BAR SNACKS

Truffle Potato Skins R30
Seasoned with truffle zest

Marinated Olives R37
Paprika, garlic & parsley

TAPAS

Wagyu Beef Potstickers R160
Seared & steamed. Served with kimchi & Indonesian soya dipping sauce

Miso Aubergine (v) R80
Deep fried misoyaki aubergine, miso corn emulsion, tomato, onion & honey cream cheese

Poppers (v) R90
Whole PEPPADEW® Piquanté Peppers filled with cream cheese & basil aioli

Amazeballs R90
Chorizo, jalapeño and cheese in a crisp pastry with house-made chipotle aioli

Prawn Croquetas R125
Spicy tomato aioli

Grilled Calamari R135
Chimichurri, tomato & cucumber with roasted garlic aioli

Fried Calamari R135
With aioli & lemon

Tuna Ceviche R172
Fresh tuna, marinated in lime, with avo mousse, chilli, coriander & flour tortilla

Prawns R120
Flash fried in chilli, garlic, butter, lemon & parsley

Chicken Wings R135
Fried chicken wings, tossed in a soya glaze topped with sesame seeds & coriander

Tuna Tacos R150
Tuna, pineapple rainbow salsa, guacamole, miso emulsion & jalapeños

Ham Croquetas R95
Smoked ham, sweet mustard aioli & Huguenot cheese

Beef Short Rib R250
Sticky paprika & orange glazed ribs with orange segments

Pork Belly R170
Palm sugar caramel, pineapple rainbow slaw & toasted sesame seeds

Bikini Toastie R86
La Parada grilled cheese, gypsy ham & truffle aioli

Beef Fillet R185
Grilled beef fillet, tahini & honey yogurt, walnut pesto, chilli butter & crispy leeks

Spicy Kingklip Bites R125
3 crispy kingklip goujons coated with a classic Cape Malay chilli bite batter. Served with a minted coriander yoghurt

Cauliflower Bites R60
Crispy fried cauliflower coated with a chilli bite batter. Served with a mild spicy tomato aioli

Bao Buns R150
2 fluffy boa buns, filled with a choice of pork belly or beef fillet (+R30). Each bun is also garnished with a crunchy spring onion & pak choi salad & our secret mayo

Tuna Poke Bowl R210
Fresh Yellowfin tuna, black rice, pickled ginger, carrots, cucumber, avocado, nori, sesame seeds, soy & ginger dressing

Vegan Poke Bowl (ve) R139
Miso rubbed deep fried aubergine, black rice, pickled ginger, carrots, cucumber, avo, nori, sesame seeds, soy & ginger dressing

SUSHI

California Roll *(8pc)*
Veg R60
Tuna R110
Salmon R160
Prawn R110

Nigiri *(2pc)*
Tuna R60
Salmon R70
Prawn R65

Sashimi *(4pc)*
Tuna R105
Salmon R159

Deep Fried Rolls *(8pc)*
On Fire Sushi – Teriyaki sauce, infused with vodka, lit & poured over sushi at the table
Tuna R150
Salmon R199
Prawn R140

Sushi Mosaic *(4pc)* R179
4 pieces infused to form a mosaic pattern, filled with salmon, tuna & cucumber

Full Moon Maki *(8pc)* R189
Teardrop style maki roll, filled with cucumber, rice & salmon

Ultimate Rainbow *(8pc)* R245
Rainbow roll filled with salmon & avocado, topped with salmon & tuna, Japanese mayo, caviar, sesame seeds, spring onion & house made Teriyaki sauce
Served on Fire – Teriyaki sauce, infused with vodka, lit & poured over sushi at the table

Cajun Supreme R130
Rainbow roll, filled with grilled cajun chicken, cream cheese, topped with avocado, Sweet chilli sauce, Japanese mayo, spring onion & roasted sesame seeds

Tuna Crunch R150
Seaweed rice filled with a freshly fried tuna mix and cream cheese on the inside. Deep-fried till golden brown with batter and Panko crumbs. Topped with our house made tempura sauce, spring onion and roasted sesame seeds.

Salmon Bombs *(4pc)* R287
Salmon roses topped with our chopped salmon blend, Japanese mayo, sesame seeds, Teriyaki soy sesame, spring onion & Tempura bites

Prawn Bombs *(8pc)* R115
California rolls, filled with Tempura prawns, avocado & cream cheese, topped with avocado, Tempura sauce, spring onion & roasted sesame seeds

Tempura Top Roses *(4pc)* R170
Salmon roses topped with Tempura prawns, Japanese mayo, sesame seeds, Teriyaki sauce, spring onion & Tempura bites

Rockpool Platter *(8pc)* R275
4 Ultimate Rainbow rolls, 4 prawn California rolls topped with spring onion & Tempura prawns dipped in our special Tempura sauce

PIZZAS

Crispy Chicken R155
Crumbed buttermilk chicken, PEPPADEW® Piquanté Peppers, onion, avo & coriander

Chorizo R146
Chorizo, jalapeño cream cheese, oven dried cherry tomatoes & coriander

Calamari & Prawn R190
Calamari, prawn, chilli & basil leaves

Vegetarian (v) R167
Mushrooms, roasted red peppers, cherry tomatoes, zucchini, avo & chimichurri

Margherita (v) R105
Basil & tomato

Feta, Avo & Bacon R150
Feta, avo & streaky bacon

MEAT PLATTERS

Plato de Carne Pequeño R930
Half Spatchcock Chicken, char-grilled and marinated in your choice of Peri-Peri, Lemon & Herb, or BBQ, Grilled Boerewors, Sticky BBQ Pork Ribs (300g), Chicken Wings (300g) choice of Peri-Peri or BBQ
Served with a side table salad & chips bravas

Plato de Carne Medio R1 970
Whole Spatchcock Chicken char-grilled and marinated in your choice of Peri-Peri, Lemon & Herb, or BBQ, Grilled Boerewors, Sticky BBQ Pork Ribs (600g), Herb Crusted Lamb Cutlets (500g) grilled to your liking, Chicken Wings (600g) choice of Peri-Peri or BBQ
Served with a side table salad & chips bravas

Plato de Carne Grande R3 745
Two Whole Spatchcock Chicken char-grilled and marinated in your choice of Peri-Peri, Lemon & Herb, or BBQ, Grilled Boerewors, Sticky BBQ Pork Ribs, Herb Crusted Lamb Cutlets (500g) grilled to your liking, Chicken Wings (600g) choice of Peri-Peri or BBQ
Served with a side table salad & chips bravas

Chicken Wings (300g) R135
Choice of Peri-Peri (+R5) or BBQ

Sticky BBQ Pork Ribs (600g) R450

Whole Spatchcock Chicken R225
Char-Grilled and marinated in your choice of Peri-Peri, Lemon & Herb, or BBQ

Half Spatchcock Chicken R145
Char-Grilled and marinated in your choice of Peri-Peri, Lemon & Herb, or BBQ

Grilled Boerewors (500g) R165

Herb Crusted Lamb Cutlets (500g) R450
Grilled to your liking

v - vegetarian | ve - vegan *Signature dish*

BREAKFAST

Served Friday to Sunday until 11am

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 R117
Salmon R130

Breakfast Fry Up R145
Two eggs, bacon, mushroom, confit cherry tomatoes, chorizo & toast of choice

Cheese Omelette (v) R75
Three eggs, mozzarella & toast of choice
Make it egg white (+R10)

Avo on Toast (v) R75
(served on your choice of either ciabatta or rye bread)
Feta, jalapeño, caramelised red peppers & toasted sunflower seeds

Breakfast Roll R95
Lightly toasted brioche bun, smashed avo, crispy bacon, soft fried egg & hollandaise sauce

Banana Loaf French Toast R85
Crispy bacon, honey & seasonal berries

MAIN COURSES

Mushroom Pappardelle (v) R180
Flat, thick ribbons of fresh pasta, mixed mushroom & sage ragout, truffle zest & Parmesan
Add bacon (+R35)
Add grilled chicken (+R39)

Crispy Chicken Burger R145
Toasted artisan brioche bun, crunchy chicken breast, butter lettuce, avo, tomato, La Parada burger sauce & patatas bravas

Wagyu Beef Burger R190
Toasted artisan brioche bun, 180g Wagyu patty, mature cheddar, butter lettuce, La Parada burger sauce, roasted red pepper chutney & patatas bravas

Beetroot Burger (v) R140
Toasted artisan brioche bun, juicy beetroot patty, feta, black olives, rocket & hummus

Rib Eye 300g R315
Flame grilled coffee-rubbed ribeye, portobello mushrooms, gorgonzola & sage cream, hand cut beef fat fries
**Half Kg (R454)*

Lamb Rump 300g R305
Flame grilled, served with creme fraiche, confit garlic tzatziki, minted red wine jus
**Half Kg (R412)*

Pulled Beef Pasta R185
8 hour cooked beef short rib, tomato & paprika ragout, fresh pappardelle & cumin Boerenkaas

Spanish Style Beef Fillet 300g R305
Flame grilled fillet with truffle butter, hand cut beef fat fries, baby beetroot & red wine jus
**Half Kg (R470)*

T-Bone 600g R375
Grilled & oven finished, harissa compound butter, maldon salt ,side of choice
**1Kg (R565)*

Kingklip Chardonnay R280
Pan fried kingklip, fresh tagliatelle with chilli, garlic & parsley

Prawn Pasta R185
Fresh tagliatelle, pan-cooked prawns, Parmesan, parsley, chilli & garlic butter

SIGNATURE SALADS

Mediterranean (v) R120
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, tahini yoghurt, cherry tomato & mixed greens

Fillet Tagliata R175
Sliced medium rare beef fillet served cold, wild rocket, toasted pine nuts, exotic tomatoes, balsamic reduction, Parmesan shavings, sundried tomato pesto & truffle oil

Tuna Sashimi Nicoise Salad R164
Seared tuna salad, served with apple, tomato, yuzu dressing, pickled ginger, soft poached egg & crispy baby gem lettuce

Asian Calamari Salad R165
Grilled or fried calamari, pickled ginger, tomato, avocado, cucumber, greens and spring onion with a soy miso dressing

SIDES (V)

Patatas Bravas R70
Spiced potatoes, aioli & tomato salsa

Sweet Patatas Bravas R70
Spiced sweet potatoes, aioli & tomato salsa

Baby Veg Bowl R89
Garden peas, baby beets, Dutch carrots, broccolini, mange tout, baby corn & dill butter

Broccolini R78
Confit garlic and tomato & hazelnut dressing

House Side Salad R46
Fresh greens, feta & salsa verde

Butternut R40
Roasted with honey, thyme & feta

Garlic Potato Mash R45
Potato mash infused with roasted garlic

DESSERTS (V)

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

Spiced Malva Pudding R90
Decadent malva pudding, vanilla pod ice-cream, toasted coconut dukkha & crème anglaise

Chocolate Popcorn Smores R95
A decadent chocolate brownie sandwich filled with creamy coffee gelato & garnished with caramel popcorn & burnt marshmallow

Caramel & Vanilla Baked Cheesecake R135
A creamy salted caramel cheesecake served with a homemade vanilla bean ice cream

KIDS MENU

This menu is available for kids under 12 only

Chicken & Potatoes R50
Crispy chicken strips with plain bravas & mayo

Pasta R123
Pappardelle with mushroom sauce

Ham & Cheese Toastie R45
Gypsy ham, cheese & mayo on ciabatta

Chicken Burger R53
Crispy chicken fillet with mayo on a toasted roll

Calamari R99
Fried calamari with mayo

Ham Bites R74
Creamy mashed potato nuggets filled with ham served with homemade aioli

Margherita Pizza R50

Ham Pizza R60

v - vegetarian | ve - vegan *Signature dish*

BAR DE TAPAS
LA PARADA

FOOD MENU