

Newton's

E A T E R Y

BOWL MENU



012 841 4582



www.newtonsatcsir.co.za

All our food is prepared in a kitchen where nuts, gluten, chilli and other known allergens may be present.
If you have a food allergy, please speak to a staff member before placing your order.

Halal meal options available on request.

All our takeaways are served in compostable containers
- feed our planet!

BOWL MENU

option 1 {OP.SHN WUHN} **340 PP**

PLATED INDIVIDUAL SALAD

Apple and celery salad
Baby corn and peppers salad

MAINS

Braised beef short ribs
Samp and bean croquette
Chicken egg foo yong
Grilled root vegetables

PLATED INDIVIDUAL DESSERTS

Black forest cake
Malva pudding and custard



BOWL MENU

option 2 {OPTION TOO} 340 PP

TEA 2

PLATED INDIVIDUAL SALAD

Winter greens with walnut and mango salad

Greek salad

MAINS

Cajun smoked chicken with honey ginger soy on egg noodle

Steamed broccoli and toasted pumpkin seeds

Butterfish chilli mango foo yung

Spicy roasted potato wedges

DESSERTS

Carrot cake

Chocolate volcano



BOWL MENU

option 3 {OP·SHN THRĒ} **300 PP**

PLATED INDIVIDUAL SALAD

Beetroot and feta salad

MAINS

Beef and broccoli on rosemary basmati

Stir fry mixed vegetables with rice noodles in honey soya sauce

Barbequed deboned roasted chicken things

DESSERTS PLATED

Death by chocolate cake

Sticky toffee pudding and custard



BOWL MENU

option 4 {OP-SHN FAW} **360 PP**

PLATED INDIVIDUAL SALAD

Chicken salad

Creek salad

MAINS

Harissa chicken with bulgar wheat

Tempura pollock with soya sesame dip

Roasted garden vegetables

Steamed potato wedges

PLATED INDIVIDUAL DESSERTS

Red velvet and chocolate brownie



BOWL MENU

option 5 {OP·SHN FAIV} **340 PP**

SALAD

Chicken salad

Greek salad

MAINS

Wasabi mash

Asian style beef ramen with ponzu

Oven roasted butternut in balsamic reduction

Firecracker chicken noodle

DESSERTS

Assortment of cheesecake

Fruit salad

