BAR DE TAPAS
LA PARADA

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 R145
Local Salmon Trout R189

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
Feta, jalapeño, caramelised red peppers & toasted sunflower seeds served on ciabatta or rye bread

Hummus Toastie (v) R115
(served on toasted sourdough)
Hummus, poached egg, rocket, avo, oven-dried tomato & feta
Add bacon (+R37)

Breakfast Roll R129
Lightly toasted brioche bun, smashed avo, crispy bacon, soft fried egg & hollandaise sauce

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

LA PARADA Bar de tapas LA PARADA

DRINKS MENU

JUICES

Tomato Cocktail *200ml*	R77
Orange Juice	R35
Strawberry Juice	R35
Cranberry Juice	R35
Pineapple Juice	R35
Apple Juice	R35

HOT DRINKS

Oat Milk (+12) | Almond Milk (+12)
All coffees available as decaf

Espresso Single	R32
Espresso Double	R40
Macchiato Single	R40
Americano	R41
Cappuccino	R46
Latte Macchiato Single	R42
Latte Macchiato Double	R49
Ceylon | Rooibos Tea	R26
Mint | Green Tea	R33
Earl Grey Tea	R33
Chai Latte	R55
Rooibos Cappuccino	R46
English Breakfast Tea	R40

SOFT DRINKS

Coke | Coke No Sugar *200ml*	R30
Schweppes Mixers *200ml*	R30
Stoney Ginger Beer	R36
Iced Tea Lemon | Peach	R44
Appletiser | Grapetiser	R51
Red Bull Energy Drink *Original | Sugar Free | Watermelon | Apricot Strawberry | White Peach*	R55
Rock Shandy	R46

WATERS

	250ml | 750ml
Still | Sparkling	R33 | R49

SHAKES

Chocolate	R56
Strawberry	R56
Vanilla	R56
Coffee	R79