. It comes from the high content of ethereal oils, including a high proportion of menthol. Peppermint is popular for its digestive properties and calming effects.

### **DRAGONWELL IMPERIAL** £2.99

This is the highest grade of one of the world's most famous and sought-after green teas. Each individual leaf and bud is hand-pressed and shaped in a wok to achieve the perfect level of roasting. This process creates an emerald infusion that tastes of sweet chestnuts.

### **ASSAM DECAFFEINATED** £2.99

The finest Assam gently decaffeinated using the CO<sub>2</sub> method which involves natural elements of pure water and carbon dioxide. The brew is strong and malty with a hint of a chocolatey aroma.

## JUICED

**FRESHLY SQUEEZED ORANGE JUICE** £4.49

**DETOX COLD PRESSED JUICE** £5.49

Carrot, red apple, ginger

**GREEN REFRESHER COLD PRESSED JUICE**

Kale, green apple, cucumber, celery £5.49

## SOFT DRINKS

**HILDON SPARKLING/STILL** £2.49

**BELVOIR ELDERFLOWER/GINGER/  
RASPBERRY/LEMONADE PRESSÉ** £3.25

**HILL FARM APPLE JUICE** £3.25

**LIME & SODA WATER** £2.49

**COKE/DIET COKE** £2.99

## YOUNG'UNS

**HOT CHOCOLATE** £1.85

Mortimer Hot Chocolate—Vegan, Dairy-free, Gluten-free and Soya-free

**MARSHMALLOWS/FLAKE** £0.50

**WHIPPED CREAM** £0.50

**BABY CINO** £0.65

**CAWSTON PRESS CARTON** £2.25

Apple & Summer Berries/Apple & Mango/Apple

## SWEET TREATS

Please ask a member of our team for today's delicious range of cakes

Gluten Free & Vegan Options available

## BLENDED

**CHOCOLATE SHAKE** £3.99

Mortimer 30% chocolate powder, vanilla ice cream, milk

**STRAWBERRY SHAKE** £3.99

Strawberry Puree, vanilla ice cream, milk

**BANANA SHAKE** £3.99

Banana, vanilla ice cream, milk

**VANILLA SHAKE** £3.99

Vanilla syrup, vanilla ice cream, milk

**PEBBLE PEACH** £4.75

Peach, Strawberry, Banana

**PAPAYA BEACH** £4.75

Papaya, Pineapple, Raspberry, Banana

## CELLAR

### HOUSE WINE

Sauvignon Blanc/Pinot Grigio Rose/Merlot

£4.49 (125ml) / £6.49 (175ml) / £19.99 (Bottle)

**PROSECCO MINI BOTTLE** £9.99

**GIN & TONIC** £6.99

Local distiller, served with Fever Tree tonic

**ANDWELL BOTTLED BEERS** £5.25

**Golden Muddler**—a golden blonde ale

**King John**—a rich & fruity little number

**Resolute**—hoppy with citrus notes

**Pilsner**—Czech style lager



# NEWLYNS BREAKFAST

Served until 11:45am

## FARMER'S BREAKFAST £15.99

Two Newlyn's Ye Olde English sausages, two Newlyn's Home Cured bacon rashers, Newlyn's black pudding all produced in the Farm Shop by our team of butchers, two Norton Organic fried eggs, roasted tomato, flat mushrooms, hash brown and baked beans served with your choice of white/granary toast. **2,4,7,13,14**

## THE NEWLYNS BREAKFAST BUILD UP

Why not create your own bespoke breakfast just how you like it, by choosing your favourites from our list of breakfast ingredients:

### BREAKFAST BUILD UP - 8 items £12.49

### BREAKFAST BUILD UP - 5 items £9.49

- Newlyn's Ye Olde English sausage **2,14**
- Newlyn's Home Cured unsmoked back bacon
- Newlyn's black pudding **2,13**
- Roasted flat mushrooms
- Baked beans
- Norton Organic eggs (each) fried/poached **4**
- Norton Organic scrambled eggs (two eggs is 2 items) **4,7**
- Hash brown
- Isle of Wight tomatoes
- Fried bread **2,13**
- Toast (one round) **2,7,13**

## BACON SANDWICH £7.49

Newlyn's Home Cured bacon served either on white/granary bread. **2,7,13**

Add Norton Organic Fried egg £1.25

## SAUSAGE SANDWICH £7.49

Newlyn's Ye Olde English sausage served either on white/granary bread. **2,7,13,14**

Add Norton Organic Fried Egg £1.25

## SUPERFOOD START TO THE DAY (V) £8.99

Crushed avocado, two Norton Organic eggs of your choice (fried, poached, or scrambled), IOW cherry tomatoes served on The Street Bakeshop sourdough toast. **2,4**

## SMOKED SALMON & AVOCADO £13.99

Pinney's of Orford hand reared and hand sliced Scottish smoked salmon with smashed avocado on The Street Bakeshop sourdough sprinkled with chilli flakes. **2,5**

## SCRAMBLED EGG & SMOKED SALMON £12.99

Pinney's of Orford hand reared and hand sliced Scottish smoked salmon and Norton's Organic eggs on a toasted white muffin or white/granary toast. **2,4,5,7,12,13**

## TOAST £2.99

Two rounds of Good Taste Bakery granary/white served with butter, Wooden Spoon jam/marmalade or marmite. **1,2,7,13**

## PASTRIES

Our pastries are baked here daily and are available to buy in our Farmshop frozen to bake at home.

## CROISSANT £3.49

Served with butter

Add Wooden Spoon Strawberry/Raspberry jam. **2,4,7** £0.99

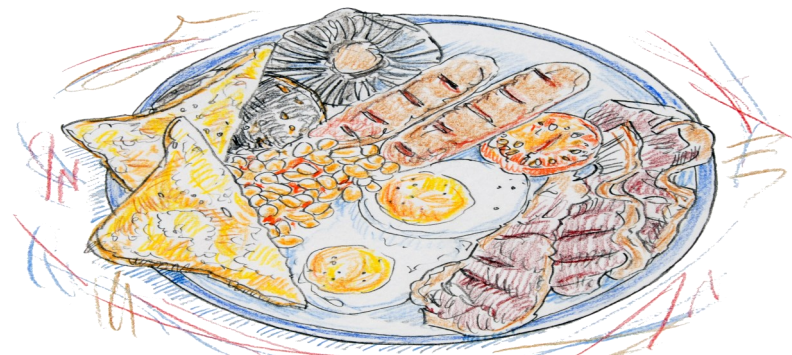
## PAIN AU CHOCOLAT **2,4,7,13** £1.99

## PAIN AU RAISIN **2,4,7,13** £1.99

## TEACAKE £4.99

Good Taste teacake served with butter and Wooden Spoon strawberry/raspberry jam. **2,4,7,13**

## M-W MENU



### IMPORTANT KEY TO FOOD ALLERGIES & INTOLERANCES

Please check the code numbers that are present in your chosen dish with the list below to ensure you are choosing according to your recommended diet. If you are at all unsure before ordering please speak to our staff about your requirements.

All dishes are prepared in kitchens where all allergens are present.

(V) Indicates vegetarian option. (VG) Vegan

1. CELERY
2. GLUTEN
3. CRUSTACEANS
4. EGG
5. FISH
6. LUPIN
7. MILK

8. MOLLUSCS
9. MUSTARD
10. NUTS
11. PEANUTS
12. SESAME SEEDS
13. SOYA
14. SULPHITES



# NEWLYNS MAINS

Available from 12 noon

## NEWLYNS SLOW COOKED LAMB £13.99

Slow cooked Newlyn's lamb marinated in cumin, garlic and rosemary served with Tabouli salad and mint dressing. 2,7,14

## BUTTERNUT SQUASH RISOTTO (V) £9.99

Roasted butternut squash and sage risotto with shaved Spenwood cheese. 1,7,14

## BEER BATTERED FISH & CHIPS £14.99

Beer battered fish, garden peas, chunky chips and homemade tartare sauce. 2,4,5,9,14

## NEWLYNS GLADIATOR BEEF BURGER £14.99

Newlyn's handmade Gladiator beef burger served in a brioche bun with Little Gem lettuce, IOW tomato, gherkins and Newlyn's burger sauce. 1,2,4,9,13,14

## HALLOUMI BURGER (V) £13.99

Chargrilled Homewood Hello Ewe with Newlyn's sundried tomato pesto, Tenuta Marmorelle chargrilled mixed peppers, served in a brioche bun. 2,7,9,14

### ALL BURGERS SERVED WITH TRIPLE COOKED CHIPS

ADD TANGY MAYFIELD SWISS (£1.75) ADD BARBERS CHEDDAR (£0.75) ADD BACK BACON (£2.99)

## SALADS

### CHICKEN CAESAR SALAD £13.99

Chargrilled Free Range Chicken breast with anchovies and dry cured bacon, served with Cos lettuce, homemade croutons, parmesan and Newlyn's Caesar dressing. 2,4,5,7,9,14

### SPRING SALAD WITH HUMMUS (VG) £10.49

Chargrilled flatbread with Newlyn's Hummus, ribbon salad of carrot and courgette, toasted seeds and wild garlic dressing 2,9,10,12,14

M-W MENU

## SIDES

### TRIPLE COOKED CHIPS (V)

£3.49

### SKIN ON FRIES (V)

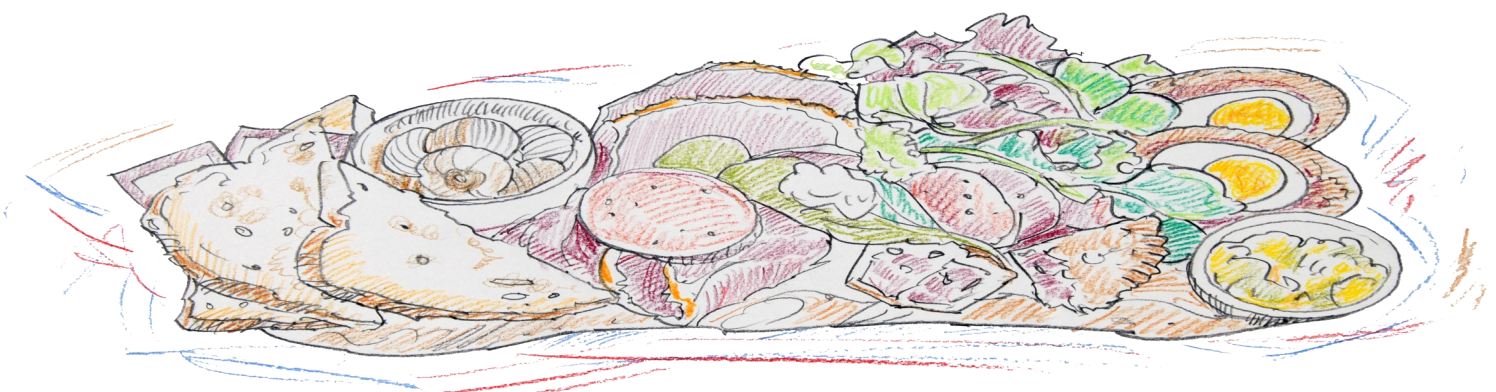
£3.49

### ONION RINGS (V) 2

£2.49

### HOUSE SALAD (V)

£3.99



# SANDWICHES Available from 12.00 Noon

## CHICKEN, BACON & AVOCADO

£13.99

Newlyns free range chicken, dry cured crispy bacon, crushed avocado and mayonnaise served on white/granary bread. **2,4,7,9,13,14**

## ROAST BEEF

£12.49

Newlyns rare roast beef, with watercress, Stokes horseradish and served on white/granary bread. **2,7,9,14**

## CORONATION CHICKEN

£11.49

Newlyns homemade coronation chicken made with free range chicken served on white/granary bread. **2,4,7,9,10,13,14**

## NEWLYNS SLOW COOKED BEEF CIABATTA

£13.49

Newlyns slow cooked pulled Beef with sauerkraut, melted Mayfield cheese and homemade mustard dressing, served in a grilled ciabatta. **1,2,7,9,14**

## B.L.T

£10.49

Dry cured smoked streaky bacon, Isle of Wight tomatoes, Baby Gem lettuce and mayonnaise served on white/granary bread. **2,4,7,9,13,14**

## PRAWN MAYONNAISE

£11.99

North Atlantic prawns in a homemade Marie Rose sauce, Baby Gem lettuce on white/granary bread. **1,2,3,4,5,7,9,14**

## CHARGRILLED VEGETABLES & TOMATO PESTO PANINI (V)

£10.49

Chargrilled aubergine and courgette with homemade sun dried tomato pesto, basil and melted Tunworth cheese toasted in ciabatta. **2,7,9,10,14**

## TOASTED HAM & CHEESE

£10.49

Newlyns toasted Sweet Cure ham & Barbers cheddar. **2,7,9,13,14**

**ALL SANDWICHES ARE SERVED WITH DRESSED LEAVES, HOUSE DRESSING & CRISPS.  
GLUTEN FREE BREAD IS AVAILABLE FOR ALL SANDWICHES**

