

# 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 £0.50</b>					

## TEA

<b>ENGLISH BREAKFAST</b>	£2.99	<b>WINCHESTER FRUIT BASKET</b>	£2.99
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.		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.	
<b>EARL GREY SUPREME</b>	£2.99	<b>APPLE &amp; GINGER</b>	£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.		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.	
<b>RED BUSH</b>	£2.99	<b>PEPPERMINT</b>	£2.99
Rooibos tea is made from the dried fermented leaves of the South African shrub <i>Aspalathus Linearis</i> . 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.		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.	
<b>CLASSIC CHAI</b>	£2.99	<b>DRAGONWELL IMPERIAL</b>	£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.		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.	
		<b>ASSAM DECAFFEINATED</b>	£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** £5.49

Kale, green apple, cucumber, celery

## SOFT DRINKS

**HILDON SPARKLING/STILL** £2.49

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

**HILL FARM APPLE/PEAR 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

£3.99 (125ml) / £5.49 (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

## 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

## EGGS BENEDICT

£10.75

Slow cooked Newlyn's ham hock on a toasted white muffin or white/granary toast, two poached eggs and topped with Hollandaise sauce. **2,4,7,9,12,13**

Served all day until 2pm

## EGGS ROYALE

£14.49

Pinney's of Orford hand reared and hand sliced Scottish smoked salmon on a toasted white muffin, two Norton poached eggs topped with Hollandaise sauce. **2,4,5,7,12,13**

## 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

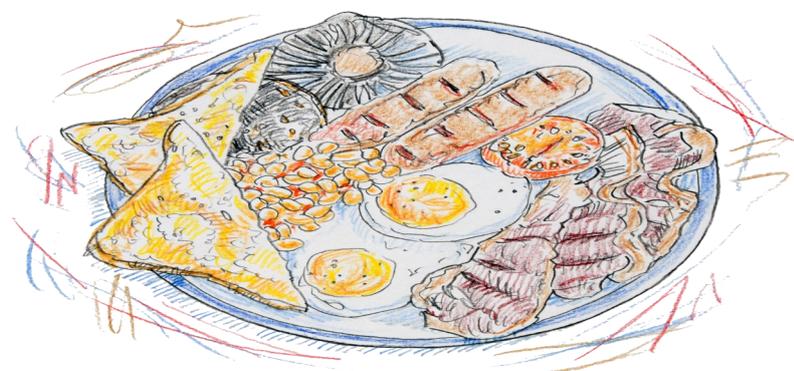
**2,4,7,13**

£1.99

## TEACAKE

£4.99

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



### 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