



## SET MENU A

R280 PER PERSON  
AVAILABLE FOR LUNCH & DINNER

### STARTERS

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Cauliflower Popcorn (V)

*Deep fried cauliflower, spiced yoghurt & almond flakes*

OR

Fried Calamari

*With aioli & lemon*

### MAINS

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Crispy Chicken Burger

*Toasted artisan brioche bun, crunchy chicken breast, butter lettuce, awo, tomato, secret sauce & patatas bravas*

OR

Fillet Tagliata Salad

*Sliced medium rare beef fillet served cold, wild rocket, toasted pine nuts, exotic tomatoes, balsamic reduction, Parmesan shavings, sundried tomato pesto & truffle oil*

OR

Mushroom Pappardelle (V)

*Flat, thick ribbons of fresh pasta, mixed mushroom & sage ragout, truffle zest & Parmesan*

### DESSERTS

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Churros

*Dusted in sugar, cinnamon & a chocolate ganache dip*

OR

Cookies & Cream

*Vanilla bean ice cream, chocolate brownie crumble, chocolate ganache, whiskey caramel & chocolate soil*



## SET MENU B

R320 PER PERSON  
AVAILABLE FOR LUNCH & DINNER

### STARTERS

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Poppers (V)

*Whole PEPPADEW® Piquanté Peppers filled with cream cheese  
& basil aioli*

OR

Tuna Tataki

*Seared tuna, sesame seeds, avo mousse, angel hair chilli, soy & lemongrass  
dressing with shaved baby carrot & coriander*

### MAINS

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Wagyu Beef Burger

*Toasted artisan brioche bun, 180g wagyu patty, mature cheddar, butter  
lettuce, mustard seed aioli, roasted red pepper chutney & patatas bravas*

OR

Chicken Caesar Salad

*Baby cos lettuce, parmesan, caesar dressing, garlic ciabatta croutons,  
crispy chicken skin & a deep-fried egg*

OR

Mushroom Pappardelle (V)

*Flat, thick ribbons of pasta, mixed mushroom & thyme ragout,  
truffle zest & parmesan*

### DESSERTS

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Cookies & Cream

*Vanilla bean ice cream, chocolate brownie crumble, chocolate ganache,  
whiskey caramel & chocolate soil*

OR

Cheesecake

*Dark chocolate ganache, crushed pistachios & berry compote*



BAR DE TAPAS

LA PARADA

## SET MENU C

R400 PER PERSON  
AVAILABLE FOR LUNCH & DINNER

### STARTERS

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Prawns

*Flash fried in chilli, garlic, butter, lemon & parsley*

OR

Tomatoes Caciotta

*Smoked exotic tomatoes, caciotta cheese, basil aioli, garlic ciabatta croutons*

### MAINS

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Fillet

*300g beef fillet, silky cauliflower purée & truffle pickled baby beets*

OR

Crispy Chicken Burger

*Toasted artisan brioche bun, crunchy chicken breast, butter lettuce, avo, tomato, secret sauce & patatas bravas*

OR

Mediterranean Salad (V)

*Marinated zucchini noodles, sundried tomato pesto, candied red peppers, roasted aubergine, feta, toasted chickpeas & baby spinach*

### DESSERTS

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Cookies & Cream

*Vanilla bean ice cream, chocolate brownie crumble, chocolate ganache, whiskey caramel & chocolate soil*

OR

Cheesecake

*Dark chocolate ganache, crushed pistachios & berry compote*

## FUNCTION TAPAS 1

R880 SERVES 4 PEOPLE  
AVAILABLE FOR LUNCH & DINNER

### TAPAS

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#### Truffle Potato Crisps

*Seasoned with truffle zest*

#### Patatas Bravas

*Spiced potatoes, aioli & tomato chutney*

#### Ham Croquetas

*Smoked ham, mustard seed aioli & minted peas*

#### Miso Aubergine

*Deep fried misoyaki aubergine, miso corn emulsion, tomato, onion  
& honey cream cheese*

#### Poppers

*Whole PEPPADEW® Piquanté Peppers filled with cream cheese  
& basil aioli*

#### Marinated Olives

*Paprika, garlic & parsley*

#### Chicken Caesar Salad

*Baby cos lettuce, Parmesan, Caesar dressing, garlic ciabatta croutons,  
crispy chicken skin & a deep-fried egg*

#### Tuna Tataki

*Seared tuna, sesame seeds, avo mousse, angel hair chilli, soy & lemongrass  
dressing with shaved baby carrot & coriander*

#### Rib Eye

*2 x 120g beef rib eye, chilli-pea purée & truffle potato crisps  
(prepared medium rare)*

#### Bikini Toastie

*La Parada grilled cheese, gypsy ham & truffle aioli*

#### Butternut

*Roasted with honey, thyme & feta*

### DESSERTS

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#### Churros

*Dusted in sugar, cinnamon & a chocolate ganache dip*



## FUNCTION TAPAS 2

R1380 SERVES 4 PEOPLE  
AVAILABLE FOR LUNCH & DINNER

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## TAPAS

## Truffle Potato Crisps

*Seasoned with truffle zest*

## Patatas Bravas

*Spiced potatoes, aioli & tomato chutney*

## Tuna Tacos

*Tuna, pineapple rainbow salsa, guacamole, miso emulsion & jalapeños*

## Prawn Croquetas

*Spicy tomato aioli*

## Ham Croquetas

*Smoked ham, mustard seed aioli & minted peas*

## Marinated Olives

*Paprika, garlic & parsley*

## Baby Veg Bowl

*Garden peas, baby beets, Dutch carrots, broccolini, mange tout, baby corn & dill butter*

## Broccolini

*Tenderstem, bagna càuda sauce & toasted almonds*

## Fried Calamari

*With aioli & lemon*

## Pork Belly

*Palm sugar caramel, pineapple & toasted sesame seeds*

## Prawns

*Flash fried in chilli, garlic, lemon & parsley*

## Fillet

*2 x 150g beef fillet, silky cauliflower purée & truffle pickled baby beets (prepared medium rare)*

## Duck Croquetas

*Cranberry sauce & orange segments*

## DESSERTS

## Churros

*Dusted in sugar, cinnamon & a chocolate ganache dip*

## Cheesecake

*Dark chocolate ganache, crushed pistachios & berry compote*

## TERMS & CONDITIONS

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- These menus do not include any beverages.
- Beverages will be charged on consumption basis.
- Add an Americano for R24 per person.
- Add a 750ml bottle of Still or Sparkling Water at R42 per bottle.
- These menus exclude a 10% service fee that will be charged on all Food & Beverages.
- Menu items are subject to change at the Chef's own discretion.
- The menus are valid until May 2020.
- We can cater for any dietary requirement, with a 72-hour notice in advance in order to prepare accordingly.
- For any queries or questions, please contact [events@lifeandbrand.co.za](mailto:events@lifeandbrand.co.za).

### **LA PARADA BREE STREET**

107 Bree St, Cape Town | 021 426 0330

### **LA PARADA CENTURY CITY**

Apex building, 1 Energy Ln, Century City, Cape Town | 021 286 9046

### **LA PARADA CONSTANTIA NEK**

1 Hout Bay Rd, Hout Bay, Cape Town | 021795 0620

### **LA PARADA WATERFALL CORNER**

Cnr. Woodmead & Maxwell Drive, Midrand | 010 035 4901

### **LA PARADA V&A WATERFRONT**

1 Dock Rd, V&A Waterfront, Cape Town | 021 418 3003