



®

Year

EST. 2014

La Cava







FOOD PURVEYORS

JUICE BAR & LOCAL EATERY

# BREAKFAST.

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served all day

- FAMOUS GOURMET NUT GRANOLA**   R120  
**WITH GRILLED PINEAPPLE** / KCAL 356  
Homemade GF Granola made our way | Greek Style Yoghurt |  
Mixed Berries | Grilled Pineapple | Served with Honey
- FRUIT BOWL** / KCAL 321 R85  
Mixed Seasonal Fruit | Greek Style Yoghurt | Oat Crumble |  
Served with Honey
- BISCOFF™ BANANA OATS** / KCAL 634 R82  
Creamy Rolled Oats | Biscoff™ Spread |  
Caramelised Banana | Oat Crumble  
**ALMOND MILK** / KCAL 132 +R12
- MELKKOS** / KCAL 325 R50  
Made the Traditional way with Cinnamon Sugar
- PUMPKIN FLAPJACKS** / KCAL 325    R105  
Pumpkin Batter Flapjacks | Topped with Seasonal Fruit |  
Drizzled with Almond Butter  
**BACON** / KCAL 120 +R37
- BUSINESS DAY WRAP** / KCAL 405 R98  
Scrambled Eggs | Roasted Cherry Tomatoes |  
Baby Spinach | Bacon | Cheddar Cheese | Sriracha Mayo |  
Wheat Wrap
- NEW! FRENCH TOAST**  
Mosbolletjie drenched in a cinnamon vanilla egg mixture
- BERRY BLISS** / KCAL 602 R115  
Mixed Berries | Oat Crumble | Cream Cheese |  
Maple Syrup
- PB STREAK** / KCAL 804  R120  
Peanut Butter | Bacon | Maple Syrup
- NEW! BREAKFAST CROISSANT** / KCAL 518 R140  
Croissant | Scrambled Eggs | Streaky Bacon | Roasted Cherry  
Tomato | Sriracha Mayo
- SIGNATURE SMASHED AVO** / KCAL 392 R92  
Creamy Smashed Avo\* on Rye | Roasted Cherry Tomatoes |  
Fried Capers | Feta Cheese  
**BACON** / KCAL 120 +R37  
**SCRAMBLED EGGS** / KCAL 114 +R37

 CONTAINS NUTS

 GLUTEN FREE

 VEGAN

 SPICY

<b>SIMPLE</b> / KCAL 210		R50
Scrambled Eggs on Choice of Toast		
<b>AVO*</b> / KCAL 58		+R27
<b>150G MINCE</b> / KCAL 292		+R48
<b>BACON</b> / KCAL 120		+R37
<b>ROASTED CHERRY TOMATOES</b> / KCAL 29		+R27
<b>CLASSIC</b> / KCAL 538		R155
Scrambled Eggs   Bacon   Roasted Cherry Tomatoes   Beef Sausage   Mushrooms   Choice of Toast		
<b>AVO*</b> / KCAL 58		+R27
<b>150G MINCE</b> / KCAL 292		+R48
<b>BASIL PESTO EGGS</b> / KCAL 458		R108
Poached Eggs   Basil Pesto   Mushrooms   Roasted Cherry Tomatoes   Served on Ciabatta		
<b>TURKISH EGGS</b> / KCAL 553		R85
Poached Eggs   Lemon Garlic Yoghurt   Sun-Dried Tomato Pesto   Burnt Butter   Chilli Crunch Oil   Dukkah   Ciabatta		
<b>CHORIZO</b> / KCAL 130		+R32
<b>150g MINCE</b> / KCAL 292		+R48
<b>EGGS BENNIE</b>		
<b>PORK BELLY RASHER</b> / KCAL 875		R105
English Muffin   Pork Belly Rasher   Asian BBQ Sauce   Poached Eggs   Hollandaise Sauce   7- Spice		
<b>BACON</b> / KCAL 720		R105
English Muffin   Bacon   Poached Eggs   Hollandaise Sauce   Sun-Dried Tomato Pesto		
<b>SPINACH &amp; AVO</b> / KCAL 750		R110
Roasted Sweet Potato   Smashed Avo*   Baby Spinach   Poached Eggs   Sun-Dried Tomato Pesto   Hollandaise Sauce		
<b>OMELETTES</b>		R120
3 egg omelette with any three fillings & toast of choice		
Bacon    Mince   Chicken Breast   Roasted Cherry Tomatoes   Mushroom   Baby Spinach   Feta Cheese   Cheddar Cheese   Parmesan   Mozzarella   Sun-Dried Tomato Pesto    Basil Pesto		
* ONLY ONE MEAT OPTION		
<b>MEXICAN BREAKFAST BOWL</b> / KCAL 748		R135
Scrambled Eggs   Charred Corn Salsa   Smashed Avo*   Tortilla Chips   Mince   Chorizo		
<b>ADD INTO A WRAP</b>		+R19



**BREAD OPTIONS:** RYE | CIABATTA | SOURDOUGH |  GLUTEN-FREE (+R35)

# SANDWICHES + WRAPS.

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Choose between rye, ciabatta, sourdough, wheat wrap,

 GF bread +R35,  GF vegetable wrap +R40

<b>PORK BAO BUNS</b> / KCAL 505		R110
Steamed Fluffy Buns   Pork Belly Rashers   Pickled Vegetables   Asian BBQ Sauce   Kewpie Mayo   Toasted Sesame Seeds		
* Substitute with Mushrooms / KCAL 489		
<b>SIGNATURE RAW RICE WRAP</b> / KCAL 141	 	R77
Red Cabbage   Carrot   Cucumber   Peppers   Avo*   Lettuce   Mint   Basil   7-Spice		
Served with Asian Dressing / KCAL 54 OR Peanut Miso Sauce / KCAL 90		
CHICKEN / KCAL 142		+R46
<b>NEW! HARVEST WRAP</b> / KCAL 364		R95
Roasted Butternut   Baby Spinach   Beetroot   Brinjal   Roasted Cherry Tomatoes   Hummus   Green Tangy Vinaigrette		
<b>CHICKEN CLUB</b> / KCAL 658		R121
Chicken Breast   Bacon   Avo*   Tomato   Lettuce   Basil Pesto Mayo   Sun-Dried Tomato Pesto		
<b>PEANUT MISO CHICKPEA MAYO</b> / KCAL 335	 	R79
Chickpea Mayo   Peanut Miso Dressing   Red Onion   Tomato   Cos Lettuce   Sriracha		
<b>STEAK SANDWICH</b> / KCAL 685		R132
150g Rump   Onion Marmalade   Rocket   Roasted Cherry Tomatoes   Mustard Mayo		

# TOASTED SANDWICHES.

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Choose between rye, ciabatta, sourdough,

 GF bread +R35,  GF vegetable wrap +R40

ADD SIDE SALAD

+R42

Mixed Lettuce, Tomato, Carrot, Peppers, Red Cabbage & Feta

**PLAIN CHEESE** / KCAL 300

R44

**CHEDDAR CHEESE & TOMATO** / KCAL 310

R46

**CHICKEN MAYO** / KCAL 332

R69

**BACON, EGG & CHEDDAR CHEESE** / KCAL 424

R75

**GYPSY HAM, CHEDDAR CHEESE & TOMATO** / KCAL 354

R67

**MINCE & CHEESE** / KCAL 448

R75

# LUNCH BOWLS.

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served from 11:30

## FAJITA BOWL

Sautéed Vegetables | Jalapenos | Charred Corn Salsa | Wheat Wrap |

Smashed Avo\* | Brown Rice | Green Tangy Vinaigrette | Cos Lettuce | Feta Cheese

**MINCE** / KCAL 704



R130

**CHICKEN** / KCAL 668

R128

**BLACK BEAN CHILLI** / KCAL 564



R130

**150G RUMP** / KCAL 928

R167

**BUNLESS BURGER** / KCAL 403



R116

Kalahari Free-Range Beef Patty | Mozzarella | Onion Marmalade |

Smashed Avo\* | Lettuce | Tomato | Green Tangy Vinaigrette

**STICKY PORK POKE BOWL** / KCAL 670

R105

Pork Belly | Sticky Rice | Slaw | Pickled Beetroot | Radish | Cucumber |

Asian BBQ Sauce | Black Sesame Seeds | 7-Spice

**BANGKOK COCONUT CURRY** / KCAL 303



R89


Butternut | Broccoli | Baby Marrow | Carrot | Peppers |

Corn | Red Curry | Shredded Red Cabbage | Coconut Milk |

Black Sesame Seeds | Sticky Rice

**CHICKEN** / KCAL 142

+R46

**BREAD OPTIONS:** RYE | CIABATTA | SOURDOUGH |  GLUTEN-FREE (+R35)

# SALADS.

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served from 11:30

## QUINOA SUPERFOOD / KCAL 602



R130

Quinoa | Barley | Baby Spinach | Avo\* | Butternut | Roasted Beetroot |  
Dried Cranberries | Broccoli | Cucumber | Green Tangy Vinaigrette |  
Ultimate Seed Mix | Pumpkin Seeds | Sesame Seeds | Hummus

CHICKEN / KCAL 142

+R46

HALLOUMI / KCAL 195

+R38

## CHICKEN CAESAR SALAD / KCAL 576

R130

Grilled Chicken Breast | Bacon Bits | Poached Egg | Croutons | Cos Lettuce |  
Parmesan | Caesar Dressing

## PINEAPPLE CHICKEN / KCAL 495



R135

Grilled Chicken Breast | Pineapple | Peppadew | Feta Cheese |  
Peppers | Cucumber | Avo\* | Sun-Dried Tomato Pesto | Lettuce |  
Honey Coated Nuts | Honey Mustard Vinaigrette | Black Sesame Seeds

## NEW! MEDITERRANEAN SALAD / KCAL 556



R135

Roasted Beetroot | Butternut | Brinjal | Halloumi | Rocket |  
Roasted Cherry Tomatoes | Sun-Dried Tomato Pesto | Pumpkin Seeds |  
Hummus | Green Tangy Vinaigrette

# CAKES + DESSERTS.

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OUR FAMOUS CARROT CAKE		R84
BAKED BERRY CHEESE CAKE		R80
BAKED BISCOFF™ CHEESE CAKE		R84
INCREDIBLE COCONUT CAKE	 	R88
EVERYBODY'S FAVOURITE CHOCOLATE WHOLENUT CAKE		R55
DECADENT CHOCOLATE BROWNIE		R55
VEGAN BROWNIE	  	R55
CREAMY PEPPERMINT CRISP TART		R68
RICE KRISPIE TREAT		R35



# COLD + HOT DRINKS.

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Substitute with Nut Milk +R12

## COOL DRINKS

**VIETNAMESE ICED COFFEE** / KCAL 284 R55

Espresso Powder | Condensed Milk | Milk | Blended with Ice

**METALAB• PROTEIN ICED COFFEE** / KCAL 180 R75

Espresso Powder | Metalab Vanilla Protein | Milk | Blended with Ice

**ICED COFFEE** / KCAL 109 R49

Espresso Powder | Milk | Blended with Ice

ALMOND MILK / KCAL 86 +R12

**ICED LATTE** / KCAL 232 R42

Espresso | Milk | Ice

**HOMEMADE ICED TEA** / KCAL 44 R39

Citrus | Herbs | Rooibos

## FRESHLY SQUEEZED

\*Cold Press 300ml | Seasonal\*

**FRESHLY SQUEEZED ORANGE JUICE** R40

**SUPER C** R48

Pineapple | Grapefruit | Orange | Mint

**CRUSH** R59

Carrot | Apple | Cayenne Pepper | Ginger

**CRISP** R60

Pineapple | Carrot | Apple | Mint | Cucumber | Lemon

**SUPER** R68

Kale | Spinach | Cos Lettuce | Celery | Cucumber |

Apple | Lemon | Ginger

**SIMPLE** R68

Kale | Spinach | Romaine | Cucumber | Lemon | Apple

**KICKSTART** R60


Beetroot | Carrot | Kale | Spinach | Cucumber | Celery



## SMOOTHIES

300ML | 500ML +R10

ADD A SCOOP OF **METALAB** WHEY PROTEIN  +R42  
Vanilla Whey Protein KCAL 71 PER 20G SERVING

**CRUNCH TIME** / KCAL 360  R65  
Whey Protein | Peanut Butter | Raw Cacao | Banana |  
Plain Yoghurt | Milk | Raw Honey

**ROCK SOLID** / KCAL 485   R61  
Almond Butter | Dates | Banana | Almond Milk | Hempseed Protein |  
Kalahari Salt

**VITAL SIGNS** / KCAL 254 R59  
Mixed Berries | Chia Seeds | Banana | Raw Honey | Plain Yoghurt

**TROPICAL** / KCAL 381  R60  
Mango | Pineapple | Chia Seeds | Banana | Coconut Milk | Raw Honey | Turmeric

**COFFEE DATE** / KCAL 271  R60  
Espresso | Banana | Dates | Vanilla | Milk

**BERRY MANGO** / KCAL 278 R65  
Mixed Berries | Mango | Chia Seeds | Banana | Plain Yoghurt | Milk |  
Raw Honey | Kalahari Salt

## SHOTS

**HEALTHY HEART** R33  
Apple Cider Vinegar | Raw Honey | Ginger | Cinnamon

**ANTITOXIN**  R34  
Turmeric | Lemon | Ginger

**FLU SHOT**  R34  
Ginger | Lemon | Cayenne Pepper

**DARK DETOX SHOT**  R33  
Activated Charcoal | Lemon | H2O

## SUPERLATTES

Served with Almond Milk

\*Served hot or cold

### MATCHA LATTE

Matcha Green Tea Powder



R65

### BLACK LATTE

Almonds | Dates | Black Sesame Seeds | Activated Charcoal



R57

### YELLOW LATTE

Turmeric | Coconut Oil | Cinnamon | Coconut Blossom Sugar | Cardamom



R58

### BEETROOT LATTE

Ground Beetroot | Cocoa | Ginger | Cinnamon | Coconut Blossom Sugar



R58

## COFFEE

Pouring Cream +R9, Whipped Cream +R18

### ESPRESSO

S T M

R20 R28

### MACCHIATO

R25 R29

### AMERICANO

R26 R34 R38

VIETNAMESE HOT COFFEE Americano with Condensed Milk

R39

### CORTADO

R35

### FLAT WHITE

R38

### CAPPUCCINO

R32 R40 R48

### LATTE

R36 R40

FLAVOURED LATTE (Caramel, Hazelnut, Vanilla)

R55 R59

CAFÉ BOMBON Espresso with condensed milk

R36

## HOT DRINKS

Pouring Cream +R9, Whipped Cream +R18

### MOCHA / WHITE MOCHA

S T M

R41 R46

### WHITE CHOC

R38 R45 R55

### DARK CHOC

R38 R45 R55

### RED CAPPUCCINO / LATTE

R36 R40 R46

### CHAI LATTE

R39 R43

### DIRTY CHAI

R44 R49

### TEA SELECTION\*

R25

HOT WATER, LEMON, COLDPRESSED GINGER & MINT

R28

HOT WATER & LEMON

R10

BABY CHINO

R22

## LOOKING FOR EXCEPTIONAL CATERING?

Our team brings fresh, delicious meals, and whole cakes all baked and prepared in-house tailored to your event, whether it's an intimate gathering or a large celebration. From our custom catering menu to impeccable service, we make every occasion unforgettable with flavours that impress and service that delights. Let us cater to your every need!

Ask any of our waiters for more information!

**LA COCO C FOOD PURVEYOR'S IS WHERE WE EAT, SHARE & ENJOY FOOD.**

**OUR NUMBER ONE FOCUS IS SOURCING THE BEST & FRESHEST INGREDIENTS LOCALLY.**

**FREE OF ADDITIVES, COLOURANTS, HORMONES, GMO AND MSG WHERE POSSIBLE. WE TRY BUYING STRAIGHT FROM THE FARMERS, SO ALL OF OUR PRODUCTS ARE SEASONAL.**

**WE'RE FOR FREE RANGE & SUSTAINABLE FARMING PRACTICES. WE TAKE PRIDE IN OUR SEASONALLY CHANGING MENU.**

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DISCLAIMER: All shoots are styled in house and may differ from one location to another, the resulting images are used across social media, marketing platforms and printed menus/merchandise and are property of La Coco C. Images from styled shoots may differ slightly to the actual presentation of the food and beverages received from each store.

All calories are an estimated value calculated on the My Fitness Pal app based on the recipes used in house. They are not dietician or scientifically approved but are rather an estimated guideline.

