



---

*B R E A K F A S T*

---

Honey Yoghurt (V) R65

*Double thick Greek yoghurt, honey, toasted coconut flakes  
& homemade superseed granola crunch*

La Parada Benedict

*English muffin, soft poached eggs, hollandaise & spinach*

Bacon R90

Salmon R105

Breakfast Fry Up R125

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

Cheese Omelette (V) R65

*Three eggs, mozzarella & toast of choice  
Make it egg white (+R15)*

Avo on Toast (V) R70

*(served on your choice of either ciabatta or rye bread)  
Feta, jalapeño, caramelised red peppers & toasted sunflower seeds*

Breakfast Roll R85

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

Thick-cut French Toast (V) R90

*Thick cut brioche French toast, maple candied bacon, white  
chocolate soil & berries*

Croissant (V)

Plain R45

Jam & cheese R65