

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

- Cheese omelette (V)** R60
Three eggs, mozzarella & toast of choice
- 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 grill** R85
Two eggs, boerewors, mushroom, confit cherry tomatoes & toast of choice
- 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)

- Eggs on toast (V)**
Two eggs – poached or fried & toast of choice R29
Three scrambled eggs & toast of choice R38
- Make it scrambled egg white (R45)*
- 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