

BAR DE TAPAS  
**LA PARADA**



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GF – gluten free | CC – carb conscious | V – vegetarian

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**BREAKFAST GRAINS**

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- Honey yoghurt (V)** R68  
*Double thick Greek yoghurt, pure raw natural honeycomb, toasted coconut flakes & homemade superseed granola crunch*
- Pitaya smoothie bowl (V)** R78  
*Dragon fruit and strawberry smoothie bowl topped with fresh berries, nut butter granola & honey*

**ALL KINDS OF EGGS**

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- Bacon Benedict** R88  
*English muffin, soft poached eggs, hollandaise & spinach*
- Salmon Benedict** R105  
*Smoked salmon trout, English muffin, soft poached eggs, wilted baby spinach & hollandaise*
- Salmon trout with cauliflower purée (CC/GF)** R92  
*Soft poached eggs, dill butter peas, sautéed spinach & cauliflower purée*
- Breakfast fry up** R105  
*Two eggs, bacon, mushroom, confit cherry tomatoes, chorizo & toast of choice*
- Egg white omelette (V/GF)** R88  
*Filled with sautéed red peppers, crispy sweet potatoes, red onions & baby spinach*

**BREAKFAST ON BREAD**

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- Avo on toast (V)** R60  
*(served on your choice of either ciabatta or rye bread)*  
*Feta, jalapeño, caramelised red peppers & toasted sunflower seeds*
- Breakfast roll** R88  
*Lightly toasted brioche bun, smashed avo, crispy bacon, soft fried egg & hollandaise sauce*

**INDULGENCE**

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- Banana bread flapjacks (GF/V)** R75  
*White chocolate mousse, caramelised banana pieces & toasted almond flakes*
- Thick cut French toast (V)** R82  
*Thick cut brioche French toast, maple candied bacon, white chocolate soil & berries*
- Croissant (V)**  
*Plain* R28  
*Jam & cheese* R45