BAR SNACKS

Truffle Potato Skins 4
Seasoned with aromatic truffle zest

Marinated Olives 5
A delightful bowl of olives marinated in paprika, garlic & parsley

STARTERS

Poppers (v) 10
Whole PEPPADEW® Piquanté Peppers filled with cream cheese & basil aioli

Amazeballs 10
Crisp pastry filled with chorizo, jalapeño & cheese accompanied by house-made chipotle aioli

Grilled Calamari 11
Chimichurri, tomato & cucumber with roasted garlic aioli

Fried Calamari 11
With aioli & lemon

Chicken Tenders 12
Crispy fried chicken tenders drizzled with Jack Daniels Tennessee hot honey, chilli & served with roasted garlic aioli

Chicken Wings 12
Fried chicken wings, tossed in a soya glaze topped with sesame seeds & coriander

Spicy Kingklip Bites 12
3 crispy kingklip goujons coated with a classic Cape Malay chilli bite batter. Served with a minted coriander yoghurt

Cauliflower Bites (v) 7
Crispy fried cauliflower coated with a chilli bite batter. Served with a mildly spiced tomato aioli

SIGNATURE SALADS

Caesar Salad 13
Crisp romaine lettuce with creamy Caesar dressing, anchovies, Parmesan cheese, & croutons
Add grilled chicken (+3)
Add bacon (+3)
Add prawns (+6)

Chicken Waldorf 16
Grilled chicken breast with pear, gorgonzola, mixed greens, celery, & roasted walnuts, served with mustard vinaigrette

Fillet Tagliata 16
Sliced medium rare beef fillet served cold, wild rocket, toasted pine nuts, exotic tomatoes, balsamic reduction, Parmesan shavings, sundried tomato pesto & truffle oil

Harissa Chicken 13
Harissa-glazed chicken, dukkah, saffron cous cous, feta, tahini yoghurt, cherry tomato & mixed greens

Asian Calamari Salad 15
Grilled or fried calamari, pickled ginger, tomato, avocado, cucumber, greens & spring onion with a soy miso dressing

MAIN COURSES

Prawn Pasta 20
Fresh tagliatelle, pan-cooked prawns, Parmesan, parsley, chilli & garlic butter

Wagyu Beef Burger 22
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 16
Toasted artisan brioche bun, crunchy chicken breast, butter lettuce, avo, tomato, La Parada burger sauce, served with your choice of side

Seared Salmon 25
Seared salmon fillet with a medley of baby vegetables & teriyaki sauce

Mushroom Pappardelle (v) 16
Flat, thick ribbons of fresh pasta, mixed mushroom & sage ragout, truffle zest & Parmesan
Add bacon (+3)
Add grilled chicken (+3)

Pulled Beef Pasta 18
8 hour cooked beef short rib, tomato & paprika ragout, fresh pappardelle & cumin Boerenkaas

Kingklip Chardonnay 23
Pan fried kingklip, fresh tagliatelle with chilli, garlic & parsley

Tandoori Chicken Flatbread 15
Homemade flatbread topped with tandoori chicken, herb salad, & tzatziki

Mediterranean Lamb Skewer 20
Mediterranean-spiced leg of lamb with whipped feta & cucumber & red onion salad

SIGNATURE MAIN COURSES

Earth & Ocean 34
Grilled rib eye steak & prawns with lemon & herb butter, served with your choice of side

Moules-frites 18
Mussels steamed in white wine & garlic sauce, served with crispy fries

Steak au Poivre 300g 32
500g 42
Pan-seared beef fillet crusted with peppercorns, served with creamy cognac & peppercorn sauce & fries

Pork Loin & Grilled Cabbage 34
Pork loin on the bone with grilled cabbage & mustard cream sauce, served with your choice of side

Rib Eye 300g 30
500g 36
Flame grilled coffee-rubbed ribeye, mushrooms, gorgonzola & sage cream, & fries

Lamb Rump 300g 32
500g 40
Flame grilled, served with creme fraiche, confit garlic tzatziki, minted red wine jus

Seared Salmon & Corn 28
Seared salmon fillet with creamy corn puree, edamame, & corn, served with your choice of side

Lamb Shank 36
Slow-cooked lamb shank with garlic & parmesan mash, red wine jus, & crispy onions

Crayfish
Grilled to perfection. Select from Mozambican Peri-Peri or Unami butter

Venison 20
Venison fillet with green peppercorn sauce, grilled seasonal vegetables & a garlic mash

Crayfish Tails 15
Add-on to any meal

FROM THE GRILL

Fillet	300g	28
	500g	32
Ribeye	300g	30
	500g	38
Lamb Rump	300g	28
	500g	32
T-Bone	600 g	34
Wagyu Ribeye	300g	SQ

Flame-grilled Cuts. Served with your choice of side

SAUCES

Salsa Roja, Mustard Cream, Homemade Hot Sauce 4

Green Peppercorn, Jack Daniels Tennessee Hot Honey 5

PIZZAS

Margherita (v) 10
Classic basil & tomato pizza

Calamari & Prawn 14
Topped with calamari, prawn, chilli & basil leaves

Chorizo 15
Chorizo, jalapeño cream cheese, oven dried cherry tomatoes & coriander

Vegetarian (v) 16
Mushrooms, roasted red peppers, cherry tomatoes, zucchini, avo & chimichurri

Feta, Avo & Bacon 14
Feta, avo & streaky bacon

Crispy Chicken 12
Crumbed buttermilk chicken, PEPPADEW® Piquanté Peppers, onion, avo & coriander

Steak & Caramelised Onion 16
Grilled steak with caramelised onions, PEPPADEW® Piquanté Peppers, & feta

Hawaiian 14
Gypsy ham & pineapple

Meat Lovers 16
Pulled beef, pepperoni, bacon & PEPPADEW® Piquanté Peppers

SIDES (V)

Patatas Bravas 5
Spiced potatoes with aioli & bravas sauce

Sweet Patatas Bravas 5
Spiced sweet potatoes with aioli & bravas sauce

Baby Veg Bowl 7
A medley of garden peas, baby beets, Dutch carrots, broccolini, mange tout, baby corn & dill butter

Broccolini 6
Confit garlic & tomato & hazelnut dressing

Roasted Carrots 7
Honey-glazed roasted carrots topped with toasted seed mix on a bed of garlic yoghurt sauce

House Side Salad 5
Fresh greens, feta & salsa verde

Garlic Potato Mash 6
Creamy potato mash infused with roasted garlic

Shoestring Fries 5

BAR DE TAPAS

LA PARADA

FOOD MENU

TAPAS

Wagyu Beef Potstickers 15
Seared & steamed. Served with kimchi & Indonesian soya dipping sauce

Prawn Bun 12
Toasted brioche bun, with prawns, Japanese mayo & spring onions

Prawns 12
Flash fried in chilli, garlic, butter, lemon & parsley

Beef Fillet 12
Grilled beef fillet, tahini & honey yogurt, walnut pesto, chilli butter & crispy leeks

Bao Buns
2 fluffy boa buns, filled with a choice of:

PORK BELLY with crunchy spring onion, pak choi salad & our secret mayo 12

BEEF FILLET with a crunchy spring onion, pak choi salad & our secret mayo 14

CHICKEN grilled with cajun spice & served with shredded cabbage salad, teriyaki sauce & fresh coriander 12

Ham Croquetas 12
Smoked ham, sweet mustard aioli & Huguenot cheese

Tuna Tacos 14
Tuna, pineapple rainbow salsa, guacamole, miso emulsion & jalapeños

Pork Belly 14
Palm sugar caramel, pineapple rainbow slaw & toasted sesame seeds

Miso Aubergine (v) 10
Deep fried misoyaki aubergine, miso corn emulsion, tomato, onion & honey cream cheese

Bikini Toastie 10
La Parada grilled cheese, gypsy ham & truffle aioli

Vegan Poke Bowl (ve) 12
Miso rubbed deep fried aubergine, black rice, pickled ginger, carrots, cucumber, avo, nori, sesame seeds, soy & ginger dressing

Tuna Poke Bowl 16
Fresh Yellowfin tuna, black rice, pickled ginger, carrots, cucumber, avocado, nori, sesame seeds, soy & ginger dressing

Beef Short Rib 18
Paprika & orange glazed ribs with orange segments

Chicken Tacos 10
With salsa roja, smashed avo & sour cream

Beef Tacos 15
With salsa roja, smashed avo & sour cream

Steakroot Skewers 12
Char-grilled steak & beet skewers, served with creamy garlic yogurt

Pork Belly Lollipops 18
Pork belly skewers glazed with Siracha honey, accompanied by roasted garlic aioli

Parmesan Churros 8
Savoury Parmesan churros, served with roasted garlic aioli

PLATTERS

Plato de Carne Pequeño 80
*Half 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 160
*Whole Spatchcock Chicken char-grilled & marinated in your choice of Peri-Peri or Umami Lemon Butter, grilled Boerewors, Sticky BBQ Pork Ribs (600g), Herb Crusted Lamb Cutlets (500g) grilled to your liking, Chicken Wings (600g) choice of Peri-Peri or BBQ**

Tapas Platter 60
*A delightful mix of chicken wings, tossed in a soya glaze, with sesame seeds, pork belly & chicken fluffy bao buns, chorizo, jalapeño & cheese amazeballs & fried calamari**

** Served with a side table salad & patatas bravas*

BUILD YOUR OWN PLATTER

Sticky BBQ Pork Ribs 600g 34

Herb Crusted Lamb Cutlets 500g 36
Grilled to your liking

Chicken Wings 300g 13
Choice of Peri-Peri or BBQ

Whole Spatchcock Chicken 28
Char-grilled & marinated in your choice of Umami Lemon Butter or Peri-Peri

Half Spatchcock Chicken 18
Char-grilled & marinated in your choice of Umami Lemon Butter or Peri-Peri

Grilled Boerewors 500g 16

SUSHI

Deep Fried Rolls *(8pc)*
On Fire Sushi – Teriyaki sauce, infused with vodka, lit & poured over sushi at the table
Prawn 14
Salmon 15
Tuna 14

California Roll *(8pc)*
Prawn 12
Salmon 13
Tuna 12
Veg 8

Nigiri *(2pc)*
Tuna 6
Salmon 7
Prawn 6

Sashimi *(4pc)*
Tuna 11
Salmon 13

Prawn Bombs *(8pc)* 14
California rolls, filled with Tempura prawns, avocado & cream cheese, topped with avocado, Tempura sauce, spring onion & roasted sesame seeds

Tuna Crunch *(8pc)* 15
Seaweed rice filled with a freshly fried tuna mix & cream cheese on the inside. Deep-fried till golden brown with batter & Panko crumbs. Topped with our house-made tempura sauce, spring onion & roasted sesame seeds

Calamari Sushi *(8pc)* 16
Grilled calamari tubes wrapped inside a seaweed rice roll with cream cheese. Topped with avocado, Tempura sauce, calamari heads & a sprinkle of spring onions

Ultimate Rainbow *(8pc)* 18
Rainbow roll filled with salmon & avocado, topped with salmon & tuna, Japanese mayo, caviar, sesame seeds, spring onion & house made Teriyaki sauce
On Fire Sushi – Teriyaki sauce, infused with vodka, lit & poured over sushi at the table

Cajun Supreme *(8pc)* 12
Rainbow roll, filled with grilled cajun chicken, cream cheese, topped with avocado, Sweet chilli sauce, Japanese mayo, spring onion & roasted sesame seeds

Salmon Bombs *(4pc)* 22
Salmon roses topped with our chopped salmon blend, Japanese mayo, sesame seeds, Teriyaki soy sesame, spring onion & Tempura bites

Tempura Top Roses *(4pc)* 16
Salmon roses topped with Tempura prawns, Japanese mayo, sesame seeds, Teriyaki sauce, spring onion & Tempura bites

Rockpool Platter *(8pc)* 22
4 Ultimate Rainbow rolls, 4 prawn California rolls topped with spring onion & Tempura prawns dipped in our special Tempura sauce

Salmon Roses 17
A ball of rice wrapped in a slice of salmon, topped with Japanese mayo, caviar, & a thin slice of avocado

Tuna Roses 15
A ball of rice wrapped in a slice of tuna, topped with Japanese mayo, caviar, & a thin slice of avocado

New Style Sashimi
Thinly sliced tuna or salmon layered on a bed of cucumber. Topped with our salad sauce, chopped pickled ginger, chopped spring onion & roasted sesame seeds
Tuna 22
Salmon 28

Biltong Sushi 21
Grilled beef wrapped inside a seaweed rice roll with cream cheese & avocado. Topped with seared beef, a dash of Japanese mayo on each piece. Fresh biltong shavings, spring onion & roasted sesame seeds as a garnish. Drizzled with our house-made Teriyaki sauce

DESSERTS (V)

Churros 8
Dusted in sugar, cinnamon & a dark chocolate ganache dip

Spiced Malva Pudding 10
Decadent malva pudding, vanilla pod ice-cream, toasted coconut dukkha & crème anglaise

Caramel & Vanilla Baked Cheesecake 12
A creamy salted caramel cheesecake served with a homemade vanilla bean ice-cream

Chocolate Brownie with Caramel Crunch 9
Dark chocolate brownie with caramel honeycomb crunch & Jack Daniels butterscotch sauce, served with ice-cream

10% gratuity will be added on tables of 6 or more

v - vegetarian | ve - vegan *Signature dish*

BAR DE TAPAS
LA PARADA

FOOD MENU