

SUSHI

On Fire Tempura (8pcs) <i>Vodka infused tempura California Roll flambéed with house teriyaki sauce</i>	
Prawn	14
Salmon	15
Tuna	14
Veg	12
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) <i>California rolls, filled with tempura prawn, cream cheese, topped with avo, house tempura sauce, spring onion & toasted sesame seeds</i>	14
Tuna Crunch (8pc) <i>Panko crumb, flash fried tuna & cream cheese in seaweed rice, topped with house tempura sauce, spring onion & toasted sesame seeds</i>	15
Calamari Sushi (8pc) <i>Grilled calamari tubes wrapped inside a seaweed rice roll with cream cheese. Topped with avo, house tempura sauce, calamari tentacles & spring onions</i>	16
Ultimate Rainbow (8pc) <i>Salmon & tuna rainbow rolls with avo, topped with caviar, Japanese mayo, spring onion, toasted sesame seeds & house teriyaki sauce</i>	18

Cajun Supreme (8pc) <i>Rainbow roll with grilled Cajun chicken & cream cheese, topped with avo, sweet chilli sauce, Japanese mayo, spring onion & toasted sesame seeds</i>	12
Salmon Bombs (4pc) <i>Salmon roses topped with diced salmon, tempura bites, Japanese mayo, teriyaki, spring onion & toasted sesame seeds</i>	22
Prawn Top Tempura Roses (4pc) <i>Salmon roses topped with tempura prawn bites, Japanese mayo, teriyaki, spring onion & toasted sesame seeds</i>	19
Rockpool Platter (8pc) <i>4 Ultimate Rainbow rolls, 4 prawn California rolls topped with tempura prawns, served with spring onion and house Tempura sauce</i>	22
Salmon Roses <i>A ball of rice wrapped in a slice of salmon, topped with Japanese mayo, caviar, & a thin slice of avocado</i>	17
Tuna Roses <i>A ball of rice wrapped in a slice of tuna, topped with Japanese mayo, caviar, & a thin slice of avocado</i>	15
New Style Sashimi <i>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</i>	
Tuna	22
Salmon	28

PIZZAS

Feta, Avo & Bacon <i>Feta, avo & streaky bacon</i>	17
Crispy Chicken <i>Crumbed buttermilk chicken, PEPPADEW® Piquanté Peppers, onion, avo & coriander</i>	17
Margherita (v) <i>Classic basil & tomato pizza</i>	14
Calamari, Chilli & Prawn <i>Grilled calamari & prawns with chilli & basil</i>	20
Chorizo & Jalapeño <i>Chorizo, jalapeño cream cheese, oven dried cherry tomatoes & coriander</i>	18
Zucchini, Avo & Chimichurri (v) <i>Mushrooms, roasted red peppers, cherry tomatoes, zucchini, avo & chimichurri</i>	18
Steak & Caramelised Onion <i>Grilled steak with caramelised onions, PEPPADEW® Piquanté Peppers & feta</i>	20
Hawaiian <i>Gypsy ham & pineapple</i>	17
Meat Lovers <i>Pulled beef, pepperoni, bacon & PEPPADEW® Piquanté Peppers</i>	20
Vegetarian (v) <i>Mushrooms, roasted red peppers, cherry tomatoes, zucchini, avo & chimichurri</i>	16

DESSERTS

Churros <i>Dusted in sugar, cinnamon served with a dark chocolate ganache dip</i>	8
Spiced Malva Pudding <i>Decadent malva pudding, vanilla pod ice cream, toasted coconut dukkha & crème anglaise</i>	10
Ginger & Miso Caramel Cheesecake <i>A creamy salted miso caramel cheesecake with a hint of orange on ginger biscuit crust</i>	12
Classic Lemon Tart <i>Classic lemon tart, fresh lemon curd on a butter shortcrust pastry. Tart but sweet, served with crushed meringue & strawberry</i>	9
Mocha Affogato <i>Vanilla bean ice cream served on chocolate ganache with a double shot of espresso & hazelnut praline</i>	6



BAR SNACKS			Pork Belly			14
			Palm sugar caramel, pineapple rainbow slaw & toasted sesame seeds			
Truffle Potato Skins	4		Miso Aubergine (v)	10		
Seasoned with aromatic truffle zest			Deep fried misoyaki aubergine, miso corn emulsion, tomato, onion & honey			
Marinated Olives	5		Vegan Poke Bowl (ve)	12		
Marinated olives with paprika, garlic & parsley			Miso rubbed deep fried aubergine, black rice, pickled ginger, carrots, cucumber, avo, nori, sesame seeds, soy & ginger dressing			
SMALL PLATES			Beef Short Rib 🐮	18		
Grilled Calamari	11		Paprika & orange glazed ribs with orange segments			
Chimichurri, tomato & cucumber with roasted garlic aioli			SIGNATURE SALADS			
Fried Calamari	11		Caesar Salad	13		
With aioli & lemon			Crisp romaine lettuce with creamy Caesar dressing, anchovies, Parmesan cheese, & croutons			
Wagyu Beef Potstickers 🐮	15		Add grilled chicken	+3		
Seared & steamed. Served with kimchi & Indonesian soya dipping sauce			Add bacon	+3		
Chicken Tenders	12		Add prawns	+6		
Crispy fried chicken tenders drizzled with house hot sauce & roasted garlic aioli			Chicken Waldorf	16		
Chicken Wings	12		Grilled chicken breast with pear, gorgonzola, mixed greens, celery, & roasted walnuts, served with mustard vinaigrette			
Soy glazed crispy chicken wings, topped with sesame seeds & coriander			Fillet Tagliata	16		
Spicy Kingklip Bites	12		Medium-rare beef fillet served chilled & sliced with wild rocket, toasted pine nuts, exotic tomatoes, balsamic reduction, Parmesan shavings, sundried tomato pesto & truffle oil			
Crispy kingklip goujons in a classic spicy Cape Malay batter served with a minted coriander yoghurt			Harissa Chicken	13		
Cauliflower Bites (v)	7		Harissa-glazed chicken, dukkah, saffron couscous, feta, tahini yoghurt, cherry tomato & mixed greens			
Crispy fried cauliflower in a classic spicy Cape Malay batter, served with a mildly spicy tomato aioli			Asian Calamari Salad	15		
Prawns	12		Grilled or fried calamari, pickled ginger, tomato, avo, cucumber, greens & spring onion with a soy miso dressing			
Flash fried in chilli, garlic, butter, lemon & parsley			SIGNATURE DRINKS			
Bao Buns			Signature Mojito	12		
2 fluffy bao buns, filled with a choice of:			Signature Margarita	12		
PORK BELLY with crunchy spring onion, pak choi salad & our secret mayo	12		Signature Negroni	12		
BEEF FILLET with a crunchy spring onion, pak choi salad & our secret mayo	14		Signature Old Fashioned	12		
CHICKEN grilled with cajun spice & served with shredded cabbage salad, teriyaki sauce & fresh coriander	12		Signature Espresso Martini	12		



PLATTERS			Served with a side table salad & patatas bravas			
Plato de Carne Pequeño	80		Crispy Chicken Burger	16		
Whole 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			Toasted artisan brioche bun, crunchy chicken breast, butter lettuce, avo, tomato, La Parada burger sauce, served with your choice of side			
Plato de Carne Grande	160		Seared Norwegian Salmon	25		
Whole Spatchcock Chicken char-grilled & marinated in your choice of Peri-Peri or Umami Lemon Butter, Grilled Boerewors, Sticky BBQ Pork Ribs (300g), Herb Crusted Lamb Cutlets (500g) grilled to your liking, Chicken Wings (300g) choice of Peri-Peri or BBQ			Salmon fillet with a medley of baby vegetables & teriyaki sauce			
Tapas Platter	60		Earth & Ocean	34		
Soy glazed crispy chicken wings, topped with sesame seeds & coriander, caramelised pork belly & fluffy chicken bao buns, chorizo, jalapeño & cheese amazeballs & fried calamari			Grilled beef rib eye or sirloin steak & prawns with lemon & herb butter, served with your choice of side			
BUILD YOUR OWN PLATTER			Steak au Poivre 300g	32		
Sticky BBQ Pork Ribs 600g	34		Pan-seared beef fillet crusted with peppercorns, served with creamy peppercorn cognac sauce & fries			
Herb Crusted Lamb Cutlets 500g	36		Karoo Lamb Rump 300g	32		
Grilled to your liking			Local flame grilled lamb, served with crème fraîche, confit garlic tzatziki & minted red wine jus			
Whole Spatchcock Chicken	28		Lamb Shank	36		
Char-grilled & marinated in your choice of Umami Lemon Butter or Peri-Peri			Slow-cooked lamb shank with garlic & parmesan mash, red wine jus, & crispy onions			
Half Spatchcock Chicken	18		PASTA			
Char-grilled & marinated in your choice of Umami Lemon Butter or Peri-Peri			Prawn Pasta	20		
Grilled Boerewors 500g	16		Fresh tagliatelle, with whole fried prawns, Parmesan, parsley, chilli & garlic butter			
			Mushroom Pappardelle (v)	16		
			Flat, thick ribbons of fresh pasta, mushroom, lemon & thyme ragout, crispy sage & 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		
			Fresh tagliatelle with pan-fried kingklip, chilli, garlic & parsley			

FROM THE GRILL			Flame-grilled cuts. Served with your choice of side			
Beef Fillet	300g	30				
	500g	42				
Beef Ribeye	300g	30				
	500g	36				
Sirloin	300g	30				
	500g	34				
T-bone	600g	34				
Beef Wagyu Ribeye	300g	SQ				
SAUCES			Salsa Roja, Mustard Cream, Homemade Hot Sauce	4		
			Green Peppercorn, Mushroom Ragout	5		
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			
			Smashed Cucumber Salad	5		
			Crushed cucumber soaked in spicy Korean dressing with toasted sesame seeds			
			Broccolini	6		
			Confit garlic & tomato & hazelnut dressing			
			House Side Salad	5		
			Fresh greens, feta & balsamic vinaigrette			
			Garlic Potato Mash	6		
			Creamy potato mash infused with roasted garlic			
			Shoestring Fries	5		
			Savoury Rice	5		

LA PARADA



BAR DE TAPAS