



BREAKFAST MENU

Served Saturday and Sunday until 11am

Honey Yoghurt (v) 10

*Double thick Greek yoghurt, honey,
toasted coconut flakes & homemade
superseed granola crunch*

La Parada Benedict

*English muffin, soft poached eggs,
hollandaise & spinach*

Bacon 12

Salmon 14

Breakfast Fry-up 12

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

Cheese Omelette (v) 10

*Three eggs, mozzarella & toast of choice
Make it egg white (+2)*

Avo on Toast (v) 10

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

*Feta, jalapeño, caramelised red peppers
& toasted sunflower seeds*

Hummus Toastie 12

(served on toasted sourdough)

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

Breakfast Roll 11

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

Banana Loaf French Toast 10

Crispy bacon, honey & seasonal berries

DRINKS MENU

JUICES

Tomato Cocktail 200ml	5
Orange Juice	4
Strawberry Juice	4
Cranberry Juice	4
Pineapple Juice	4
Apple Juice	4

HOT DRINKS

All coffees available as decaf

Espresso Single	4
Espresso Double	4
Macchiato Single	4
Americano	4
Cappuccino	4
Latte Macchiato Single	4
Latte Macchiato Double	4
Ceylon Rooibos Tea	4
Mint Green Tea	4
Earl Grey Tea	4
Chai Latte	5
Rooibos Cappuccino	4
English Breakfast Tea	4

SOFT DRINKS

Coke Coke No Sugar	3
Schweppes Mixers	3
Stoney Ginger Beer	3
Ice Tea Lemon Peach	4
Appletiser Grapetiser	4
Red Bull Energy Drink	4
Original Watermelon Coco Berry Sugar Free	
Rock Shandy	6

WATERS

Still (500ml)	2
Sparkling (1l)	4

SHAKES

Chocolate	6
Strawberry	6
Vanilla	6
Coffee	7