

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.



OPENING TIMES

FARM CAFÉ OPENING TIMES

MONDAY TO FRIDAY	8.30am - 4pm
SATURDAY	8am - 3pm
SUNDAY	9am - 2pm

TEA, COFFEE & CAKE

MONDAY TO FRIDAY	8.30am - 4pm
SATURDAY	8am - 3pm
SUNDAY	9am - 2pm

BREAKFAST IS SERVED

MONDAY TO FRIDAY	8.30am - 11.45am
SATURDAY	8am - 12 Noon
SUNDAY ALL DAY BREAKFAST	9am - 2pm

LUNCH (HOT) IS SERVED

MONDAY TO FRIDAY	12.15pm - 3pm
SATURDAY	12.30pm - 3pm
SUNDAY ALL DAY BREAKFAST	9am - 2pm

SANDWICHES & PANINIS

MONDAY TO FRIDAY	12.15pm - 4pm
SATURDAY	12.30pm - 3pm

PASSWORD: wirefree



COFFEE / HOT CHOCOLATE

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	£3.49	MOCHA	£4.39	LUXURY HOT CHOCOLATE	£3.99
CAPPUCCINO	£3.89	EXTRA SHOT	£0.79	Moon Roast Hot Chocolate	
DOUBLE ESPRESSO	£3.39	MONIN SYRUPS	£0.99	MARSHMALLOWS	£0.65
FLAT WHITE	£3.79	Caramel/Vanilla/Hazelnut		FLAKE	£0.49
LATTE	£3.89			WHIPPED CREAM	£0.75
		ALMOND, SOYA AND OAT MILK AVAILABLE	£0.75		

TEA

ENGLISH BREAKFAST	£3.25	WINCHESTER FRUIT BASKET	£3.25
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.		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.	
EARL GREY SUPREME	£3.25	APPLE & GINGER	£3.25
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.		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.	
RED BUSH	£3.25	PEPPERMINT	£3.25
Rooibos tea is made from the dried fermented leaves of the South African shrub <i>Aspalathus Linearis</i> . 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.		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.	
CLASSIC CHAI	£3.25	DRAGONWELL IMPERIAL	£3.25
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 using the CO ₂ method which involves natural elements of pure water and carbon dioxide. The brew is strong and malty with a hint of a chocolatey aroma.		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	£3.25
		The finest Assam gently decaffeinated using the CO ₂ 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

FRESHLY SQUEEZED ORANGE JUICE £4.49

HONEST GREENS COLD PRESSED JUICE £5.99

Cucumber, Pineapple, Pear, Spinach, Kale & Lime

HONEST CARROT COLD PRESSED JUICE £5.99

Carrot, Apple, Ginger, Orange & Lemon

SOFT DRINKS

HILDON SPARKLING/STILL £2.99

**BELVOIR ELDERFLOWER/GINGER/
RASPBERRY/LEMONADE PRESSÉ** £3.99

BLACKMORE ESTATE APPLE JUICE £3.49

LIME & SODA WATER £2.99

COKE/DIET COKE £3.99

YOUNG'UNS

HOT CHOCOLATE £2.25

Mortimer Hot Chocolate - Vegan, Dairy-free, Gluten-free and Soya-free

MARSHMALLOWS £0.65

FLAKE £0.49

WHIPPED CREAM £0.75

BABY CINO £1.15

CAWSTON PRESS CARTON £2.75

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

MILK £1.15

SWEET TREATS

Please ask a member of our team for today's delicious range of cakes. Gluten Free & Vegan Options available.



BLENDED

CHOCOLATE SHAKE £4.49

Mortimer 30% chocolate powder, vanilla ice cream, milk

STRAWBERRY SHAKE £4.49

Strawberry Puree, vanilla ice cream, milk

BANANA SHAKE £4.49

Banana, vanilla ice cream, milk

VANILLA SHAKE £4.49

Vanilla syrup, vanilla ice cream, milk

PEBBLE PEACH £5.75

Peach, Strawberry, Banana, Apple juice

PAPAYA BEACH £5.75

Papaya, Pineapple, Raspberry, Banana, Apple juice

MANGO MISSION £5.75

Mango, Strawberry, Banana, Apple juice

CELLAR

HOUSE WINE

Sauvignon Blanc / Merlot

£4.49 (125ml) / £6.49 (175ml) / £19.99 (Bottle)

Pinot Grigio Rosé

£5.49 (125ml) / £7.99 (175ml) / £24.99 (Bottle)

PROSECCO MINI BOTTLE £9.99

LONGDOG BREWERY BOTTLED BEER £5.99

Golden Poacher - a golden blonde ale (ABV 3.9%)

Lovely Nancy - a golden, premium pale (ABV 4.8%)



NEWLYNS BREAKFAST

Served until 11:45am Monday to Friday, 12 Noon Saturday

FARMER'S BREAKFAST £17.99

Two Newlyn's Ye Olde English sausages, two Newlyn's Home Cured bacon rashers, Newlyn's black pudding all produced in the Farm Shop by our team of butchers, two Free Range fried eggs, Isle of Wight roasted tomato, button mushrooms, hash brown and baked beans served with your choice of white/granary toast. **2,4,7,13,14**

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:

BREAKFAST BUILD UP - 8 items £13.49

BREAKFAST BUILD UP - 5 items £9.99

- Newlyn's Ye Olde English sausage **2,14**
- Newlyn's Home Cured unsmoked back bacon
- Newlyn's black pudding **2,13**
- Button mushrooms **7**
- Baked beans
- Free Range eggs (each) fried/poached **4**
- Free Range scrambled eggs (two eggs is 2 items) **4,7**
- Hash brown
- Isle of Wight tomatoes
- Fried bread **2,13**
- Toast (one round) **2,7,13**

BACON SANDWICH £8.25

Newlyn's Home Cured bacon served either on white/granary bread. **2,7,13**

ADD FREE RANGE FRIED EGG £1.25

SAUSAGE SANDWICH £8.25

Newlyn's Ye Olde English sausage served either on white/granary bread. **2,7,13,14**

ADD FREE RANGE FRIED EGG £1.25

TOAST £3.99

Two rounds of Good Taste Bakery granary/white served with butter, Wooden Spoon jam/marmalade or marmite. **1,2,7,13**

SCOTCH PANCAKES & STREAKY BACON £12.99

Homemade scotch pancakes served with Smoked Streaky Bacon and Maple Syrup. **2,4,7,14**

SCOTCH PANCAKES & BERRY COMPOTE £9.99

Homemade scotch pancakes served with Greek style yoghurt and homemade berry compote. **2,4,7,10,12**

EGGS BENEDICT £13.49

Slow cooked Newlyn's ham hock on The Street Bakeshop muffin or white/granary toast, two Free Range poached eggs and topped with Hollandaise sauce. **2,4,7,9,12,13**

EGGS ROYALE £16.49

Pinney's of Orford hand reared and hand sliced Scottish smoked salmon on The Street Bakeshop muffin, two Norton poached eggs topped with Hollandaise sauce. **2,4,5,7,12,13**

SUPERFOOD START TO THE DAY (V) £10.99

Crushed avocado, two Free Range eggs of your choice (fried, poached, or scrambled), IOW cherry tomatoes served on The Street Bakeshop sourdough toast. **2,4**

THE HEALTHY ONE £12.99

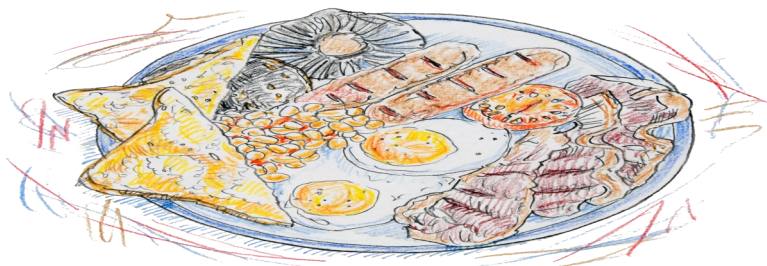
Two chargrilled slices of Newlyn's home-cured bacon or sautéed button mushrooms on a bed of watercress, roasted cherry tomatoes and topped with two Free Range soft poached eggs. **4,7**

SMOKED SALMON & AVOCADO £14.99

Pinney's of Orford hand reared and hand sliced Scottish smoked salmon with smashed avocado on The Street Bakeshop sourdough sprinkled with chilli flakes. **2,5**

SCRAMBLED EGG & SMOKED SALMON £13.99

Pinney's of Orford hand reared and hand sliced Scottish smoked salmon and Free Range eggs on The Street Bakeshop muffin or white/granary toast. **2,4,5,7,12,13**



IMPORTANT KEY TO FOOD ALLERGIES & INTOLERANCES

Please check the 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.

All dishes are prepared in kitchens where all allergens are present.

(V) Indicates vegetarian option. (VG) Vegan

1. CELERY
2. GLUTEN
3. CRUSTACEANS
4. EGG
5. FISH
6. LUPIN
7. MILK

8. MOLLUSCS
9. MUSTARD
10. NUTS
11. PEANUTS
12. SESAME SEEDS
13. SOYA
14. SULPHITES

NEWLYNS MAINS

Available from 12.15pm Monday to Friday, 12.30pm Saturday

BULGAR WHEAT BOWL £15.99

Bulgar wheat with beetroot, pickled red cabbage, edamame beans, grated carrot and watercress with a lemon & honey citrus dressing. **1,2,13,14**

WITH CHICKEN FILLET • WITH POACHED SALMON FILLET 5 • WITH TIGER PRAWNS 3

FILLET OF SEA BREAM £16.99

Fillet of Sea Bream, crushed crispy new potatoes with a basil oil served with Mediterranean vegetables. **2,5,14**

CHILLI NACHOS £15.99

Manchego & green olive nachos covered in our Newlyn's homemade chilli con carne, topped with Barbers cheddar, guacamole, salsa and soured cream finished with spring onions **2,5,7,13**

VEGAN BEAN NACHOS (VG) £13.49

Chipotle & Lime nachos topped with a lightly spiced vegan chilli bean mix, topped with, guacamole, salsa finished with spring onions.

NEWLYNS PORK STIR FRY £13.99

Newlyn's pork tenderloin marinated in five spice pan fried with fresh stir fried vegetables with a teriyaki sauce, Udon noodles topped with sesame seeds. **2,12,13**

NEWLYNS RUMP STEAK FAJITAS £16.99

Newlyn's home reared rump steak strips with peppers and onions in a Tex Mex seasoning, freshly made salsa, guacamole, sour cream, side salad and wraps. **2,7,14**

BEER BATTERED FISH & CHIPS £19.49

Beer battered fish, garden peas, chunky chips and homemade tartare sauce. **4,5,9**

NEWLYNS GLADIATOR BEEF BURGER £16.99

Newlyn's 6oz hand pressed beef burger served in a brioche bun with Little Gem lettuce, IOW tomato, gherkins and Newlyn's burger sauce. **1,2,4,9,13,14**

ADD BARBERS CHEDDAR (£0.99) ADD LONG CLAWSON STILTON (£1.49) ADD BACK BACON (£1.99)

HALLOUMI BURGER (V) £15.99

Griddled ewe halloumi with lettuce and chilli jam served in a brioche bun. **2,7,9,14**

ALL BURGERS SERVED WITH TRIPLE COOKED CHIPS & DRESSED MIXED LEAF SALAD GARNISH

GLUTEN FREE BUN AVAILABLE

SALADS

CHICKEN CAESAR SALAD £15.99

Chargrilled Free Range Chicken breast with anchovies, dry cured bacon, Cos lettuce, homemade croutons, parmesan and Newlyn's Caesar dressing. **2,4,5,7,9,14**

GOATS CHEESE & WALNUT SALAD (V) £13.49

Rosary goats cheese crumbled with roasted walnuts, raisins, rocket, tomato, cucumber, red onion & mixed leaves tossed in a goat cheese dressing. **7,10,14**

SIDES

TRIPLE COOKED CHIPS (V) £3.99

SKIN ON FRIES (V) £3.99

NEWLYNS SANDWICHES

Available from 12.15pm Monday to Friday, 12.30pm Saturday

CHICKEN CAESAR

£15.99

Newlyns free range chicken with homemade Caesar sauce, dry cured crispy bacon and shredded Little Gem lettuce served on white/granary bread. **2,4,5,7,9,14**

ROAST BEEF

£13.99

Newlyns rare roast beef, with watercress, Stokes horseradish and served on white/granary bread. **2,4,7,9,13,14**

CORONATION CHICKEN

£14.99

Newlyns homemade coronation chicken made with free range chicken served on white/granary bread. **1,2,4,7,9,10,13,14**

B.L.T

£12.99

Hot Dry Cured smoked streaky bacon, Isle of Wight tomatoes, Baby Gem lettuce and mayonnaise served on white/granary bread. **2,4,7,9,13,14**

PRAWN MAYONNAISE

£14.99

North Atlantic prawns in a homemade Marie Rose sauce, Baby Gem lettuce on white/granary bread. **2,3,4,9,13,14**

FISH FINGER SANDWICH

£15.99

Beer battered fish finger sandwich on The Street Bakeshop sourdough with Little Gem and Homemade tartare sauce. **2,4,5,7,9,13,14**

TRIPLE STACK SANDWICH

£15.99

Newlyns free range chicken, chargrilled and served with dry cured crispy bacon, cucumber, mayonnaise, IOW tomatoes, Barber's cheddar, all in a toasted triple stack. **2,4,7,9,13,14**

NEWLYNS PULLED PORK SOURDOUGH TOASTIE

£15.99

Newlyns slow cooked barbecue pork, chilli jam mayonnaise and melted Mayfield swiss cheese toasted in The Street Bakery Sourdough. **2,4,7,9,14**

MOZZERELLA, TOMATO & PEPPER SOURDOUGH TOASTIE (V)

£11.49

Melted Mozzarella, chargrilled peppers and homemade tomato pesto toasted in The Street Bakery Sourdough **2,7,10**

ALL SANDWICHES ARE SERVED WITH DRESSED LEAVES, HOUSE DRESSING & CRISPS.

GLUTEN FREE BREAD IS AVAILABLE FOR ALL SANDWICHES

