

## LIGHT BITES

**BRUNCH IS SERVED FROM 11:30am UNTIL 4:00pm (MON-FRI), 3pm (SAT) 2:30pm (SUN)**

### **NEWLYNS CHICKEN CAESAR SALAD** £10.99

Free range chargrilled chicken breast with anchovies and Newlyn's home-cured bacon, served with Cos lettuce, Newlyn's home-made croutons, parmesan and home-made Caesar dressing. **2 4 5 7 9 14**

### **NEWLYNS TUNA NIÇOISE SALAD** £12.99

Grilled tuna steak with Wilson Wonder new potatoes, steamed greens, braised baby gem lettuce, black olives and a soft boiled Norton organic egg. **4 5 9 14**

### **NEWLYNS RUMP STEAK** £13.99

21 day hung 6oz Rump steak, flat field mushroom, IOW tomatoes with Gastro Chunky Chips and garlic butter. **7**

### **TERIYAKE SALMON** £11.99

Fillet of salmon in at Teriyaki sauce, served with Chinese vegetables and noodles. **1 2 5 6 9 12 13 14**

### **NEWLYNS GLADIATOR BEEF BURGER or CHICKEN FILLET** £12.99

Chargrilled and served in a 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** £13.99

Chargrilled Homewood Halloumi with Newlyn's home-made sundried tomato pesto, Tenuta Marmorelle chargrilled mixed peppers, served in a brioche bun. **2 6 7 9 10 13 14**

### **NEWLYNS B.L.T** £8.99

Our famous chargrilled smoked streaky bacon with IOW tomatoes, baby gem lettuce, Dijon mustard mayonnaise in a grilled Ciabatta **2 4 6 9 14**

### **NEWLYNS BRITISH CHARCUTERIE SHARING BOARD** £16.99

A selection of British charcuterie and cheeses from our deli and Cheese Room with sundried tomatoes artichoke hearts, chutneys and fresh breads **2 6 7 9 12 13 14**

### **SUMMER CASSOULET (VG)** £8.99

Summer vegetables and bean cassoulet, dressed baby leaf salad with Newlyn's home-made crispy croutons. **1 2 6 9 14**

### **HOMEMADE BEER BATTERED FISH & CHIPS** £12.49

Andwell Pilsner battered fish, pea purée, Gastro Chips and Cold Pressed Oil Company Tartare Sauce. **2 4 5 7 9 14**

### **HONEY ROASTED FIGS AND PARMA HAM SALAD** £12.49

Honey roasted figs with crispy Parma ham, fresh rocket, watercress, Beenleigh blue cheese and balsamic glaze topped with toasted pine nuts **2 7 9 10 14**

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

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

## NEWLYNS SANDWICHES

All served with Newlyn's house salad and house dressing. **9 14**

Gluten Free bread is available for all sandwiches. **6**

Newlyn's free range chicken, home-cured bacon, crushed avocado and mayonnaise. **2 4 6 9 13 14** £9.99

Newlyn's 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** £7.99

Newlyn's Crab roll, Dorset brown and white crab meat in a lemon mayonnaise and watercress in a pretzel roll **2 3 4 6 7 9 13** £10.99

Norton Organic egg mayonnaise and watercress on farmhouse bread. (V) **2 4 6 7 9 13 14** £6.49

Falafel flatbreads with avocado, roasted peppers and Newlyn's lemon and herb dressing. (VG) **2 6 9 14** £8.99

Rosery goats cheese and roasted pepper panini with home-made sundried tomato pesto **2 6 7 9 10 14** £7.75

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

## SIDE ORDERS

**GASTRO CHIPS (V)** £2.99

**SWEET POTATO FRIES** £3.49

**NEWLYNS COLESLAW 4 7 (V)** £1.99

**HOUSE SALAD (V)** £2.49

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