

BAR DE TAPAS  
LA PARADA



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GF – gluten free | DF – dairy free | RSF – refined sugar free |  
V – vegetarian | VE – vegan | CC – carb conscious

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BREAKFAST GRAINS

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<b>Honey whipped yoghurt (V/RSF)</b>	R65
<i>Vanilla and honey yoghurt, fresh summer berries, raspberry compote and homemade superseed granola crunch</i>	
<b>Pitaya smoothie bowl (RSF/V)</b>	R75
<i>Dragon fruit and strawberry smoothie bowl topped with fresh berries, nut butter granola and honey</i>	
<b>Coconut chia pudding (GF/VE)</b>	R62
<i>Frozen raspberries, raspberry compote, goji berries and toasted coconut flakes</i>	

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ALL KINDS OF EGGS

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<b>Frittata (V/GF)</b>	R45
<i>Rosemary potatoes, caramelized onions and goats cheese</i>	
<b>Crispy jamon benedict (RSF)</b>	R88
<i>English muffin, soft poached eggs, hollandaise and spinach</i>	
<b>Salmon benedict (RSF)</b>	R105
<i>Smoked salmon trout, English muffin, soft poached eggs, wilted spinach, hollandaise and a lemon wedge</i>	
<b>Salmon trout with cauliflower purée (CC/GF/RSF)</b>	R82
<i>Soft poached eggs, dill butter peas, sautéed spinach and cauliflower purée</i>	
<b>Creamy savoury polenta bowl (V/RSF)</b>	R60
<i>Crispy sage butter, broccolini, a soft poached egg, spring onions, whipped goats cheese and confit tomatoes</i>	
<b>Breakfast fry up</b>	R105
<i>Two eggs, bacon, mushroom, confit cherry tomatoes, chorizo and toast of choice</i>	

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BREAKFAST ON BREAD

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[served on your choice of either fresh ciabatta or rye bread]

<b>Avo on toast (V)</b>	R60
<i>Feta, jalapeño, caramelized red peppers and sunflower seeds</i>	
<b>Chorizo toast (DF)</b>	R60
<i>Fried egg, white bean purée, diced chorizo and red pepper caramel</i>	
<b>Breakfast roll</b>	R72
<i>Lightly toasted brioche bun with smashed avo, crispy bacon, soft fried egg and hollandaise sauce</i>	

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INDULGENCE

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<b>Banana bread flapjacks (GF/RSF/CC)</b>	R65
<i>Raspberry cream, frozen raspberry pieces, candied walnuts</i>	
<b>S'mores French toast (V)</b>	R52
<i>Marshmallow fluff, chocolate ganache, raspberries and white chocolate soil</i>	
<b>Croissant</b>	
Plain	R25
Jam & Cheese	R45

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