

BAR DE TAPAS
LA PARADA



GF – gluten free/ DF – dairy free/ RFS – refined sugar free/
V – vegetarian/ VE - vegan / CC - carb conscious

BREAKFAST GRAINS

Melktert sago pudding R37
Butter and cinnamon dust (V)

Creamy rooibos and cinnamon oats R45
*Rooibos and vanilla poached guavas, vanilla and cinnamon syrup,
toasted coconut flakes and coconut milk foam (VE)*

Coconut chia pudding R62
*Frozen raspberries, raspberry compote, goji berries and toasted
coconut flakes (GF/VE/RSF)*

ALL KINDS OF EGGS

Frittata R37
Rosemary potatoes, caramelized onions and goats cheese (V/GF)

Crispy jamon benedict R69
English muffin, soft poached eggs, hollandaise and spinach (RSF)

Salmon trout with cauliflower puree R73
*Soft poached eggs, dill butter peas, sautéed spinach and
cauliflower puree (CC/GF/RSF)*

Creamy savory polenta bowl R49
*Crispy sage butter, broccolini, a soft poached egg, spring onions,
whipped goats cheese and confit tomatoes (V/RSF)*

Breakfast fry up R89
Two eggs, bacon, mushroom, confit cherry tomatoes and chorizo

BREAKFAST ON BREAD

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

Avo on toast R48
Feta, jalapeno, caramelized red peppers and sunflower seeds (V)

Saffron egg on bean puree R58
White bean puree, diced chorizo and red pepper caramel (DF)

INDULGENCE

Banana bread flapjacks R58
*Raspberry cream, frozen raspberry pieces, candied walnuts
(GF/RSF/CC – LCHF)*

S'mores french toast R58
*Marshmallow fluff, chocolate ganache, raspberries
and white chocolate soil (V)*

Croissant
Plain R25

Jam & Cheese R45
