

Newlands Café Menu

Starters

Peri-Peri Chicken Livers (*spicy) Spicy Chicken Livers in a Tomato Concassé served with Ujeqe topped with a Coriander Salsa	140
Newlands Forage Salad (vegetarian/contains eggs) Spinach, Baby Leaf, Cucumber, Grilled Zucchini, Poached Egg, Brussel Sprouts, Green Beans, Pumpkin Seeds, Avocado Puree, Charred Broccoli & Green Pepper Mole	160
Smoked Chicken Salad (contains eggs & dairy) Smoked Spiced Chicken, Cos Lettuce, Bell Peppers, Cherry Tomatoes, Avocado, Feta Cheese, Boiled Eggs, Tabbouleh & Herb Dressing	195
Greek Salad (vegetarian/vegan) Baby Leaf, Olives, Fresh Tomatoes, Cucumber, Garlic Croutons, Balsamic Vinegar & Olive Oil	160
Mussel Potjie (seafood & dairy) Winter Cape Grapes Cooked Down with Mussels, Cream, a Touch of Chilli & served With Garlic Ciabatta	200
Soup de Jour Chef's Soup of the Day served with Bread Rolls	95

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. If it's not on the menu please ask to speak to a chef on duty and let's make a plan for you.

May 2026

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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 Chicken Folded in Mayonnaise with Freshly Cracked Black Pepper and Spring Onion	100
Cheese and Tomato (vegetarian/vegan & dairy) Melted Cheddar and Mozzarella Cheese with Fresh Tomato	100
Dagwood (contains eggs, dairy & pork) Fried Egg, Cheddar Cheese, Fried Onion, Beef Patty, Bacon, Tomato, Mozzarella Cheese, Avocado, Herbed infused Mayonnaise	190
Spicy Pastrami (*spicy) Grilled Pastrami, Mozzarella Cheese, Iceberg Lettuce, Tomato & Jalapeno Relish	160

Burgers

Choice of Potato Fries or Salad or Sweet Potato Fries

Beef Burger (dairy) 200g Beef Patty, Rocket, Pickled Cucumber, Mozzarella Cheese, Tomato Relish served in a Brioche Bun	180
Newlands Burger (dairy) 200g Beef Patty, Smashed Avocado, Panko Deep Fried Onion Rings, Fresh Tomato, Fried Egg, Mozzarella Cheese, Pickled Cucumber Ribbons & Served in a Brioche Bun	200

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Chicken Burger (dairy) 180
Teriyaki Grilled Chicken Breast, Peppadew Mayonnaise, Slaw, Shredded Iceberg Lettuce
Served in a Brioche Bun

Vegetable Burger (vegan/vegetarian) 175
Vegetable patty, Vegan Cheese, Smashed Avocado, Hummus, Panko Deep Fried
Onion Rings, Tomato Relish & Rocket

Pizzas

Please note all pizza bases are tomato basted

Margherita (vegan/vegetarian/dairy) 170
Napolitano Base with Mozzarella Cheese

Lamb (dairy) 190
Napolitano Base served with Roasted Lamb, Red Onion Marmalade, Rocket, Coriander
and Aioli with Melted Mozzarella and a Feta Cheese Crumble

Chicken (dairy) 190
Napolitano Base served with BBQ Chicken, Mushroom, Peppadews, Olives, Bell
Peppers, Mayonnaise & Topped with Mozzarella Cheese

Newlands Veg Pizza (vegetarian & dairy) 165
Napolitano Base served with Hummus, Spinach, Roasted Butternut, Mushroom,
Artichoke, Peppadew Dressing & Mozzarella Cheese or Vegan Cheese

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Pastas

Choices of Linguine / Spaghetti / Penne

Beef Bolognese (Vegan option available and dairy) 160
Beef Mince cooked in a Napolitano Sauce topped with Parmesan Cheese

Chicken Chermoula (dairy) 170
Chicken Breast cooked in a Chermoula Coconut Sauce, tossed with Spinach & Mushroom & topped with Parmesan Cheese Shavings

Lamb Di Agnello (dairy and spicy) 180
Lamb Cubes cooked in a Chilli Tomato Concasse, finished with Parmesan Cheese

Seafood Marinara (seafood and spicy) 240
Prawns, Mussels, Calamari cooked in a Mediterranean Tomato Concasse, topped with Chilli Flakes & a Lemon Wedge

Newlands Arrabiata (vegan/vegetarian) 160
Mediterranean Tomato Concasse with Spinach & Mushrooms, finished with Vegan Parmesan & a light drizzled of Truffle Oil

Mains

Beer Battered Fish & Chips (*spicy and seafood) 180
Battered Deep Fried Hake served with a Homemade Jalapeno Tartar Sauce & Rustic Fries

Sole Thermidor (seafood) 230
Pan Seared Dressed Sole with a Prawn Thermidor served with Pea Puree & Herbed Potato Mash, topped with a Lemon Wedge

Chicken Wings (*spicy) 190
Southern Fried Chicken Wings, served with Rustic Fries and a Spicy Homemade Hot Sauce

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Lamb Shank	330
Herbed Whole-grained Mustard Mash Potato, Seasonal Vegetables & finished with a Lamb Jus	
Vegan Bowl (vegan/vegetarian)	190
Pickled Carrots, Cucumber Ribbons, Deep Fried Chickpeas, Mixed Beans, Avocado Cocktail Tomatoes, Teriyaki Tofu, Fried Cabbage, Tabouleh, Grilled Artichoke, Deep Fried Kale & Herb Dressing	
<i>Add On</i>	
❖ Salmon Ribbon	100
❖ Chicken Strips	60
❖ Beef Strips	60
Coconut Chicken Curry (*spicy)	180
Tender Breasts of Chicken, cooked in an aromatic Durban style Curry Sauce, served Basmati Rice & accompanied by Salsa, Mango Achaar & Chilli	
Pork Belly (pork)	220
Slow braised pork belly served with an Italian styled Samp & Beans, braised Kale Apple Chutney & Jus	
Oxtail	300
Slow cooked oxtail casserole served with fluffy Steamed Bread	

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Main Grills

All grills are rubbed delicately with a house herb rub, cracked pepper & salt and finished off with butter

Choice of one side and one sauce

Ribeye 300g	340
Lamb Chops x4	380
Chicken Thighs Deboned x4	250
Kingklip 250g	320
Prawns x6	330
Salmon 300g	350

Sides

Roasted Butternut	60
Creamy Spinach	60
Fries	60
Sweet Potato Fries	60
Pap	60
Green Salad	60
Savoury Rice	60

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Herbed Mashed Potato 60

Sauces

Mushroom 40

Pepper 40

Jus 40

Peri-Peri 40

Chakalaka 40

Lemon Butter 40

Desserts

Marmalade Pudding (dairy) 100
South African homemade Marmalade set on a Vanilla Pudding, served with a du of Candied Orange & finished with Vanilla Ice-Cream with Caramel Sauce

Guilty Chocolate Brownie (dairy) 100
Chocolate Brownie with a playful Chocolate Sauce, served with a Black Forest Compote, Chocolate Ice-Cream & finished with Milo Sauce

Strawberry Cheesecake (dairy) 100
Newlands Forest Strawberry Cheesecake with a roasted strawberry compote with a Strawberry Dust & Berry Leather

Cake of the Day (dairy) 100

Ask your server about the cake offering for the day

Trio of Ice- Cream (dairy) 90
Vanilla | Strawberry | Chocolate

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