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 —Ve	0 ,
DOUBLE ESPRESSO	£2.60	MONIN SYRUPS	£0.65	Dairy free, Gluten free and Some MARSHMALLOWS/FLAKE	£0.50
FLAT WHITE	£2.99	Caramel/Vanilla/Haze	elnut	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

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 $\rm CO_2$ 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

f2.99

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

f2.99

Char has used only the finest leaves in this premiumquality 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

f2.99

The finest Assam gently decaffeinated using the CO_2 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

HOT CHOCOLATE	II.00
Mortimer Hot Chocolate—Vegan, Dairy-free, free and Soya-free	Gluten-
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 todays delicious range of cakes

Gluten Free & Vegan Options available

BLENDED

CHOCOLATE SHAKE	£3.25
Mortimer 30% chocolate powder, vanilla ice cremilk	eam,
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

£4.75

CELLAR

PAPAYA BEACH

Peach, Strawberry, Banana

Papaya, Pineapple, Raspberry, Banana

HOUSE WINE

£1 25

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

EGGS ROYALE

Served until 11:30am

£14.49

Two Newlyns Ye Olde English sausages, two Newlyns Home Cured bacon rashers, Newlyns 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

f12.49

BREAKFAST BUILD UP - 5 items

£9.49

- Newlyns Ye Olde English sausage 2,14
- Newlyns Home Cured unsmoked back bacon
- Newlyns black pudding 2,13
- Roasted flat mushrooms
- Baked beans
- Norton Organic eggs (each) fried/poached
- 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

Newlyns Home Cured bacon served either on white/ granary bread. 2,7,13

Add Norton Organic Fried egg

£1.25

SAUSAGE SANDWICH

Newlyns 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 Newlyns 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

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 f2.99

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	40	
(KUIISSANI I	+ 1	44	

Served with butter

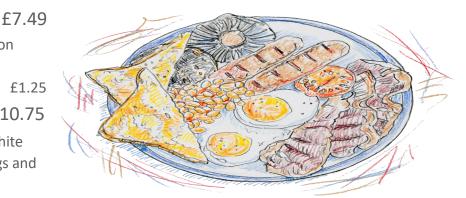
Add Wooden Spoon Strawberry/Raspberry jam. 2,4,7 £0.99

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.

- 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 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

f14.49

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

f14.99

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

NEWLYNS GLADIATOR BEEF BURGER

f14.99

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)

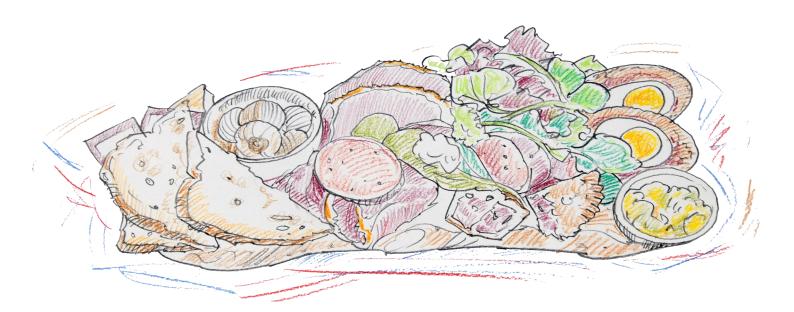
£13.99

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

f13.99

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

f9.99

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

