



## BREAKFAST MENU

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*Served Friday to Sunday until 11am*

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| Honey Yoghurt (v)  | R72  |
| <i>Double thick Greek yoghurt, honey, toasted coconut flakes &amp; homemade superseed granola crunch</i> |      |
| La Parada Benedict   | R131 |
| <i>English muffin, soft poached eggs, bacon, hollandaise &amp; spinach</i>                               |      |
| Breakfast Fry-up   | R165 |
| <i>Two eggs, bacon, mushroom, confit cherry tomatoes, chorizo &amp; toast of choice</i>                  |      |
| Cheese Omelette (v)  | R83  |
| <i>Three eggs, mozzarella &amp; toast of choice</i>  |      |
| <i>Make it egg white (+R16)</i>  |      |
| Avo on Toast (v)   | R83  |
| <i>(served on your choice of either ciabatta or rye bread)</i>   |      |
| <i>Feta, jalapeño, caramelised red peppers &amp; toasted sunflower seeds</i>                             |      |
| Hummus Toastie   | R127 |
| <i>(served on toasted sourdough)</i>   |      |
| <i>Hummus, poached egg, rocket, avocado, oven dried tomato &amp; feta</i>                                |      |
| <i>Add bacon (+R41)</i>  |      |
| Breakfast Roll   | R109 |
| <i>Lightly toasted brioche bun, smashed avo, crispy bacon, soft fried egg &amp; hollandaise sauce</i>    |      |
| Banana Loaf French Toast   | R94  |
| <i>Crispy bacon, honey &amp; seasonal berries</i>  |      |

## EXTRAS

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|-----------------------|-----|
| Eggs                  | R33 |
| Bacon                 | R41 |
| Mushrooms             | R37 |
| Avocado               | R46 |
| Toast White   Brown   | R11 |
| Toast Rye             | R24 |
| Grilled Tomato        | R22 |
| Gammon   Pork Sausage | R28 |
| Lamb Sausage          | R50 |
| Beef Sirloin 100g     | R50 |

# DRINKS MENU

## JUICES

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Tomato Cocktail 200ml	R80
Orange Juice	R39
Strawberry Juice	R39
Cranberry Juice	R39
Pineapple Juice	R39
Apple Juice	R39

## HOT DRINKS

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*All coffees available as decaf*

Espresso Single	R28
Espresso Double	R33
Macchiato Single	R36
Americano	R35
Cappuccino	R37
Latte Macchiato Single	R37
Latte Macchiato Double	R40
Ceylon   Rooibos Tea	R29
Mint   Green Tea	R37
Earl Grey Tea	R37
Chai Latte	R42
Rooibos Cappuccino	R37
English Breakfast Tea	R37

## SOFT DRINKS

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Coke   Coke No Sugar 200ml	R32
Schweppes Mixers 200ml	R32
Stoney Ginger Beer	R36
Ice Tea Lemon   Peach	R42
Appletiser   Grapetiser	R52
Red Bull Energy Drink	R54
Original   Watermelon   Coco Berry   Sugar Free	
Rock Shandy	R46

## WATERS

250ml 750ml

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Still   Sparkling	R29	R53
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## SHAKES

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Chocolate	R48
Strawberry	R48
Vanilla	R48
Coffee	R61