



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* R132
Salmon R152
- 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	R34
Ice Tea Lemon Peach	R40
Appletiser Grapetiser	R51
Red Bull Energy Drink	R50
Original Watermelon Coco Berry Sugar Free	
Rock Shandy	R41

WATERS

250ml 750ml

Still Sparkling	R26	R49
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SHAKES

Chocolate	R43
Strawberry	R43
Vanilla	R43
Coffee	R55