

Newlands Café Menu

Starters

Peri-Peri chicken livers Spicy chicken livers in a tomato concassé served with steamed bread	120
Greek Salad Baby leaf salad with cucumber, olives, cherry tomatoes, red onion, black pepper feta cheese, sprinkled with croutons and dressed with olive oil	110
Harissa Spiced Chicken Salad Harissa spiced shredded chicken tumbled bulgur wheat with Iceberg lettuce, bell peppers, cherry tomatoes, avocado, feta, boiled eggs, cucumber, and grilled corn kernels finished with a creamy ranch dressing	180
Cauliflower Quinoa Salad Spiced with Chimichurri then charred cauliflower over a medley of quinoa tossed with a citrus salsa and finished with a herbed aioli and crisp rocket	160
Seafood Hot Pot Winter Cape grapes cooked down with mussels, clams, prawns with cream and a touch of chilli and served with garlic & parsley toast	200
Smoked Salmon Bowl Oak smoked salmon and charred beetroot with hot honey herbed edamame beans, avocado, cherry tomatoes, cucumber, pickled carrots together with salsa infused black rice and sesame seed tossed red cabbage	190
Soup de Jour Chef's soup of the day served with bread rolls	90

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.

11 June 2025

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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*

Chicken Mayo	110
Chicken folded in mayonnaise with freshly cracked black pepper and spring onion	
Cheese and Tomato	100
Melted cheddar and mozzarella cheese with fresh tomato	
Tuna Mayo	110
Tuna mayonnaise mixed with diced capers, fresh lemon dill, jalapeno and fresh cracked pepper with a cheddar melt	
Dagwood	170
Roast beef & fried onion with bacon, tomato, avocado, topped with a fried egg, mozzarella & cheddar cheese	
Beef Sandwich	170
BBQ beef slow cooked and smoked layered with rocket, tomato, jalapeno, whole-grain mustard mayonnaise and sauerkraut	
Gammon Sandwich	170
Hot honey rubbed gammon with fresh tomato, onion marmalade, iceberg lettuce and melted mozzarella	

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Burgers

Choice of potato fries or salad or sweet potato fries

Beef Burger	160
200g smoked beef patty, rocket, pickled cucumber, mozzarella cheese & relish on a brioche bun	
The Newlands Burger	200
200g Beef patty and smashed avocado with tomato, pickled cucumber ribbons, a fried egg and mozzarella cheese on a brioche bun accompanied by panko deep fried onion rings	
Chicken Burger	180
Panko crumbed chicken breast, with a peppadew mayonnaise slaw and shredded iceberg lettuce on a brioche bun	
Lamb Burger	180
200g Lamb patty with rocket, fresh tomato, fresh cucumber ribbons, red onions and a blue cheese melt with a cream filled deep fried jalapeno on a charcoal bun	
Vegetable Burger	180
Vegetable patty with a hummus smear, avocado, Vegan Macon, tomato relish and rocket topped with vegan cheese, served on a spinach bun with onion rings	

Pizzas

Margherita	160
Napolitano base with fresh tomatoes and melted mozzarella cheese	
Lamb	180
Napolitano base with roasted lamb, red onion marmalade, rocket, coriander and aioli with melted mozzarella and a feta cheese crumble	

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Chicken 180
Napolitano base with Cajun chicken, mushroom, peppadews, olives and caramelized onion

Pulled Pork 180
Napolitano base with barbeque pulled pork and crispy onions

Mains

Chicken Wings 170
Chicken wings grilled and finished in a selected sauce and served with fries

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

Lamb Shank 300
Served with herbed mash potato, seasonal vegetable and finished with a lamb jus

Vegan Bowl 180
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 170
Tender chicken breasts cooked in an aromatic curry sauce, with coconut cream and basmati rice served with salsa mango & atchar chilli

Smoked Pork Belly 190
Slow braised pork belly served on a beluga lentil casserole with braised cabbage, a butternut puree and finished with pork crackling & a jus

Oxtail 280
Slow cooked oxtail with beans and carrots served with herbed mash potato

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From the grill

All meats are rubbed delicately with a house herb rub and cracked pepper and salt
Choice of one side and sauce:

Ribeye 300g	320
T-bone 400g	330
Beef fillet 300g	330
Lamb chops x 4	380
Deboned chicken thighs x4	200
Salmon 250g	350
Line fish 250g	300
Prawns x 8	380

Sides

Roasted honey butternut	50
Creamed spinach	50
Sautéed mushrooms	50
Fries	50
Sweet potato fries	50
Pap	50

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Green salad	50
Savoury rice	50
Herbed mashed potato	50

Sauces

Mushroom	35
Pepper	35
Jus	35
Peri-peri	35
Chakalaka	35
Lemon butter	35

Pastas

Choices of Linguine / Spaghetti / Penne / Gnocchi

Beef Bolognese (Vegan option available)	170
Beef mince cooked in a Napolitano sauce topped with parmesan	

Cajun Creamy Coconut Chicken	170
Tender chicken fillet strips cooked in a coconut and Cajun sauce with bacon and broccoli topped with Parmesan cheese	

Prawn Coconut Thai	200
Thai infused coconut sauce and succulent prawns topped with toasted coconut and dried chillies	

All'arrabbiata	160
Spicy tomato base with peppers and olives finished with a vegan cheese crumble	

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and basil pesto oil

Desserts

Carrot and Walnut pudding	90
Warm carrot pudding and a walnut infused cream cheese with carrot and ginger jelly topped with brown butter banana ice cream	
Lava Chocolate Brownie	90
A warm gooey chocolate brownie served with toffee coffee ice cream with a mixed nut brittle and white chocolate and caramel sauce	
Coconut Crème Brûlée	90
Coconut infused crème brûlée with a butter biscuit and served with a vanilla ice cream	
Trio of Ice cream	90
Choose from Chocolate, vanilla or strawberry	
Cake of the Day	90
Please ask your waiter for the cake of the day	

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