BAR SNACKS

Truffle Potato Skins R30
Seasoned with truffle zest

Marinated Olives R37
Paprika, garlic & parsley

TAPAS

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

Amazeballs R95
Chorizo, jalapeño & cheese in a crisp pastry with house-made chipotle aioli

Prawns R130
Flash fried in chilli, garlic, butter, lemon & parsley

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

Bao Buns
2 fluffy boa buns, filled with a choice of:

PORK BELLY with crunchy spring onion & pak choi salad & our secret mayo R150

BEEF FILLET with a crunchy spring onion & pak choi salad & our secret mayo R180

PRAWN, pan-fried & served with avocado, cucumber, carrot & toasted sesame seeds R170

CHICKEN grilled with cajun spice & served with shredded cabbage salad, teriyaki sauce & fresh coriander R125

Chicken Wings R140
Fried chicken wings, tossed in a soya glaze topped with sesame seeds & coriander

Prawn Croquetas R130
Spicy tomato aioli

Ham Croquetas R100
Smoked ham, sweet mustard aioli & Huguenot cheese

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

Fried Calamari R135
With aioli & lemon

Tuna Ceviche R180
Fresh tuna, marinated in lime, with avo mousse, chilli, coriander & flour tortilla

Tuna Tacos R170
Tuna, pineapple rainbow salsa, guacamole, miso emulsion & jalapeños

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

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

Bikini Toastie R85
La Parada grilled cheese, gypsy ham & truffle aioli

Spicy Kingklip Bites R130
3 crispy kingklip goujons coated with a classic Cape Malay chilli bite batter. Served with a minted coriander yoghurt

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

Vegan Poke Bowl (ve) R145
Miso rubbed deep fried aubergine, black rice, pickled ginger, carrots, cucumber, avo, nori, sesame seeds, soy & ginger dressing

Tuna Poke Bowl R215
Fresh Yellowfin tuna, black rice, pickled ginger, carrots, cucumber, avocado, nori, sesame seeds, soy & ginger dressing

Beef Short Rib R250
Paprika & orange glazed ribs with orange segments

Wagyu Beef Potstickers R170
Seared & steamed. Served with kimchi & Indonesian soya dipping sauce

Tapas Platter R790
Chicken wings, tossed in a soya glaze, with sesame seeds, four fluffy bao buns with pork belly & chicken, chorizo, jalapeño & cheese amazeballs & fried calamari. Served with a house salad & patatas bravas

SIGNATURE SALADS

Mediterranean (v) R120
Marinated zucchini noodles, sundried tomato pesto, candied red peppers, roasted aubergine, feta, toasted chickpeas & baby spinach

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

Harissa Chicken R115
Harissa-glazed chicken thigh, dukkah. saffron cous cous, feta, tahini yoghurt, cherry tomato & mixed greens

Asian Calamari Salad R170
Grilled or fried calamari, pickled ginger, tomato, avocado, cucumber, greens & spring onion with a soy miso dressing

Tuna Sashimi Nicoise Salad R170
Seared tuna salad, served with apple, tomato, yuzu dressing, pickled ginger, soft poached egg & crispy baby gem lettuce

SUSHI

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

Prawn	R145
Salmon	R199
Tuna	R150

California Roll *(8pc)*

Prawn	R115
Salmon	R160
Tuna	R110
Veg	R60

Nigiri *(2pc)*

Tuna	R60
Salmon	R70
Prawn	R65

Sashimi *(4pc)*

Tuna	R105
Salmon	R160

Prawn Bombs *(8pc)* R120
California rolls, filled with Tempura prawns, avocado & cream cheese, topped with avocado, Tempura sauce, spring onion & roasted sesame seeds

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

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
On Fire Sushi – 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

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

Tempura Top Roses *(4pc)* R175
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

v - vegetarian | ve - vegan *Signature dish*

BAR DE TAPAS
LA PARADA

FOOD MENU

MAIN COURSES

Rib Eye 300g — R320
Flame grilled coffee-rubbed ribeye, portobellini mushrooms, gorgonzola & sage cream, hand cut beef fat fries

Lamb Rump 300g — R305
Flame grilled, served with creme fraiche, confit garlic tzatziki, minted red wine jus

Wagyu Beef Burger — R195
Toasted artisan brioche bun, 180g Wagyu patty, mature cheddar, butter lettuce, La Parada burger sauce, roasted red pepper chutney & patatas bravas

Crispy Chicken Burger — R165
Toasted artisan brioche bun, crunchy chicken breast, butter lettuce, avo, tomato, La Parada burger sauce & patatas bravas

Beetroot Burger (v) — R145
Toasted artisan brioche bun, juicy beetroot patty, feta, black olives, rocket, hummus & patatas bravas

Mushroom Pappardelle (v) — R185
Flat, thick ribbons of fresh pasta, mixed mushroom & sage ragout, truffle zest & Parmesan
Add bacon (+R35)
Add grilled chicken (+R39)

Pulled Beef Pasta — R190
8 hour cooked beef short rib, tomato & paprika ragout, fresh pappardelle & cumin Boerenkaas

Spanish Style Beef Fillet 300g — R310
Flame grilled fillet with truffle butter, hand cut beef fat fries, baby beetroot & red wine jus

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

Prawn Pasta — R190
Fresh tagliatelle, pan-cooked prawns, Parmesan, parsley, chilli & garlic butter

PIZZAS

Margherita (v) — R105
Basil & tomato

Calamari & Prawn — R195
Calamari, prawn, chilli & basil leaves

Chorizo — R150
Chorizo, jalapeño cream cheese, oven dried cherry tomatoes & coriander

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

Feta, Avo & Bacon — R165
Feta, avo & streaky bacon

Crispy Chicken — R170
Crumbed buttermilk chicken, PEPPADEW® Piquanté Peppers, onion, avo & coriander

SIDES (V)

Patatas Bravas — R70
Spiced potatoes, aioli & tomato salsa

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

Baby Veg Bowl — R90
Garden peas, baby beets, Dutch carrots, broccolini, mange tout, baby corn & dill butter

Broccolini — R78
Confit garlic & 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

MEAT PLATTERS

Plato de Carne Pequeño — R945
*Half Spatchcock Chicken, char-grilled & 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**

Plato de Carne Grande — R1 970
*Whole Spatchcock Chicken char-grilled & 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 & patatas bravas*

BUILD YOUR OWN PLATTER

Sticky BBQ Pork Ribs (600g) — R480

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

Chicken Wings (300g) — R140
Choice of Peri-Peri or BBQ

Whole Spatchcock Chicken — R336
Char-grilled & marinated in your choice of Peri-Peri, Lemon & Herb, or BBQ

Half Spatchcock Chicken — R186
Char-grilled & marinated in your choice of Peri-Peri, Lemon & Herb, or BBQ

Grilled Boerewors (500g) — R165

DESSERTS (V)

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

Spiced Malva Pudding — R95
Decadent malva pudding, vanilla pod ice-cream, toasted coconut dukkha & crème anglaise

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

Crema Catalana Pasteis — R95
A sweet custard pastry infused with flavours of citrus, cinnamon & vanilla, served with vanilla bean ice cream & cinnamon dusting

v - vegetarian | ve - vegan — *Signature dish*

BAR DE TAPAS
LA PARADA

FOOD MENU