

## BRUNCH MENU

### NEWLYNS 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 recipe sausage—(each).	<b>1 2 9</b>	<b>£1.85</b>
Newlyns home-cured bacon—(per rasher).	<b>14</b>	<b>£1.20</b>
Newlyns black pudding—(1 slice).	<b>2</b>	<b>£0.85</b>
Roasted tomato—(portion).		<b>£0.85</b>
Sautéed button mushrooms—(portion).	<b>7</b>	<b>£0.85</b>
Baked beans—(portion).		<b>£0.75</b>
Norton Organic eggs—(each) fried, poached or scrambled.	<b>4 7</b>	<b>£1.00</b>
Hash brown (cooked in a fryer which contains gluten).	<b>7</b>	<b>£1.00</b>
Fried bread.	<b>2 13</b>	<b>£0.85</b>
Toast—(one round).	<b>2 7 13</b>	<b>£0.75</b>

### NEWLYNS HOT BACON OR SAUSAGE SANDWICH **1 2 7 9 13 14** £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. **4** **£1.00**

### THE HEALTHY ONE **4 7 14** **£7.50**

2 chargrilled slices of Newlyns home-cured bacon **or** sautéed button mushrooms on a bed of fresh watercress, roasted cherry tomatoes and topped with an Norton Organic soft poached egg.

### SCRAMBLED EGG & SMOKED SALMON **2 4 5 7 13** **£10.49**

Pinney's smoked salmon and Norton Organic eggs on a toasted white muffin or farmhouse toast.

### EGGS BENEDICT **2 4 7 9 13** **£8.49**

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

### NEWLYNS SUPERFOOD START TO THE DAY **2 4 7 12** **£6.99**

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

### WESSEX MILL GRANOLA WITH NATURAL YOGHURT **2 7 10 12** £5.49

With Greek yoghurt, berry compote and Hampshire honey. (V)

### PASTRIES (V)

Croissant served with butter and Wooden Spoon Jam. **2 4 7** **£1.99**

Pain au Chocolat or Pain au Raisin. **2 4 7 13** **£1.85**

### TOAST (V)

Two rounds of harvest/white served with butter, **2 7 13** **£1.99**

Wooden Spoon Jam, Wooden Spoon marmalade or marmite.

## YOUNG'UNS BREAKFAST

**BREAKFAST IS SERVED UNTIL—2.30pm**

### NEWLYNS YOUNG'UNS BREAKFAST £5.99

A children's size breakfast comprising one Newlyns Ye Olde English recipe sausage, one Newlyns home-cured bacon rasher, one Norton Organic egg (fried, poached, or scrambled) and baked beans served with a slice of toast.

#### IMPORTANT KEY TO FOOD ALLERGIES & INTOLERANCES

Please check the orange 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. **(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

**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 RUMP STEAK

**£13.99**

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

### 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 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 with Newlyn's homemade 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**

**SOUP OF THE DAY - PLEASE ASK A MEMBER OF STAFF** Served with a bread roll **£5.75**

## SIDE ORDERS

**GASTRO CHIPS (V)**

**SWEET POTATO FRIES**

**NEWLYNS COLESLAW 4 7 (V)**

**HOUSE SALAD (V)**

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

## 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 TSB 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, avocado and baby gem lettuce 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**

VEGAN FLATBREAD OF THE DAY— PLEASE ASK A MEMBER OF STAFF. (VG) **2**

**£8.99**

Rosary goats cheese and roasted pepper panini with home-made sundried tomato pesto

**2 6 7 9 10 14**

**£7.75**

Newlyn's marmalade ham and Barbers cheddar sandwich — toasted if you like. **2 7 9 13 14**

**£6.75**

## CHILDRENS MENU

**YOUNG'UNS TOMATO & BASIL PASTA (V) £4.50** Penne pasta tossed in IoW rich tomato sauce and fresh basil with garlic ciabatta. **2 4 14** With Barber's cheddar as an optional extra for 50p. **1 2 7**

**NEWLYNS CHICKEN BURGER £6.50** Chargrilled and served in a freshly baked soft roll, with IoW cherry tomatoes, carrot and cucumber sticks with your choice of Gastro Chunky Chips. **2 7 13 14**

**HOMEMADE FISHFINGERS £6.50**

Battered fishfingers served with your choice of Gastro Chunky Chips and seasonal vegetables **2 5 14**

**£2.99**

**£3.49**

**£1.99**

**£2.49**

**NEWLYNS MARMALADE HAM & BARBER'S CHEDDAR SANDWICH £4.50** Ham and cheese sandwich — toasted if you like. **2 7 9 13 14** Add Gastro Chunky ChipS (V) **£1.75**