



## 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 R132**  
*English muffin, soft poached eggs, hollandaise, spinach & bacon*
- Breakfast Fry-up R155**  
*Two eggs, bacon, mushroom, confit cherry tomatoes, chorizo & toast of choice*
- Cheese Omelette (v) R75**  
*Three eggs, mozzarella & toast of choice*  
*Make it egg white (+R15)*
- 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 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	R33
Ice Tea Lemon   Peach	R40
Appletiser   Grapetiser	R48
Red Bull Energy Drink	R50
Original   Watermelon   Coco Berry   Sugar Free	
Rock Shandy	R41

## WATERS

250ml 750ml

---

Still   Sparkling	R27	R49
-------------------	-----	-----

## SHAKES

---

Chocolate	R43
Strawberry	R43
Vanilla	R43
Coffee	R58