



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 R95

Salmon R115

Breakfast Fry Up R145

*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 R90

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

Thick-cut French Toast (V) R125

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