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 - 11.45am
SUNDAY ALL DAY BREAKFAST	9am - 2pm

LUNCH (HOT) IS SERVED

MONDAY TO SATURDAY	12:15pm - 3pm
SUNDAY ALL DAY BREAKFAST	9am - 2pm

SANDWICHES & PANINIS

MONDAY TO FRIDAY	12:15pm - 4pm
SATURDAY	12:15pm - 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	£3.35	MOCHA	£4.25	LUXURY HOT CHOCOLATE	£3.99
CAPPUCCINO	£3.75	EXTRA SHOT	£0.75	Moon Roast Hot Chocolate	
				MARSHMALLOWS	£0.65
DOUBLE ESPRESSO	£3.25	MONIN SYRUPS	£0.99	FLAKE	£0.49
FLAT WHITE	£3.65	Caramel/Vanilla/Hazelnut		WHIPPED CREAM	£0.75
LATTE	£3.75				

ALMOND, SOYA AND OAT MILK AVAILABLE £0.75

TEA

£3.25

ENGLISH BREAKFAST

WINCHESTER FRUIT BASKET

£3.25

f3.25

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.

EARL GREY SUPREME

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 f3.25

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 f3.25

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 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.

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

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.

f3.25 **PEPPERMINT**

Char has used only the finest leaves in this premiumquality 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 £3.25

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.

f3.25 ASSAM DECAFFEINATED

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		BLENDED	
FRESHLY SQUEEZED ORANGE JUICE	£4.49	CHOCOLATE SHAKE	£4.49
HONEST GREENS COLD PRESSED JUICE	£5.99	Mortimer 30% chocolate powder, vanilla ice cream, m	ilk
Cucumber, Pineapple, Pear, Spinach, Kale & Lime		STRAWBERRY SHAKE	£4.49
HONEST CARROT COLD PRESSED JUICE	£5.99	Strawberry Puree, vanilla ice cream, milk	
Carrot, Apple, Ginger, Orange & Lemon		BANANA SHAKE	£4.49
		Banana, vanilla ice cream, milk	
SOFT DRINKS		VANILLA SHAKE	£4.49
HILDON SPARKLING/STILL	£2.99	Vanilla syrup, vanilla ice cream, milk	
BELVOIR ELDERFLOWER/GINGER/		PEBBLE PEACH	£5.75
	£3.49	Peach, Strawberry, Banana, Apple juice	
BLACKMORE ESTATE APPLE JUICE	£3.49	PAPAYA BEACH	£5.75
BLACKIVIORE ESTATE APPLE JUICE ±3.49		Papaya, Pineapple, Raspberry, Banana, Apple juice	
LIME & SODA WATER	£2.99	MANGO MISSION	£5.75
COKE/DIET COKE	£3.99	Mango, Strawberry, Banana, Apple juice	
YOUNG'UNS		CELLAR	
HOT CHOCOLATE	£2.25	HOUSE WINE	
Mortimer Hot Chocolate - Vegan, Dairy-free, Glu- free and Sova-free	ten-	Sauvignon Blanc / Merlot	

HOT CHOCOLATE	£2.25

free and Soya-free

BABY CINO	£1.15
WHIPPED CREAM	£0.75
FLAKE	£0.49
MARSHMALLOWS	£0.65

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.



£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

FARMER'S BREAKFAST

£17.99

Two Newlyns Ye Olde English sausages, two Newlyns Home Cured bacon rashers, Newlyns black pudding all produced in the Farm Shop by our team of butchers, two Free Range fried eggs, Isle of Wight roasted tomato, flat 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

- Newlyns Ye Olde English sausage 2,14
- Newlyns Home Cured unsmoked back bacon
- Newlyns black pudding 2,13
- Roasted flat mushrooms
- 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

Newlyns Home Cured bacon served either on white/granary bread. 2,7,13

ADD FREE RANGE FRIED EGG £1.25

SAUSAGE SANDWICH

£8.25

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

ADD FREE RANGE FRIED EGG £1.25

Served until 11:45am

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 Newlyns 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**

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

TOAST £3.99

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

TEACAKE £5.49

Good Taste teacake served with butter and Wooden Spoon strawberry/raspberry jam. **2,4,7,13**



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

NEWLYNS HOMEMADE SOUP OF THE DAY

£9.49

Please ask a member of staff for today's soup flavour, served with granary/white soft roll. 2 Please check allergens of soup depending on flavour.

BUTTERNUT SQUASH RISOTTO (VG)

£12.99

A warming risotto with butternut squash, sweet potato and chilli. 1,14

ADD CHICKEN FILLET

£3.49

NEWLYNS CRISPY PORK BELLY

£15.99

Newlyns slow cooked pork belly infused with cumin& fennel, served with creamy leek & potato mash, seasonal vegetables and a red wine gravy. 1,7,14

NEWLYNS BANGERS & MASH

£14.99

Newlyns pork & leek sausages served on a bed of creamy leek & potato mash with seasonal vegetables and a red wine gravy. 2,7,14

ADD SAUSAGE

£2.49

CRAB & PRAWN LINGUINE

£12.99

Sweet pepper marinated Tiger prawns chargrilled with a brown crab butter and Isle of Wight tomatoes. 2,3,5,7

NEWLYNS CHILLI CON CARNE & POTATO SKINS

£14.99

Newlyns homemade Chilli Con Carne with crispy potato skins, Barbers cheddar, spring onions and soured cream. 2,5,7,13

BEER BATTERED FISH & CHIPS

£17.99

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

NEWLYNS GLADIATOR BEEF BURGER

£16.99

Newlyns 6oz hand pressed beef burger served in a brioche bun with Little Gem lettuce, IOW tomato,

gherkins and Newlyns burger sauce. 1,2,4,9,13,14

ADD EXTRA BURGER £3.99

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

£14.99

Chargrilled Free Range Chicken breast with anchovies, dry cured bacon, Cos lettuce, homemade croutons, parmesan and Newlyns Caesar dressing. 2,4,5,7,9,14 ADD CHICKEN FILLET £3.49

WARM GOATS CHEESE & WINTER VEG SALAD (V)

£12.99

Roasted carrot, sweet potato, beetroot, butternut squash, red onion & garlic topped with warm St Ella goats cheese, with a sprinkle of mixed seeds & pomegranate with balsamic glaze & a Hot Honey dressing. 7,10,14

SIDES

TRIPLE COOKED CHIPS (V) £3.99

SKIN ON FRIES (V) £3.99

SANDWICHES Available from 12:15pm

CHICKEN, BACON & AVOCADO

f14.99

Newlyns free range chicken, dry cured crispy bacon, crushed avocado and mayonnaise served on white/granary bread. **2,4,7,9,13,14**

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. 1,2,7,4,9,10,13,14

B.L.T

f12.99

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**

BEEF CRUMPET

£14.99

Newlyns slow cooked shin of beef with pickled cucumber, horseradish cream, pickled shallots and Lyburn Old Winchester cheese served on a toasted crumpet. 1,2,4,7,9,14

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

BRIE & CRANBERRY PANINI (V)

£11.99

Cricket St Thomas Brie and Stokes cranberry sauce served in a ciabatta panini. 2,7,9,14

ADD BACON BITES

£1.99

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

GLUTEN FREE BREAD IS AVAILABLE FOR ALL SANDWICHES

