

NEWLYNS GRILL

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 - only 4 miles from our Farm Shop and Cafe. This incredibly short distance means our meat is 100% traceable. We use sustainable methods to rear our animals which protects their welfare, reduces waste, protects rural countryside, and tastes far better! Our skilled butchers present great quality meat from the beef, lamb, and pork produced on our traditional mixed farm so that you can enjoy the provenance of **Newlyns** farm to fork produce!

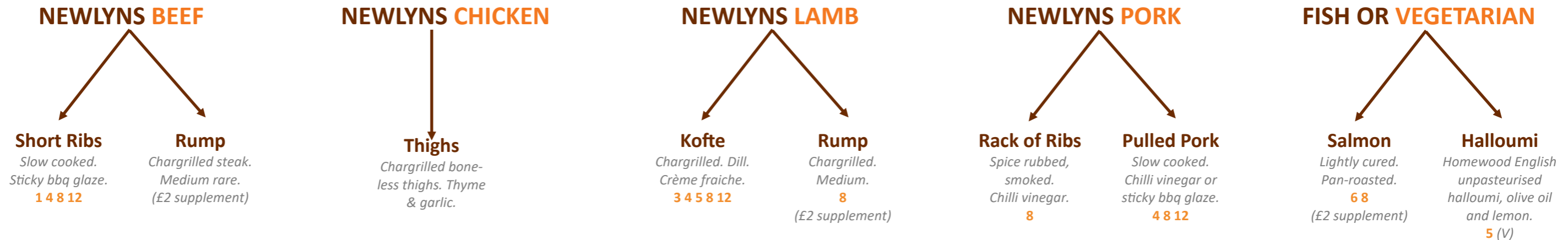
Choose any 2 from option 1, 2 & 3 for **£8.99**

Choose any 1 from option 3 for **£1.99**

Option 1 with just baguette or flatbread for **£6.99**

(check supplement charges in option 1)

OPTION 1 PROTEIN



OPTION 2 CARBS



OPTION 3 SALADS & BREADS



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.

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|---|-------------|----|-----------|
| 1 | GLUTEN | 8 | SULPHITES |
| 2 | CRUSTACEANS | 9 | SOYA |
| 3 | EGGS | 10 | SESAME |
| 4 | CELERY | 11 | PEANUTS |
| 5 | MILK | 12 | MUSTARD |
| 6 | FISH | 13 | LUPIN |
| 7 | TREENUTS | 14 | MOLLUSCS |

NEWLYNS LUNCH MENU

BAGUETTES, SANDWICHES & PANINIS

AVAILABLE FROM 11.30am

Newlyns free range chicken, home cured bacon and guacamole with mayonnaise. **1 3 5 8 9 £5.99**

Newlyns ham hock, Edmond Fallot Dijon mustard, mayonnaise, pickled apple and watercress served on Spelt and Honey bread. **1 3 5 8 9 12 £5.99**

Norton Organic egg mayonnaise and watercress served on your choice of bread. (V) **1 3 5 9 12 £5.99**

Isle of Wight tomatoes, mozzarella and basil basil oil panini. (V) **1 5 9 £5.99**

Delice de Bourgogne (soft cheese), pickled cucumber, grapes, frisée on Donker rye bread. **1 5 9 £5.99**

HOT BAGUETTES & SANDWICHES

Newlyns award winning home cured back bacon on farmhouse bread. **1 5 8 9 £5.99**

Newlyns award winning Ye Olde English sausage on farmhouse bread. **1 4 5 8 9 12 £5.99**

All served with mixed leaves and house dressing. **8 12**
Gluten Free bread is available for all sandwiches. **13**

FROM THE GRILL

HOT LUNCH IS SERVED FROM 12.00 NOON

NEWLYNS PULLED PORK CIABATTA 5 8 12 £5.99

Pulled pork with bbq sauce or chilli vinegar dressing
Montgomery Ogleshield, cévennes onions
ciabatta panini.

NEWLYNS BURGERS

All our burgers are served with Gastro Chunky Chips.

Add Mayfield, Swiss-style cheese from Sussex **5 £1.00**

Add bacon. **8 £1.00**

NEWLYNS QUARTER POUNDER 1 3 5 8 9 10 12 £9.50

Chargrilled and served in a sesame Brioche bun, with baby gem lettuce, IOW tomato, cornichons and Fruity Foods tomato relish.

NEWLYNS HALF POUNDER BURGER 1 3 5 8 9 10 12 £12.49

Two Newlyns 4oz beef burgers, chargrilled and served in a sesame brioche bun, with baby gem lettuce, IOW tomato, cornichons and Fruity Foods tomato relish.

NEWLYNS ZESTY CHICKEN BURGER 1 3 4 5 8 9 10 12 £9.99

Chargrilled and served in a sesame Brioche bun, with baby gem lettuce, IOW tomatoes, cornichons and mayonnaise.

YOUNG'UNS MAINS

BEANS ON TOAST (V) 1 5 9 £2.75

With Barber's Cheddar as an optional extra for 50p.

YOUNG'UNS TOMATO PASTA 1 3 5 £4.50

Tenuta Marmorelle pasta tossed in Newlyns tomato sauce.

Add Barber's Cheddar (V) **5 £0.50**

NEWLYNS 4oz BURGER 1 5 8 9 £5.50

Chargrilled and served in a freshly baked soft roll, with IOW cherry tomatoes, carrot and cucumber sticks.

Add Gastro Chunky Chips (V) **£1.75**

NEWLYNS CHIPOLATA SAUSAGE 1 4 8 12 £4.99

Three Newlyns Ye Olde English chipolata sausages with Gastro chunky chips with your choice of either baked beans or fresh seasonal vegetables.

NEWLYNS SWEET CURED HAM & BARBER'S CHEDDAR SANDWICH 1 5 8 9 £4.50

Ham and cheese sandwich —toasted if you like.

Add Gastro Chunky Chips (V) **£1.75**

SHARING PLATTERS

NEWLYNS PIGGY PLATTER for 2 1 3 4 8 9 12 £16.99

Our Piggy Platter is a selection of:

Newlyns sweet cured ham, Newlyns pork pie, ham hock terrine, Scotch egg, Belazu balsamic onions served with English mustard, Stokes piccalilli and sliced farmhouse bread.

DELI PLATTER for 2 1 4 5 8 9 £15.99

Our deli platter is a selection of:

Oxsprings Ham, Suffolk Salami, Newlyns Biltong, OgleShield cheese, Wigmore ewe's cheese, Lyburn Stoney Cross cheese, cornichons, membrillo quince paste, basil & garlic Chalkidiki olives and toasted ciabatta.

LIGHT BITES

SOUP OF THE DAY -

PLEASE ASK A MEMBER OF STAFF

Served with a bread roll of your choice. **1 5 9 £4.75**

PENNE (V) 1 5 9 £7.99

Tenuta Marmorelle penne, courgettes, onion, garlic, crème fraiche, lemon. Homewood fresh ewe's cheese.

GRILLED CHICORY 12 £7.99

Chargrilled and served with mixed leaves, Newlyns smoked streaky bacon and mustard dressing.

GASTRO CHUNKY CHIPS (V) £3.50

OPENING TIMES

FARM CAFÉ OPENING TIMES

MONDAY TO FRIDAY	8.30am—5.30pm
SATURDAY	8.00am—3.00pm
SUNDAY	9.00am—11.30am

BAGUETTES, SANDWICHES & PANINIS

MONDAY TO FRIDAY	11.30am—5.00pm
SATURDAY	11.30am—3.00pm

TEA, COFFEE & CAKE

MONDAY TO FRIDAY	8.30am—5.30pm
SATURDAY	8.00am—3.00pm
SUNDAY	9.00am—11.30am

BREAKFAST IS SERVED

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

LUNCH IS SERVED

MONDAY TO FRIDAY	12.00pm—4.00pm
SATURDAY	12.00pm—3.00pm

YOUNG'UNS MENU—AFTER SCHOOL CLUB

WEDNESDAY TO FRIDAY	4.00pm—5.00pm
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Newlyns

FARM CAFÉ