

# Newlands Café Menu

## Starters

<b>Peri-Peri Chicken Livers</b> (*spicy)	120
Spicy chicken livers in a tomato concassé served with toasted ciabatta bread	
<b>Summer Chicken Salad</b> (dairy)	180
Cape barrel wood smoked Cajun spiced chicken breast, served with baby leaves, Cherry tomatoes, pineapple, cucumber, strawberries, cream cheese and finished off With whole grain mustard dressing.	
<b>Smoked Salmon Salad</b> (dairy)	195
Oak smoked salmon, served with baby leaves, cherry tomatoes, pineapple, Cucumber, strawberries, cream cheese and finished off with whole grain mustard Dressing.	
<b>Soup de Jour</b>	90
Chef's soup of the day served with bread rolls	

## Sandwiches

*Choice of bread (gluten free/low GI/seeded bread/rye/brown/white/sourdough/wrap)  
Served with potato fries or salad or sweet potato fries*

<b>Chicken Mayo</b>	95
Chicken folded in mayonnaise with freshly cracked black pepper and spring onion	
<b>Cheese and Tomato</b> (vegetarian/vegan & dairy)	95
Melted cheddar and mozzarella cheese with fresh tomato	
<b>Dagwood</b> (contains eggs, dairy & pork)	175
Roast beef & fried onion with bacon, tomato, avocado, topped with a fried egg, Mozzarella & cheddar cheese	

*Good Food takes a little longer to prepare.  
During Peak Periods your meal could take in excess of 35 minutes preparation time.  
Your Understanding and patience are appreciated.  
September 2025*

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## *Burgers*

*Choice of potato fries or salad or sweet potato fries*

### **The Newlands Burger** (dairy) 195

200g Beef patty and smashed avocado with tomato, pickled cucumber ribbons, Shredded iceberg lettuce, a fried egg and mozzarella cheese on a brioche bun  
Accompanied by panko deep fried onion rings

### **Chicken Burger** (dairy) 175

Grilled chicken breast, served with house BBQ sauce, melted cheddar cheese, herbed Aioli, shredded iceberg lettuce, fresh tomato slices, red onion on a brioche bun

### **Vegetable Burger** (vegan/vegetarian) 170

Vegetable patty with smoked vegan cheese, avocado, hummus, tomato relish and rocket on a brioche bun accompanied by deep fried onion rings

## *Pizzas*

*Please note all pizza bases are tomato basted*

### **Margherita** (vegan/vegetarian) 160

Napolitano base with fresh tomatoes and melted mozzarella cheese

### **Lamb** 180

Napolitano base served with roasted lamb, red onion marmalade, rocket, coriander  
And aioli with melted mozzarella and a feta cheese crumble

### **Chicken** 180

Napolitano base served with cajun chicken, mushroom, peppadews, olives and caramelized onion

### **Newlands Veg Pizza** (vegan/vegetarian & contains nuts) 165

Napolitano base served with basil pesto, cherry tomatoes, avocado and rocket (no cheese)

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## *Pastas*

Choices of Linguine / Spaghetti / Penne

**Beef Bolognaise** (Vegan option available and dairy) 150

Beef mince cooked in a Napolitano sauce topped with parmesan

**Creamy Harissa Chicken** (dairy) 160

Tender chicken fillet strips cooked in a creamy harissa sauce topped with parmesan cheese

**Newlands Prawn Scampi** (contains seafood, dairy and spicy) 190

Thai infused coconut sauce and succulent prawns topped with toasted coconut  
And dried chilies

**Butternut sage Pesto** (vegan/vegetarian) 145

Sautéed butternut cooked in a coconut creamy sage pesto sauce and topped with tofu crumbles

## *Mains*

**Chicken Wings** 180

Chicken wings grilled served with a choice of one side and one sauce

- ♦ Hot Honey Sauce
- ♦ Peri-Peri Sauce
- ♦ Lemon & Herb Sauce

**Vegan Bowl** (vegan/vegetarian) 175

Quinoa dressed with pickled carrots, cucumber ribbons, avocado, cocktail tomatoes,  
Tofu, fried cabbage, artichoke aubergine and macon sprinkled with deep fried chickpeas  
And mixed beans drizzled with a creamy aubergine dressing

**Coconut Chicken Curry** 175

Tender chicken breasts cooked in an aromatic curry sauce, with coconut cream  
And basmati rice served with salsa mango & atchar chilli

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Oxtail	295
Slow cooked oxtail with beans and carrots served with herbed mash potato	

Hake	175
Grilled or deep fried hake, served with fries	

## *Main Grills*

*All meats are rubbed delicately with a house herb rub and cracked pepper and salt*

Ribeye 300g	330
Choice of one side and sauce:	

Shisanyama platter	340
(200g steak, boerewors, x2 lamb chops, x2 chicken wings, pap & chakalaka)	

## *Sides*

Roasted honey butternut	50
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Sautéed Spinach	50
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Fries	50
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Sweet potato fries	50
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Pap	50
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Green salad	50
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Savoury rice	50
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Herbed mashed potato	50
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## *Sauces*

Mushroom	30
Pepper	30
Jus	30
Peri-peri	30
Chakalaka	30
Lemon butter	30

## *Desserts*

<b>Trio of Ice Cream</b> (dairy) Choose from Chocolate, vanilla or strawberry	85
<b>Newlands Waffle</b> (dairy) A classic waffle served with berries and a scoop of Ice- cream/cream	85
<b>A slice of Cheesecake</b> (dairy) Please ask your waiter for the cheesecake options for the day, served with a scoop of Ice-cream/cream	90
<b>Bar One Chocolate Cake</b> (dairy) A delicious chocolate cake sponge, covered with decadent bar one chocolate frosting Served with a scoop of ice-cream/cream	90

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