



BREAKFAST MENU

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 R135

Local Salmon Trout R183

Breakfast Fry-up R160

Two eggs, bacon, mushrooms, confit cherry tomatoes, chorizo & toast of choice

Cheese Omelette (v) R75

Three eggs, mozzarella & toast of choice

Make it egg white (+R21)

Avo on Toast (v) R75

(served on your choice of either ciabatta or rye bread)

Feta, jalapeño, caramelised red peppers & toasted sunflower seeds

Hummus Toastie R115

(served on toasted sourdough)

Hummus, poached egg, rocket, avocado, oven dried tomato & feta

Add bacon (+R37)

Breakfast Roll R126

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

Banana Loaf French Toast R85

Crispy bacon, honey & seasonal berries



DRINKS MENU

JUICES

Tomato Cocktail <i>200ml</i>	R77
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	R37
Cappuccino	R33
Latte Macchiato Single	R33
Latte Macchiato Double	R43
Ceylon Rooibos Tea	R26
Mint Green Tea	R33
Earl Grey Tea	R33
Chai Latte	R50
Rooibos Cappuccino	R33
English Breakfast Tea	R33

SOFT DRINKS

Coke Coke No Sugar <i>200ml</i>	R30
Schweppes Mixers <i>200ml</i>	R30
Stoney Ginger Beer	R36
Ice Tea Lemon Peach	R43
Appletiser Grapetiser	R51
Red Bull Energy Drink	R53
<i>Original Sugar Free Watermelon Apricot Strawberry White Peach</i>	
Rock Shandy	R46

WATERS

	<i>250ml</i>	<i>750ml</i>
Still Sparkling	R29	R49

SHAKES

Chocolate	R55
Strawberry	R55
Vanilla	R55
Coffee	R75