

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 13 14** **£7.50**

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 crushed avocado 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** **£5.50**

Newlyns home-cured bacon, brie and cranberry panini. **2 7 14** **£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 13 14** **£5.99**

NEWLYNS BACON SANDWICH

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

NEWLYNS SAUSAGE SANDWICH

Newlyns award winning Ye Olde English sausage on farmhouse bread. **1 2 6 7 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 13 14** **£9.99**

NEWLYNS BRISKET CIABATTA

Slow cooked brisket with Stokes Redcurrant Jelly, pickled red cabbage on ciabatta. **1 2 9 14** **£8.99**

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 Hoxton Bakehouse sourdough roll. **2 7 13**

NEWLYNS SCOTCH EGG £7.50

Served with Newlyns house salad and Stokes Real Ale Chutney. **2 4 6 9 14**

NEWLYNS SAUSAGE ROLL £5.50

Served with Newlyns house salad and Stokes Real Ale Chutney. **2 4 6 9 14**

GRILLED MACKEREL FILLETS (V) £8.75

Served on Hoxton Bakehouse seeded sourdough and Stokes Beetroot Relish with Newlyns house salad. **2 5 12 14**

GARLIC MUSHROOMS ON TOAST (V) £7.50

Sautéed chestnut mushrooms cooked in a cream sauce served on Donker rye bread. **2 6 7 12 13**

Add Mature Stilton Cheese **7** **£1.00**

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**

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, slow cooked pulled pork and brisket, coleslaw, Stokes Apple Sauce, ciabatta and your choice of Gastro Chunky Chips or Skinny Fries.

2 7 9 13 14

BAKED TUNWORTH for 2 £13.99

Spiked with rosemary and garlic, with Stokes Red Onion Marmalade and a selection of Hoxton Bakehouse sourdough breads. **2 6 7 14**

NEWLYNS LUNCH MENU

NEWLYNS MAINS

LUNCH IS SERVED FROM 12.00 NOON

NEWLYNS BUTTERNUT SQUASH & SAGE RISOTTO (V) £8.99

Roasted butternut squash with sage and arborio rice topped with Lyburn Old Winchester cheese and a baby herb salad. **7**

HOMEMADE BEER BATTERED FISH & CHIPS £12.50

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

NEWLYNS HOMEMADE FISH PIE £9.99

Selection of fresh fish and shellfish in a white wine sauce, topped with buttery mashed potato served with seasonal vegetables. **1 3 5 7 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. **2**

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 CHILLI CON CARNE WITH JACKET POTATO £9.99

Jacket potato topped with Newlyn's medium hot chilli packed with goodness and flavour. **1 6 9 14**

Add Barber's cheddar as an optional extra. **7** £0.75

MIXED BEAN CHILLI WITH JACKET POTATO (V) £8.99

Jacket potato topped with a vegetarian mixed bean chilli, packed with goodness and flavour. **1 6 9 14**

Add Barber's cheddar as an optional extra. **7** £0.75

NEWLYNS BURGERS

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

Add Mayfield, Swiss-style cheese from Sussex. **7** £1.00

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

NEWLYNS QUARTER POUNDER £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 CHICKEN FILLET £9.99

Chargrilled chicken fillet, served in Hoxton Bakehouse brioche bun, with baby gem lettuce, IOW tomatoes, red onions, gherkins and Newlyn's homemade burger sauce. **2 4 7 9 12 13**

YOUNG'UNS MAINS

BEANS ON TOAST (V) £2.75

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

YOUNG'UNS MACARONI & BROCCOLI PASTA £4.50

Macaroni pasta tossed in Barber's cheese sauce and broccoli. **2 4 6 7 9**

NEWLYNS 4oz BURGER £5.50

Chargrilled and served in a freshly baked soft roll, with IOW cherry tomatoes, carrot and cucumber sticks. **2 7 13 14**

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

HOMEMADE FISHFINGERS £5.50

Battered fishfingers sandwich 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) £3.50

SKINNY FRIES (V) £3.50

SEASONAL MIXED VEGETABLES (V) £2.50

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**

TAKE AWAY please ask a member of staff.

Newlyn's
FARM CAFÉ

