

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.

AMERICANO	£2.99	MOCHA	£3.45	HOT CHOCOLATE	£2.99
CAPPUCCINO	£3.25	EXTRA SHOT	£0.75	Mortimer Hot Chocolate —Vegan, Dairy free, Gluten free and Soya free.	
DOUBLE ESPRESSO	£2.60	MONIN SYRUPS	£0.65	MARSHMALLOWS/FLAKE	£0.50
FLAT WHITE	£2.99	Caramel/Vanilla/Hazelnut		WHIPPED CREAM	£0.75
LATTE	£3.25			BABY CINO	£0.65
ALMOND, SOYA AND OAT MILK AVAILABLE				£0.50	

TEA

ENGLISH BREAKFAST	£2.99	WINCHESTER FRUIT BASKET	£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 CO₂ 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 CO₂ 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

SOFT DRINKS

HILDON SPARKLING/STILL £2.49

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

HILL FARM APPLE/PEAR JUICE £2.99

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 £3.25

Mortimer 30% chocolate powder, vanilla ice cream, milk

STRAWBERRY SHAKE £3.25

Strawberry Puree, vanilla ice cream, milk

BANANA SHAKE £3.25

Banana, vanilla ice cream, milk

VANILLA SHAKE £3.25

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 MAINS

Available from 12 noon

NEWLYNS MEDITERRANEAN TART

£9.99

Chargrilled peppers, sundried tomato and goats cheese tart served with house salad **2,4,7,9,14**

ST AUSTELL MUSSELS

£12.99

Cornish mussels in a white wine cream sauce served with skinny fries or The Street Bake Shop sourdough bread
1,2,7,8,14

NEWLYNS LAMB CUTLETS

£14.49

Grilled lamb cutlets marinated in cumin yoghurt served with Tabouli salad and mint dressing **2,7,14**

NEWLYNS SLOW COOKED PORK

12.99

Newlyns pork cooked overnight with potato gratin, tender stem broccoli and apple Calvados cream **1,7,9,14**

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

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

HALLOUMI BURGER (V)

£13.99

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

ALL BURGERS SERVED WITH CHUNKY CHIPS . ADD TANGY BARBERS CHEDDAR (£0.75), BACK BACON (£2.99)

SIDES

CHUNKY CHIPS (V)

£2.99

SKINNY CHIPS (V)

£2.99

ONION RINGS (V) 2

£1.99

HOUSE SALAD (V)

£3.99



SANDWICHES Available from 12.00 Noon

CHICKEN, BACON & AVOCADO

£13.99

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

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

ROAST BEEF

£11.99

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

B.L.T

£9.99

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

PRAWN MAYONAISE

£9.99

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

ALL SANDWICHES ARE SERVED WITH DRESSED LEAVES, HOUSE DRESSING & CRISPS.

GLUTEN FREE BREAD IS AVAILABLE FOR ALL SANDWICHES

SALADS

CHICKEN CAESAR SALAD

£13.99

Chargrilled Free Range Chicken breast with anchovies and Newlyns Home Cured bacon, served with Cos lettuce, homemade croutons, parmesan and Newlyns Caesar dressing. 2,4,5,7,9,14

SPRING SALAD WITH HUMMUS (V)

£10.49

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

