

PIZZAS

Feta, Avo & Bacon R190
Feta, avo & streaky bacon

Crispy Chicken R187
Crumbed buttermilk chicken, PEPPADEW® Piquanté Peppers, onion, avo & coriander

Margherita (v) R105
Classic basil & tomato pizza

Calamari, Chilli & Prawn R205
Grilled calamari & prawns with chilli & basil

Chorizo & Jalapeño R180
Chorizo, jalapeño cream cheese, oven dried cherry tomatoes & coriander

Zucchini, Avo & Chimichurri (v) R180
Mushrooms, roasted red peppers, cherry tomatoes, zucchini, avo & chimichurri

Steak & Caramelised Onion R175
Grilled steak with caramelised onions, PEPPADEW® Piquanté Peppers & feta

SUSHI

On Fire Tempura (8pcs)
Vodka infused tempura California Roll flambéed with house teriyaki sauce

Prawn R147
Salmon R199
Tuna R170
Veg R125

California Roll (8pc)
Prawn R115
Salmon R172
Tuna R130
Veg R66

Nigiri (2pc)
Tuna R60
Salmon R86
Prawn R65

Sashimi (4pc)
Tuna R140
Salmon R200

Prawn Bombs (8pc) R120
California rolls, filled with tempura prawn, cream cheese, topped with avo, house tempura sauce, spring onion & toasted sesame seeds

Tuna Crunch (8pc) R180
Panko crumb, flash fried tuna & cream cheese in seaweed rice, topped with house tempura sauce, spring onion & toasted sesame seeds

Calamari Sushi (8pc) R170
Grilled calamari tubes wrapped inside a seaweed rice roll with cream cheese. Topped with avo, house tempura sauce, calamari tentacles & spring onions

Ultimate Rainbow (8pc) R299
Salmon & tuna rainbow rolls with avo, topped with caviar, Japanese mayo, spring onion, toasted sesame seeds & house teriyaki sauce

Cajun Supreme (8pc) R130
Rainbow roll with grilled Cajun chicken & cream cheese, topped with avo, sweet chilli sauce, Japanese mayo, spring onion & toasted sesame seeds

Salmon Bombs (4pc) R332
Salmon roses topped with diced salmon, tempura bites, Japanese mayo, teriyaki, spring onion & toasted sesame seeds

Prawn Top Tempura Roses (4pc) R215
Salmon roses topped with tempura prawn bites, Japanese mayo, teriyaki, spring onion & toasted sesame seeds

Rockpool Platter (8pc) R300
4 Ultimate Rainbow rolls, 4 prawn California rolls topped with tempura prawns, served with spring onion and house Tempura sauce

DESSERTS

Churros R75
Dusted in sugar, cinnamon served with a dark chocolate ganache dip

Spiced Malva Pudding R125
Decadent malva pudding, vanilla pod ice cream, toasted coconut dukkha & crème anglaise

Ginger & Miso Caramel Cheesecake R105
A creamy salted miso caramel cheesecake with a hint of orange on ginger biscuit crust

Classic Lemon Tart R85
Classic lemon tart, fresh lemon curd on a butter shortcrust pastry. Tart but sweet, served with crushed meringue & strawberry

Chocolate Brownie with Honeycomb Crunch R85
Dark chocolate brownie with caramel honeycomb crunch & Jack Daniel's butterscotch sauce, served with vanilla bean ice cream

Mocha Affogato R55
Vanilla bean ice cream served on chocolate ganache with a double shot of espresso & hazelnut praline.



BAR SNACKS

Truffle Potato Skins R30
Seasoned with aromatic truffle zest

Marinated Olives R44
Marinated olives with paprika, garlic & parsley

SMALL PLATES

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

Amazeballs R110
Crispy Phyllo wrapped chorizo, jalapeño & cheese with chipotle aioli

Grilled Calamari R139
Chimichurri, tomato & cucumber with roasted garlic aioli

Fried Calamari R137
With aioli & lemon

Wagyu Beef Potstickers R175
Seared & steamed. Served with kimchi & Indonesian soya dipping sauce

Chicken Tenders R148
Crispy fried chicken tenders drizzled with house hot sauce & roasted garlic aioli

Chicken Wings R140
Soy glazed crispy chicken wings, topped with sesame seeds & coriander

Spicy Kingklip Bites R145
Crispy kingklip goujons in a classic spicy Cape Malay batter served with a minted coriander yoghurt

Cauliflower Bites (v) R60
Crispy fried cauliflower in a classic spicy Cape Malay batter, served with a mildly spicy tomato aioli

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

SIGNATURE SALADS

Caesar Salad R155
Crisp romaine lettuce with creamy Caesar dressing, anchovies, Parmesan cheese, & croutons
Add grilled chicken +R37
Add bacon +R37
Add prawns +R70

Chicken Waldorf R147
Grilled chicken breast with pear, gorgonzola, mixed greens, celery, & roasted walnuts, served with mustard vinaigrette

Fillet Tagliata R189
Medium-rare beef fillet served chilled & sliced with wild rocket, toasted pine nuts, exotic tomatoes, balsamic reduction, Parmesan shavings, sundried tomato pesto & truffle oil

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

Asian Calamari Salad R189
Grilled or fried calamari, pickled ginger, tomato, avo, cucumber, greens & spring onion with a soy miso dressing

PLATTERS

Served with a side table salad & patatas bravas

Plato de Carne Pequeño R899
Whole Spatchcock Chicken, char-grilled & marinated in your choice of Peri-Peri or Umami Lemon Butter, 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 or Umami Lemon Butter, Grilled Boerewors, Sticky BBQ Pork Ribs (300g), Herb Crusted Lamb Cutlets (500g) grilled to your liking, Chicken Wings (300g) choice of Peri-Peri or BBQ

Plato de Maricos R990
Teriyaki glazed Norwegian salmon, creamy garlic West Coast mussels, spicy buttered prawns, calamari with garlic aioli & Kingklip goujons served with coriander tzatziki & fries

Tapas Platter R795
Soy glazed crispy chicken wings, topped with sesame seeds & coriander, caramelised pork belly & fluffy chicken bao buns, chorizo, jalapeño & cheese amazeballs & fried calamari

MAIN COURSES

Wagyu Beef Burger R210
Toasted artisan brioche bun, 180g Wagyu patty, mature cheddar, butter lettuce, La Parada burger sauce, roasted red pepper chutney, served with your choice of side

Crispy Chicken Burger R169
Toasted artisan brioche bun, crunchy chicken breast, butter lettuce, avo, tomato, La Parada burger sauce, served with your choice of side

Seared Norwegian Salmon R399
Salmon fillet with a medley of baby vegetables & teriyaki sauce

Earth & Ocean R405
Grilled beef rib eye steak & prawns with lemon & herb butter, served with your choice of side

Moules-frites R195
Mussels steamed in white wine & garlic sauce, served with crispy fries

Steak au Poivre R340
Pan-seared beef fillet crusted with peppercorns, served with creamy peppercorn cognac sauce & fries

Karoo Lamb Rump 300g R315
Local flame grilled lamb, served with crème fraîche, confit garlic tzatziki & minted red wine jus

Pork Loin & Grilled Cabbage R199
Pork loin on the bone with grilled cabbage & mustard cream sauce, served with your choice of side

PASTA

Prawn Pasta R195
Fresh tagliatelle, with whole fried prawns, Parmesan, parsley, chilli & garlic butter

Mushroom Pappardelle (v) R215
Flat, thick ribbons of fresh pasta, mushroom, lemon & thyme ragout, crispy sage & Parmesan
Add bacon +R37
Add grilled chicken +R37

Pulled Beef Pasta R195
8 hour cooked beef short rib, tomato & paprika ragout, fresh pappardelle & cumin Boerenkaas

Kingklip Chardonnay R285
Fresh tagliatelle with pan-fried kingklip, chilli, garlic & parsley

FROM THE GRILL

Flame-grilled cuts. Served with your choice of side

Beef Fillet 300g R330

Beef Ribeye 300g R325

T-bone 600g R389

Beef Wagyu Ribeye 300g R549

SAUCES

Salsa Roja, Mustard Cream, Homemade Hot Sauce R45

Green Peppercorn, Mushroom Ragout R50

SIDES (V)

Patatas Bravas R75
Spiced potatoes with aioli & bravas sauce

Sweet Patatas Bravas R75
Spiced sweet potatoes with aioli & bravas sauce

Baby Veg Bowl R90
A medley of garden peas, baby beets, Dutch carrots, broccolini, mange tout, baby corn & dill butter

Smashed Cucumber Salad R50
Crushed cucumber soaked in spicy Korean dressing with toasted sesame seeds

Broccolini R88
Confit garlic & tomato & hazelnut dressing

House Side Salad R60
Fresh greens, feta & balsamic vinaigrette

Garlic Potato Mash R45
Creamy potato mash infused with roasted garlic

Shoestring Fries R40

