

NEWLYNS LUNCH MENU

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.

SANDWICHES & PANINIS

AVAILABLE FROM 11.30am

Newlyns free range chicken, home-cured bacon, guacamole and mayonnaise. **2 4 6 9 13 14** **£7.75**

Newlyns rare roast beef with watercress and The Garlic Farm Horseradish Mustard with Garlic on Hoxton Bakehouse seeded wheat sourdough. **2 6 7 9 12 13 14** **£7.75**

Open prawn stack sandwich served on Hoxton Bakehouse seeded wheat sourdough topped with guacamole and baby herbs. **2 3 6 9 12 13 14** **£7.75**

Norton Organic egg mayonnaise and watercress on farmhouse bread. (V) **2 4 6 7 9 13 14** **£6.25**

Buffalo Mozzarella marinated in herb oil; Tenuta Marmorelle chargrilled peppers all served in a panini. **2 7 9 1** **£6.99**

Rosary goats cheese, roasted balsamic red onions and rocket pesto panini. (V) **2 7 9 10 14** **£6.99**

Newlyns sweet cured ham and Barber's cheddar sandwich — toasted if you like. **2 7 9 13 14** **£6.75**

HOT SANDWICHES

AVAILABLE FROM 12.00 NOON

NEWLYNS BACON SANDWICH
Newlyns award winning home-cured back bacon on farmhouse bread. **2 6 7 9 13 14** **£6.99**

NEWLYNS SAUSAGE SANDWICH
Newlyns award winning Ye Olde English sausage on farmhouse bread. **1 2 6 7 9 13 14** **£6.99**

NEWLYNS TRIPLE-STACK CLUB SANDWICH
Newlyns free range chicken, chargrilled and served with Newlyns crispy bacon, cucumber, mayonnaise, IOW tomatoes, Barber's cheddar all in a toasted triple-stack, garnished with mixed leaves and a handful of Burts crisps. **2 4 7 9 13 14** **£9.99**

NEWLYNS PULLED PORK CIABATTA
Slow cooked pulled pork with Stokes Apple Sauce, pickled red cabbage on ciabatta. **1 2 9 14** **£8.99**

HOMEMADE FISHFINGER SANDWICH
Andwell beer battered fishfinger sandwich on Hoxton Bakehouse sourdough country loaf with The Cold Pressed Oil Tartare Sauce. **2 4 5 6 9 14** **£8.25**

All served with Newlyns house salad and house dressing. **9 14**
Gluten Free bread is available for all sandwiches. **6**

IMPORTANT KEY TO FOOD ALLERGIES & INTOLERANCES

Orange code numbers that are present in your chosen dish.

(V) Indicates vegetarian option

1. CELERY	8. MOLLUSCS
2. GLUTEN	9. MUSTARD
3. CRUSTACEANS	10. NUTS
4. EGG	11. PEANUTS
5. FISH	12. SESAME SEEDS
6. LUPIN	13. SOYA
7. MILK	14. SULPHITES

LIGHT BITES

LUNCH IS SERVED FROM 12.00 NOON

SOUP OF THE DAY - **£5.75**
PLEASE ASK A MEMBER OF STAFF

Served with a farmhouse granary or white soft roll. **2 7 13**

NEWLYNS SAUSAGE ROLL **£5.99**
Served with Newlyns house salad and Stokes Real Ale Chutney. **2 4 6 9 14**

WELSH RAREBIT **£7.50**
Made with Barber's cheddar and Andwell King John Ale served on spelt and honey toast with Stokes Red Onion Marmalade. **2 5 6 7 9 12 13 14**

NEWLYNS CHICKEN CAESAR SALAD **£9.99**
Free range chargrilled chicken breast with anchovies and Newlyns home-cured bacon, served with cos lettuce, Newlyns homemade croutons, parmesan and homemade Caesar dressing. **2 4 5 7 9 14**

DRESSED DORSET CRAB **£9.99**
With watercress mayonnaise, toasted Hoxton Bakehouse sourdough bread, Newlyns house salad and house dressing. **2 3 4 7 9 14**

GARLIC PRAWNS **£9.99**
Prawns cooked in chilli, lemon, garlic and served on Hoxton Bakehouse sourdough with Newlyns house salad and house dressing. **2 3 7 9 14**

NEWLYNS SUMMER SALAD **£8.99**
Fresh pea shoots, blanched sugar snap peas with Feta cheese, Newlyns homemade croutons, sunflower seeds and Newlyns house dressing. **2 6 7 9 14**

MARINATED MOZZARELLA & HERTIAGE TOMATO SALAD **£8.99**
Buffalo Mozzarella marinated in a herb oil with Heritage IOW tomato salad, black olives and pickled shallots. **7 9 14**

SHARING PLATTERS

NEWLYNS PIGGY PLATTER for 2 **£16.99**
Our Piggy Platter is a selection of: Newlyns sweet cured ham, pork pie, ham hock terrine, Scotch egg and Belazu balsamic onions served with English mustard, Stokes Real Ale Chutney and sliced farmhouse bread. **1 2 4 7 9 13 14**

NEWLYNS HOT MEAT PLATTER for 2 **£18.99**
Our Meat Platter is a selection of: Newlyns lamb kofte, Olde English sausage, slow cooked pulled pork, coleslaw, Stokes Apple Sauce, ciabatta and your choice of Gastro Chunky Chips. **2 7 9 13 14**

Newlyns
FARM CAFÉ

NEWLYNS LUNCH MENU

NEWLYNS MAINS

LUNCH IS SERVED FROM 12.00 NOON

NEWLYNS PEA & MINT RISOTTO (V) £9.99

Fresh pea and mint purée with Rosary goats cheese and toasted pine nuts. 7 10

HOMEMADE BEER BATTERED FISH & CHIPS £12.50

Andwell Pilsner battered fish, pea purée, Gastro chips or Skinny Fries and Cold Pressed Oil Company Tartare Sauce. 2 4 5 7 9 14

NEWLYNS SPANISH FISH STEW £9.99

Selection of fresh fish and shellfish in a tomato and paprika sauce, black olives with Newlyn's house salad, house dressing and Hoxton Sourdough bread. 1 2 3 5 8 9 14

NEWLYNS FLAT IRON STEAK £9.99

Best served rare with your choice of Gastro Chunky Chips or Skinny Fries with a warm IOW tomato salad with fennel seeds and fresh flat leaf parsley. 7

NEWLYNS LAMB KOFTE £9.99

Served with a flat bread, black olives, cucumber, red onion, mint, IOW tomatoes, feta and tzatziki. 2 7 9 13 14

NEWLYNS CHICKEN THIGHS £9.99

Harissa and Honey chicken thighs, avocado and IOW tomato salad, served with your choice of Gastro Chunky Chips or Skinny Fries. 6 9 13 14

NEWLYNS ORIENTAL BEEF STIR FRY £9.99

Slow cooked chuck steak, marinated in Asian spices and tossed with The Garlic Farm Teriyaki Sauce, Japanese Udon noodles and stir fried vegetables 2 4 6 10 12 13 14

MOROCCAN VEGETABLE TAGINE (V) £8.99

Seasonal roasted vegetables cooked in a rich Moroccan sauce served with a Mediterranean cous cous salad. 1 2 6 9 14

NEWLYNS BURGERS

All our burgers are served with Gastro Chunky Chips or Skinny Fries.

Add Barber's cheddar. 7 £1.00

Add Newlyn's home-cured bacon. 14 £1.00

NEWLYNS QUARTER POUNDER or CHICKEN FILLET £9.99

Chargrilled and served in Hoxton Bakehouse brioche bun, with baby gem lettuce, IOW tomato, gherkins and Newlyn's homemade burger sauce. 2 4 7 9 12 13 14

NEWLYNS HALLOUMI BURGER (V) £9.99

Chargrilled Homewood Halloumi with Newlyn's homemade olive tapenade, Tenuta Marmorelle chargrilled mixed peppers, served in Hoxton Bakehouse brioche bun. 2 6 7 10 13 14

YOUNG'UNS MAINS

BEANS ON TOAST (V) £2.75

With Barber's cheddar as an optional extra for 50p. 2 7 13

YOUNG'UNS TOMATO & BASIL PASTA (V) £4.50

Penne pasta tossed in IOW rich tomato sauce and fresh basil with garlic ciabatta. 2 4 14

With Barber's cheddar as an optional extra for 50p. 7

NEWLYNS 4oz BURGER £6.50

Chargrilled and served in a freshly baked soft roll, with IOW cherry tomatoes, carrot and cucumber sticks with your choice of Gastro Chunky Chips or Skinny Fries. 2 7 13 14

HOMEMADE FISHFINGERS £6.50

Battered fishfingers served with your choice of Gastro Chunky Chips or Skinny Fries and seasonal vegetables 2 5 14

NEWLYNS CHIPOLATA SAUSAGE £4.99

Three Newlyn's Ye Olde English chipolata sausages with Gastro Chunky Chips or Skinny Fries and your choice of either baked beans or fresh seasonal vegetables. 1 2 14

NEWLYNS SWEET CURED HAM & BARBER'S CHEDDAR SANDWICH £4.50

Ham and cheese sandwich — toasted if you like. 2 7 13 14

Add Gastro Chunky Chips or Skinny Fries (V) £1.75

SIDE ORDERS

GASTRO CHIPS (V) £2.99

SKINNY FRIES (V) £2.99

NEWLYNS COLESLAW 4 7 (V) £1.99

HOUSE SALAD (V) £2.50

IOW tomatoes, cucumber, spring onion, radish and peppers with Newlyn's house dressing. 9 14

HERTIAGE TOMATO SALAD £3.50

Heritage IOW tomato salad, black olives and pickled shallots. 9 14

TAKE AWAY please ask a member of staff.

Newlyn's
FARM CAFÉ

