



TAPAS

Truffle Potato Skins R30
Seasoned with truffle zest

Marinated Olives R30
Paprika, garlic & parsley

Wagyu Beef Potstickers R110
Seared & steamed. Served with kimchi & Indonesian soya dipping sauce

Poppers (v) R80
Whole PEPPADEW® Piquanté Peppers filled with cream cheese & basil aioli

Prawn Croquetas R95
Spicy tomato aioli

Grilled Calamari R105
Chimichurri, tomato & cucumber with roasted garlic aioli

Fried Calamari R105
With aioli & lemon

Prawns R110
Flash fried in chilli, garlic, butter, lemon & parsley

Tuna Tacos R105
Tuna, pineapple rainbow salsa, guacamole, miso emulsion & jalapeños

Tuna Ceviche R115
Fresh yellow fin tuna, cured in citrus, Served with avocado mousse

🐮 Ham Croquetas R90
Smoked ham, sweet mustard aioli & Huguenot cheese

Pork Rilette R105
Pulled pork, toasted ciabatta, sweet mustard aioli & pickles

🐮 Beef Short Rib R195
Sticky paprika & orange glazed ribs with orange segments

Duck Croquetas R120
Cranberry sauce & orange segments

🐮 Pork Belly R120
Palm sugar caramel, pineapple rainbow slaw & toasted sesame seeds

🐮 Bikini Toastie R75
La Parada grilled cheese, gypsy ham & truffle aioli

Beef Fillet R145
Grilled beef fillet, tahini & honey yogurt, walnut pesto, chilli butter & crispy leeks

MAIN COURSES

Mushroom Pappardelle (v) R135
Flat, thick ribbons of fresh pasta, mixed mushroom & sage ragout, truffle zest & parmesan

*Add bacon (+R25)
Add grilled chicken (+R30)*

Chicken & Broccoli Pasta R130
Penne pasta tossed with a gorgonzola sauce, crispy broccoli & grilled chicken breast, finished with parmesan

Crispy Chicken Burger R125
Toasted artisan brioche bun, crunchy chicken breast, butter lettuce, avo, tomato, La Parada burger sauce & patatas bravas

🐮 Wagyu Beef Burger R180
Toasted artisan brioche bun, 180g Wagyu patty, mature cheddar, butter lettuce, La Parada burger sauce, roasted red pepper chutney & patatas bravas

Beef Risotto R225
Lightly smoked beef fillet, creme fraiche, preserved lemon, ginger, parmesan, basil oil

Rib Eye 300g R255
Flame grilled coffee-rubbed ribeye, portobello mushrooms, gorgonzola & sage cream, hand cut beef fat fries
*Half Kg (R375)

Lamb Rump 300g R275
Flame grilled, served with creme fraiche, confit garlic tzatziki, minted red wine jus
*Half Kg (R375)

Pulled Beef Pasta R135
8 hour cooked beef short rib, tomato & paprika ragout, fresh pappardelle & cumin boerenkaas

🐮 Beef Fillet 300g R275
Sparta flame grilled fillet, smoked pomme puree, mushroom veloute, caramelized carrot, parsley pesto, doublethick red wine jus
*Half Kg (R395)

🐮 T-Bone 600g (To share) R340
Grilled & oven finished, harissa compoundbutter, maldon salt, side of choice
*One Kg (R515)

Kingklip & Palak Chaat R195
Pan-cooked kingklip, crispy masala spinach, tamarind & coriander yogurt

Prawn Pasta R125
Fresh tagliatelle, pan-cooked prawns, parmesan, parsley & garlic butter

Black Mussels R105
Fresh black mussels, steamed in white wine, tossed with mojo verde sauce & toasted brioche

SIGNATURE SALADS

Mediterranean (v) R115
Marinated zucchini noodles, sundried tomato pesto, candied red peppers, roasted aubergine, feta, toasted chickpeas & baby spinach

Harissa Chicken R110
Harissa-glazed chicken thigh, dukkah, saffron cous cous, feta, lime dressing, cherry tomato & mixed greens

Fillet Tagliata R140
Sliced medium rare beef fillet served cold, wild rocket, toasted pine nuts, exotic tomatoes, balsamic reduction, Parmesan shavings, sundried tomato pesto & truffle oil

Tuna Poke Bowl R135
Fresh Yellowfin tuna, black rice, pickled ginger, carrots, cucumber, avocado, nori, sesame seeds, soy & ginger dressing

Vegan Poke Bowl (ve) R120
Miso rubbed deep fried aubergine, black rice, pickled ginger, carrots, cucumber, avo, nori, sesame seeds, soy & ginger dressing

SIDES (v)

🐮 Patatas Bravas R55
Spiced potatoes, aioli & tomato chutney

Sweet Patatas Bravas R55
Spiced sweet potatoes, aioli & tomato chutney

Baby Veg Bowl R60
Garden peas, baby beets, Dutch carrots, broccolini, mange tout, baby corn & dill butter

Broccolini R55
Confit garlic and tomato & hazelnut dressing

House Side Salad R45
Fresh greens, feta & salsa verde

Butternut R40
Roasted with honey, thyme & feta

DESSERTS (v)

🐮 Churros R65
Dusted in sugar, cinnamon & a chocolate ganache dip

Olive Oil Sponge R65
Decadent sponge cake, whipped berry cream, gin-braised strawberries, wafer meringue

Summer Malva R75
Orange & miso malva, lemon curd, chocolate, honey comb & seasonal berries

SUSHI

California Roll (8pc)
*Veg R45
Tuna R80
Salmon R105
Prawn R110*

Nigiri (2pc)
*Tuna R40
Salmon R55
Prawn R65*

Sushi Mosaic (4pc) R110
4 pieces infused to form a mosaic pattern, filled with salmon, tuna & cucumber

Full Moon Maki (8pc) R115
Teardrop style maki roll, filled with cucumber, rice & salmon

Ultimate Rainbow (8pc) R150
Rainbow roll filled with salmon & avocado, topped with salmon or tuna, Japanese mayo, caviar, sesame seeds, spring onion & house made teriyaki sauce

Salmon Bombs (4pc) R185
Salmon roses topped with our chopped salmon blend, Japanese mayo, sesame seeds, teriyaki soy sesame, spring onion & tempura bites

Rockpool Platter (8pc) R290
4 Ultimate Rainbow rolls, 4 prawn California rolls, dipped in our special tempura sauce & topped with spring onion