

BAR DE TAPAS
LA PARADA



GF – gluten free | CC – carb conscious | V – vegetarian

BREAKFAST GRAINS

Honey whipped yoghurt (V) R65

Vanilla and honey yoghurt, poached pineapple, toasted coconut flakes & homemade superseed granola crunch

Peanut butter banana oats (V) R55

Creamy peanut butter oats, toasted almond flakes, caramelised banana & honey

ALL KINDS OF EGGS

Crispy jamon benedict R88

English muffin, soft poached eggs, hollandaise & spinach

Salmon benedict R105

Smoked salmon trout, English muffin, soft poached eggs, wilted spinach, hollandaise & a lemon wedge

Salmon trout with cauliflower purée (CC/GF) R92

Soft poached eggs, dill butter peas, sautéed spinach & cauliflower purée

Breakfast fry up R105

Two eggs, bacon, mushroom, confit cherry tomatoes, chorizo & toast of choice

BREAKFAST ON BREAD

(served on your choice of either ciabatta or rye bread)

Avo on toast (V) R55

Feta, jalapeño, caramelised red peppers & toasted sunflower seeds

Breakfast roll R85

Lightly toasted brioche bun with smashed avo, crispy bacon, soft fried egg & hollandaise sauce

INDULGENCE

Banana bread flapjacks (GF/CC/V) R75

White chocolate mousse, caramelised banana pieces & toasted almond flakes

S'mores French toast (V) R82

Marshmallow fluff, chocolate ganache, berry compote & white chocolate soil

Croissant (V)

Plain R28

Jam & Cheese R45