

WELCOME TO NEWLYNS FARM CAFÉ

Our family have farmed in the Hampshire village of Upton Grey for four generations, rearing our own beef, lamb and outdoor pork. Our animals are traditional breeds such as Hampshire Down rams, Hereford and Shorthorn bulls and Berkshire pigs. All reared with full traceability and the highest provenance from field to shop.

Our Menu is freshly cooked every day from our finest ingredients. Oh, don't forget you can enjoy a bottle of local beer or glass of wine with your meal. We hope you enjoy your visit!

Abby Janaway

OPENING TIMES

FARM CAFÉ SERVING TIMES

MONDAY TO FRIDAY	8.30am—5.00pm
SATURDAY	8.00am—3.00pm
SUNDAY	9.00am—2.00pm

BAGUETTES, SANDWICHES & PANINIS

MONDAY TO FRIDAY	Noon—5.00pm
SATURDAY	Noon—2.45pm

TEA, COFFEE & CAKE

MONDAY TO FRIDAY	8.30am—5.00pm
SATURDAY	8.00am—3.00pm

BREAKFAST IS SERVED

MONDAY TO FRIDAY	8.30am—11.30am
SATURDAY	8.00am—11.30am
SUNDAY	9.00am—2.00pm

LUNCH IS SERVED

MONDAY TO FRIDAY	12.00pm—3.00pm
SATURDAY	12.00pm—2.45pm

PASSWORD: wirefree



COFFEE

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 £2.25/2.60

CAPPUCCINO £2.35/£2.65

CAFETIÈRE £1.95 pp

ESPRESSO £2.10/2.45

FLAT WHITE £2.35

LATTE £2.65

MOCHA £2.75

EXTRA SHOT £0.35

HOT CHOCOLATE £2.50

Mortimer Hot Chocolate —Vegan, Dairy free, Gluten free and Soya free.

MARSHMALLOWS/FLAKE £0.50

WHIPPED CREAM £0.50

BABY CINO £0.65

MONIN SYRUPS £0.40

Caramel/Vanilla/Hazelnut

**COCONUT, ALMOND, SOYA AND OAT MILK
AVAILABLE**

TEA

ENGLISH BREAKFAST £1.95

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 £1.95

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 £2.25

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 £2.25

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.

WINCHESTER FRUIT BASKET £2.25

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 £2.25

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 £2.25

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 £2.25

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 £1.95

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

GREEN REFRESHER £3.95

Apple, Celery, Cucumber and Mint

DETOX JUICE £3.95

Carrot, Apple, Ginger

JUICE OF THE DAY £3.95

FRESHLY SQUEEZED ORANGE JUICE £2.85

SOFT

HILDON SPARKLING/STILL £1.80

BELVOIR ELDERFLOWER/GINGER/ RASPBERRY/LEMONADE PRESSÉ £2.25

CUCUMBER PRESSÉ £2.90

HILL FARM APPLE/PEAR JUICE £2.25

LIME & SODA WATER £1.95

COKE/DIET COKE £2.25

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 £1.50

Apple & Summer Berries/Apple & Mango/Apple & Pear

SWEET TREATS

Please ask a member of our team for today's delicious range of cakes

Gluten Free & Vegan Options available

BLENDED

CHOCOLATE SHAKE £2.95

Mortimer 30% chocolate powder, vanilla ice cream, milk

STRAWBERRY SHAKE £2.95

Strawberry Puree, vanilla ice cream, milk

BANANA SHAKE £2.95

Banana, vanilla ice cream, milk

VANILLA SHAKE £2.95

Vanilla syrup, vanilla ice cream, milk

MANGO MISSION £3.50

Mango, Strawberry, Banana, Apple

BERRY CREEK £3.50

Strawberry, Raspberry, Blueberry, Apple & Banana

PLEASE SPEAK TO A TEAM MEMBER REGARDING ALLERGIES—
ALL MILKSHAKES CAN BE MADE WITH A SELECTION OF NON DAIRY MILKS

CELLAR

HOUSE WINE £3.40/£4.75/£13.99

Sauvignon Blanc/Pinot Grigio Rose/Merlot

PROSECCO MINI BOTTLE £5.50

GIN & TONIC £6.25

Local distiller, served with Fever Tree tonic

MOJITO £7.50

Vodka based—crushed lime, homemade sugar syrup, soda water

APEROL SPRITZ £8.95

Aperol poured over ice, topped up with Prosecco and soda water, served with an orange wedge

ANDWELL BOTTLED BEERS £4.25

Golden Muddler—a golden blonde ale

King John—a rich & fruity little number

Resolute—hoppy with citrus notes

Pilsner—Czech style lager

MEON CIDER £5.25

BREAKFAST

FARMER'S BREAKFAST £12.49

Newlyns two Ye Olde English recipe sausages, two Newlyns home-cured bacon rashers, Newlyns black pudding, two Norton Organic fried eggs, roasted tomato, sautéed button mushrooms, hash brown and baked beans served with your choice of farmhouse toast.

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.

Newlyns Ye Olde English sausage (each) £1.85

Newlyns home-cured bacon (per rasher) £1.19

Newlyns black pudding (1 slice) £0.85

Roasted tomato (portion) £0.85

Sautéed button mushrooms (portion) £0.85

Baked beans (portion) £0.75

Norton Organic eggs (each) fried/poached/
scrambled £0.99

Hash brown £0.99

Fried bread £0.85

Toast (one round) £0.75

YOUNG'UNS BREAKFAST £5.99

A child's breakfast comprising of a Newlyns Ye Olde sausage, one Newlyns home cured bacon rasher, one Norton Farm organic egg (fried/poached/scrambled), baked beans served with a slice of toast.

ALLERGENS

Here at Newlyns, we strive to cater for all dietary requirements and allergies.

It is really important that we are made aware of any allergies in order to take as much care as we can in keeping you safe.

Being a fresh food premises we can make swaps and changes in order to make a dish suitable for you, so please let us know! All allergy information is available upon request.

Please bare in mind that all dishes are prepared in a premises where celery, crustaceans, eggs, gluten, fish, milk, mustard, nuts, soya and sulphites are handled.

EGGY BREAD £6.49

Farmhouse bread soaked in beaten farm eggs and pan fried with Newlyns smoked streaky bacon and maple syrup.

EGGS BENEDICT £8.49

With Newlyns ham hock, Hollandaise sauce on a toasted white muffin or farmhouse toast.

EGGS FLORENTINE £7.99

With two poached Norton Organic Eggs, wilted spinach and Hollandaise sauce on English muffin.

SUPERFOOD START TO THE DAY £6.99

Crushed avocado, Norton Organic egg of your choice (fried, poached, or scrambled), IOW cherry tomatoes served on Sourdough toast.

SMOKED SALMON & AVOCADO £9.99

Pinney's smoked salmon served with smashed avocado on Sourdough sprinkled with chilli flakes.

Add Norton Organic Egg £0.99

FORTHROY NATURAL YOGHURT & GRANOLA £6.49

With fresh cream, berry compote and Hampshire honey.

BACON/SAUSAGE SANDWICH £7.99

Newlyns home cured bacon or Newlyns Ye Olde English recipe sausage served either on harvest/white baguette or sandwich.

Add Norton Organic Fried Egg £0.99

CROISSANT £1.99

Served with butter and Wooden Spoon strawberry/raspberry jam.

PAIN AU CHOCOLAT £1.85

PAIN AU RAISIN £1.85

TOAST £1.99

Two rounds of farmhouse granary/white served with butter, Wooden Spoon jam/marmalade or marmite.

TEACAKE £1.99

Served with butter and Wooden Spoon strawberry/raspberry jam.

NIBBLES & SMALL PLATES

BUTCHERS BLOCK £24.99 for two

A selection of: Newlyn's sweet cured ham, roast beef, pork pie, Scotch egg, sausage roll, potato salad, Asian slaw, Stokes red onion marmalade and sourdough bread.

SANDWICHES

ROAST BEEF £7.99

Newlyn's rare roast beef, with watercress, garlic horseradish and served on sourdough bread.

CHICKEN, BACON & AVOCADO £10.99

Newlyn's free range chicken, home cured bacon, crushed avocado and mayonnaise.

TOASTED HAM & CHEESE £7.99

Newlyn's toasted sweet cure ham and Barber's cheddar sandwich.

EGG MAYONNAISE £6.99

Norton Farm organic egg mayonnaise and watercress on farmhouse bread.

GOATS CHEESE PANINI £8.99

Rosary goats cheese and roasted pepper panini with Newlyn's sundried tomato pesto.

SMOKED SALMON SANDWICH £10.49

Pinney's smoked salmon with cream cheese, rocket, local watercress and capers.

BACON, BRIE & CRANBERRY £9.49

Newlyn's home cured bacon, Cricket St. Thomas brie and cranberry panini.

BRIE & CRANBERRY £8.49

Cricket St. Thomas brie and cranberry panini.

VEGAN FLATBREAD OF THE DAY £7.99

Please ask a member of staff for details.

ROSEMARY SALTED CHIPS £2.99

GARLIC BREAD £1.99

Add Barbers Cheddar £0.75

CRISPY SQUID £3.99

Served with garlic aioli or Stokes Sweet Chilli sauce.

YOUNG'UNS

TOMATO & BASIL PASTA £4.99

Penne pasta tossed in IOW rich tomato and fresh basil sauce, served with garlic ciabatta and grated tangy cheddar.

CHICKEN/FISH GOUJONS £5.59

Battered fish or chicken, served with chunky chips and your choice of beans or garden peas.

NEWLYNS CHIPOLATA SAUSAGE £5.59

Three Newlyn's Ye Olde English chipolata sausages with Gastro Chunky Chips and your choice of either baked beans or garden peas.

TOASTED SWEET CURE HAM & BARBER'S CHEDDAR SANDWICH £4.99

Ham and cheese sandwich.

Add Gastro Chunky Chips £1.75

SIDES

GASTRO CHUNKY CHIPS £2.79

SWEET POTATO FRIES £3.49

ONION RINGS £1.99

SEASONAL VEGETABLE £2.50

NEWLYNS COLESLAW £1.99

TOMATO & ROCKET SALAD £3.99

IOW tomatoes, rocket and parmesan with a balsamic glaze

ALL SERVED WITH DRESSED LEAVES, HOUSE DRESSING & CRISPS.

GLUTEN FREE BREAD IS AVAILABLE FOR ALL SANDWICHES.

CHEF'S FAVOURITES

MUSHROOMS ON TOAST £7.99

Sautéed chestnut mushrooms cooked in a cream sauce served on sourdough bread.

RISOTTO £8.99

With your choice of mixed wild mushrooms or roasted butternut squash.

VEGAN KATSU CURRY £9.49

A mild Asian style vegan curry served with fluffy coconut white rice.

Add Chicken £3.99

CATCH OF THE DAY £11.99

Fresh off the boat, our team of talented chefs have put together a dish showcasing the most seasonal fish! Ask a member of the team for details—served Tuesday to Saturday.

NEWLYNS HOG ROAST CIABATTA £8.99

Slow roasted Newlyn's pork shoulder served in a crispy ciabatta with herb stuffing, apple sauce and crackling.

CHICKEN CAESAR SALAD £11.49

Chargrilled chicken breast with anchovies and Newlyn's home cured bacon, served with Cos lettuce, Newlyn's homemade croutons, parmesan and homemade Caesar dressing.

GRILL

RUMP STEAK £13.99

21 day hung 6oz rump steak, fried flat mushroom, IOW tomatoes with gastro chips.

Add Onion Rings £0.99

Add Stilton £1.25

Add Garlic Butter £0.50

GLADIATOR BEEF/CHICKEN FILLET BURGER £12.99

Chargrilled and served in a brioche bun with baby gem lettuce, IOW tomato, gherkins and Newlyn's burger sauce.

HALLOUMI BURGER £12.99

Chargrilled Homewood Halloumi with Newlyn's sundried tomato pesto, Tenuta Marmorelle chargrilled mixed peppers, served in a brioche bun.

ALL SERVED WITH CHUNKY CHIPS AND AN OPTION OF TANGY BARBERS CHEDDAR (£0.75) AND BACK BACON (£1.19).

TRIPLE STACK SANDWICH £12.99

Newlyn's free range chicken, chargrilled and served with Newlyn's 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.

SOUP OF THE DAY £5.75

Served with a farmhouse granary or white soft roll.

BEER BATTERED FISH & CHIPS £12.49

Andwell Pilsner battered fish, garden peas, gastro chips and Cold Pressed Oil Company Tartare sauce.

SIDES

GASTRO CHUNKY CHIPS £2.79

SWEET POTATO FRIES £3.49

ONION RINGS £1.99

SEASONAL VEGETABLES £2.50

NEWLYNS COLESLAW £1.99

HOUSE SALAD £3.99

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

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