

BAR DE TAPAS
LA PARADA



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

BREAKFAST GRAINS

Honey yoghurt (V) R68
Double thick Greek yoghurt, pure raw natural honeycomb, toasted coconut flakes & homemade superseed granola crunch

Pitaya smoothie bowl (V) R78
Dragon fruit and strawberry smoothie bowl, fresh berries, nut butter granola & honey

ALL KINDS OF EGGS

Cheese omelette (V) R60
Three eggs, mozzarella & toast of choice
Make it egg white (+R15)

Bacon Benedict R88
English muffin, soft poached eggs, hollandaise & spinach

Salmon Benedict R105
Smoked salmon trout, English muffin, soft poached eggs, wilted baby spinach & hollandaise

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 R29
Three scrambled eggs R38
Three scrambled eggs white R45

Avo on toast (V) R60
Feta, jalapeño, caramelised red peppers & toasted sunflower seeds

Breakfast roll R88
Lightly toasted brioche bun, 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

Thick cut French toast (V) R82
Thick cut brioche French toast, maple candied bacon, white chocolate soil & berries