



STONE BAKED PIZZA 10 INCH BASE GF GLUTEN-FREE BASE +1.50

Thin & crusty stonebaked pizzas, hand-stretched and cooked fresh to order, topped with only the finest quality toppings. Each pizza is 10 inches with a base of tomato sauce & mozzarella cheese

Y DDRAIG GOCH - THE RED DRAGON V 10.00

Our classic cheese and tomato pizza

MAE HEN WLAD FY NHADAU - LAND OF MY FATHERS V 13.00

Roasted leeks, roasted red onion, Perl Las Cheese (blue cheese)

THE WILD WILD WEST 🌶️ 13.50

18 hour house smoked pulled pork, BBQ sauce, jalapenos

PEPPERONI 12.50

The finest sliced Hungarian pepperoni sausage on our cheese & tomato base

PEPPERONI DELUXE 13.50

Hungarian pepperoni roasted red onion & creamy mozzarella

SPICY PEPPERONI 🌶️ 14.00

Hungarian pepperoni, spicy Italian nduja sausage, jalapenos

ULTRACOMIDA 15.50

Serrano ham, chorizo, sweet peppers, mushrooms, creamy mozzarella, manchego

L'ITALIANO GALLESE - THE WELSH ITALIAN 13.50

Roasted tomatoes, crispy pancetta, rocket, Gran Levanto cheese, Caesar dressing

STRUMBLE HEAD F 🌶️ 14.00

Smoked mackerel, anchovies, chilli, capers, parsley - May contain bones

THE BUTTERNUT V 13.00

Sweet roasted butternut squash, courgette, pine nuts, blue cheese

COSTA DEL NEWPORT V 13.00

Roasted tomatoes, gordal olives, creamy mozzarella, Gran Levanto cheese

THE CHICKEN RUN 13.00

Chicken breast, roasted red peppers, roasted red onions, oregano, add pesto 50p

Y GAFR CYMRAEG - THE WELSH GOAT V 13.00

Spinach, roasted red onion, pine nuts, Pant y Sgawn goat's cheese

EXODUS 🌶️ 14.50

Spicy jamaican jerk chicken, hot jalapenos, roquito pearl peppers, pineapple, add BBQ 50p

HAWAIIAN 13.50

Serrano ham, pineapple, oregano

LA PIZZA VERDE V 13.50

Pesto and Mozzarella base with marinated artichokes, spinach and black olives

BUILD YOUR OWN PIZZA

The Red Dragon pizza with either regular or vegan cheese

VEGGIES 1.50 EACH

Roasted Leeks · Roasted Red Onion · Jalapenos · Sweet Peppers · Mushrooms · Roasted Tomatoes · Chillies · Capers · Spinach · Gordal Olives · Roasted Butternut Squash · Pineapple · Sweetcorn · Rocket · Pine Nuts · Marinated Artichokes · Black Olives · Roquito Pearls · Pesto (50p)

MEAT AND FISH 1.80 EACH

Smoked Pulled Pork · Hungarian Pepperoni · Chorizo · Spicy Nduja Sausage · Serrano Ham · Crispy Pancetta · Chicken Breast · Smoked Mackerel · Anchovies · Jerk Chicken

CHEESE 1.60 EACH

Creamy Mozzarella · Welsh Goat's Cheese · Manchego · Gran Levanto · Perl Las Cheese (Blue Cheese) · Vegan Cheese

LUNCH ROLLS 12:00 - 14:00

CHICKEN BURGER 14.95

Chicken breast, pancetta, lettuce, tomato, mayo, fries

BLT 11.95

Smoked bacon, lettuce, tomato, mayo, fries

PULLED PORK 13.95

18 hour house smoked pork, BBQ sauce, coleslaw, fries

VEGGIE BURGER 12.95 VE

Lentils, carrots, onions, lettuce, tomato, mayo, fries

SALADS ADD HALF CIABATTA 1.00

CHICKEN AND PANCETTA CAESAR 13.95

Tender chicken breast, crispy pancetta, mixed leaves, croutons, caesar dressing, Gran Levanto

GOAT'S CHEESE SALAD 11.95 V

Welsh Pant y Sgawn goat's cheese, mixed leaves, roast butternut squash, roasted red onion, walnuts, balsamic & maple syrup dressing

Please feel free to reach out to any member of our staff if you require allergy and ingredient information. See back for allergen key. ♡

WHILE YOU WAIT

OLIVES 5.00

Juicy Spanish gordal olives, chilli

GOAT'S CHEESE SALAD 6.00 V

Pant y Sgawn goat's cheese, mixed leaves, butternut squash, red onions, walnuts, balsamic & maple dressing

TEMPURA PRAWNS 7.50 F

Tempura battered prawns, sweet chilli dip

SALT AND PEPPER SQUID 7.50 F

Salt & pepper squid chunks, garlic and herb dip

DOUGH BALLS 6.00

Freshly baked dough balls, garlic butter or garlic oil

BREAKFAST 10:00 - 11:30

BACON SOURDOUGH ROLL 6.00

SAUSAGE SOURDOUGH ROLL 6.00

BACON AND SAUSAGE SOURDOUGH ROLL 7.50

VEGAN SAUSAGE SOURDOUGH ROLL 6.00 VE

FRIED EGG SOURDOUGH ROLL 5.00 V

EXTRA EGG 1.50

TOASTED TEACAKE 2.50

AMERICAN STYLE PANCAKES 7.00 / 6.00

Pancetta and maple syrup / vanilla ice-cream and maple syrup

CHURROS 3.00 add Nutella or maple syrup 50p

SIDES & DIPS

MIXED LEAF SALAD 3.50

FRIES 4.00 GF

TRUFFLE & GRAN LEVANTO FRIES 5.00 V GF

SWEET POTATO FRIES 5.00 GF

COLESLAW 3.00 VE

GARLIC BREAD 4.50

GARLIC BREAD WITH CHEESE 5.50

SWEET CHILLI DIP / GARLIC & HERB DIP / SPICY CHIPOTLE & MAPLE SYRUP DIP / BBQ DIP 1.50 VE

WINES



SML	REG	LRG	BOTTLE
125ml	175ml	250ml	750ml

RED

SERITI, MERLOT, SOUTH AFRICA 14%	4.65	6.50	8.65	24.95
LOPEZ DE HARO, TEMPRANILLO, SPAIN 13.5%	4.65	6.50	8.65	24.95
PABLO Y WALTER, MALBEC, ARGENTINA (VEGAN) 14%	-	-	-	29.95

WHITE

RIVIERA, SAUVIGNON BLANC, FRANCE 11.5%	4.50	6.00	8.00	21.95
PAARL HEIGHTS, CHENIN BLANC, SOUTH AFRICA 12%	4.65	6.50	8.65	24.95
VIA NOVA, PINOT GRIGIO, ITALY 12%	-	-	-	26.95
BODEGAS NAIA, K-NAIA, SPAIN (VEGAN) 13.5%	-	-	-	25.95

ROSE

THE BIG TOP, WHITE ZINFANDEL ROSE, USA 10%	4.50	6.00	8.00	21.95
MUGA ROSADO, SPAIN 13.5%	-	-	-	28.95

SPARKLING

DURELLO SPUMANTE, BRUT PALLADIANO, ITALY 11.5%	-	-	-	28.95
LUNETTA PROSECCO SPUMANTE, ITALY 20CL 11%	-	-	-	8.95

LOCAL BEER & CIDERS



LOOK TO OUR BEERS AND CIDER BOARD FOR OUR CURRENT SELECTION

The Canteen

TheCanteenNewport.com



TheCanteenNewport

SOFTS



COCA COLA 330ML	3.00
DIET COKE 330ML	3.00
FENTIMANS WILD ELDERFLOWER 275ML	3.30
FENTIMANS GINGER BEER 275ML	3.30
ORANGE JUICE 250ML	3.30
APPLE JUICE 250ML	3.30
FIZZY APPLE 250ML	3.30
FIZZY APPLE & RHUBARB 250ML	3.30
LEMONADE 330ML	3.00
STILL OR SPARKLING WATER SML / LRG	1.75 / 3.00
TONIC WATER	2.50
STANDARD MILKSHAKE SML / LRG	3.50 / 4.50
DELUXE MILKSHAKE	5.50

SPIRITS



IN THE WELSH WIND GIN 25ML	3.50
IN THE WELSH WIND THREE GRAIN VODKA 25ML	3.50
MORTAL BUNNY SPICED WELSH RUM 25ML	3.50



OUR MILK COMES FROM CARNINGLI DAIRY, A FAMILY RUN WELSH DAIRY FARM THAT PRODUCES RICH, GRASS FED, TOP QUALITY MILK



BLUESTONE BREWING IS OUR LOCAL ETHICAL, SUSTAINABLE AND AWARD WINNING BREWERY, BASED IN PEMBROKESHIRE

COFFEE



100% ARABICA

ESPRESSO	2.80
DOUBLE ESPRESSO	3.00
AMERICANO	3.00
FLAT WHITE	3.20
CAPPUCCINO	3.40
LATTÉ	3.40
MOCHA	3.60
MACCHIATO	3.00
HOT CHOCOLATE	3.50
DELUXE HOT CHOCOLATE	4.00
EXTRA COFFEE SHOT	0.95
FLAVOURED SYRUP	0.95

TEAS



ENGLISH / DECAF BREAKFAST TEA, EARL GREY, MINT TEA & GREEN TEA	ALL 2.80
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FRESH FARM MILK, SEMI-SKIMMED MILK & OAT MILK IS AVAILABLE WITH HOT DRINKS

- VE

VEGAN
- V

VEGETARIAN
- F

FISH
- GF

GLUTEN FREE
- 🔥

SPICY
- 🔥

VERY SPICY
- 🔥

EXTRA SPICY