



BREAKFAST MENU

Served Friday to Sunday until 11am

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| Honey Yoghurt (v) | R65 |
| <i>Double thick Greek yoghurt, honey, toasted coconut flakes & homemade superseed granola crunch</i> | |
| La Parada Benedict | |
| <i>English muffin, soft poached eggs, hollandaise & spinach</i> | |
| Bacon | R119 |
| Salmon | R149 |
| Breakfast Fry-up | R150 |
| <i>Two eggs, bacon, mushroom, confit cherry tomatoes, chorizo & toast of choice</i> | |
| Cheese Omelette (v) | R75 |
| <i>Three eggs, mozzarella & toast of choice</i> | |
| <i>Make it egg white (+R15)</i> | |
| Avo on Toast (v) | R75 |
| <i>(served on your choice of either ciabatta or rye bread)</i> | |
| <i>Feta, jalapeño, caramelised red peppers & toasted sunflower seeds</i> | |
| Hummus Toastie | R115 |
| <i>(served on toasted sourdough)</i> | |
| <i>Hummus, poached egg, rocket, avocado, oven dried tomato & feta</i> | |
| <i>Add bacon (+R37)</i> | |
| Breakfast Roll | R99 |
| <i>Lightly toasted brioche bun, smashed avo, crispy bacon, soft fried egg & hollandaise sauce</i> | |
| Banana Loaf French Toast | R85 |
| <i>Crispy bacon, honey & seasonal berries</i> | |

EXTRAS

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| Eggs | R30 |
| Bacon | R37 |
| Mushrooms | R33 |
| Avocado | R41 |
| Toast White Brown | R10 |
| Toast Rye | R21 |
| Grilled Tomato | R20 |
| Gammon Pork Sausage | R25 |
| Lamb Sausage | R45 |
| Beef Sirloin 100g | R45 |

DRINKS MENU

JUICES

Tomato Cocktail 200ml	R72
Orange Juice	R35
Strawberry Juice	R35
Cranberry Juice	R35
Pineapple Juice	R35
Apple Juice	R35

HOT DRINKS

All coffees available as decaf

Espresso Single	R25
Espresso Double	R30
Macchiato Single	R32
Americano	R31
Cappuccino	R33
Latte Macchiato Single	R33
Latte Macchiato Double	R36
Ceylon Rooibos Tea	R26
Mint Green Tea	R33
Earl Grey Tea	R33
Chai Latte	R38
Rooibos Cappuccino	R33
English Breakfast Tea	R33

SOFT DRINKS

Coke Coke No Sugar 200ml	R29
Schweppes Mixers 200ml	R29
Stoney Ginger Beer	R32
Ice Tea Lemon Peach	R38
Appletiser Grapetiser	R47
Red Bull Energy Drink	R49
Original Watermelon Coco Berry Sugar Free	
Rock Shandy	R41

WATERS

250ml 750ml

Still Sparkling	R25	R46
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SHAKES

Chocolate	R43
Strawberry	R43
Vanilla	R43
Coffee	R55