



®

Year

EST. 2014







La Cava

FOOD PURVEYORS

JUICE BAR & LOCAL EATERY

BREAKFAST.

served all day

- FAMOUS GOURMET NUT GRANOLA** / KCAL 356   R120
WITH GRILLED PINEAPPLE / KCAL 356
Homemade GF Granola made our way | Greek 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
- BREAKFAST BLUES BURGER** / KCAL 583 R118
Toasted Burger Bun | 2 Fried Eggs | Kalahari Free-Range
Beef Patty | Onion Marmalade | Cheddar Cheese

 CONTAINS NUTS

 GLUTEN FREE

 VEGAN

 SPICY










SIMPLE / KCAL 210		R50
Scrambled Eggs on Choice of Toast		
AVO* / KCAL 58		+R27
150G MINCE / KCAL 292		+R48
BACON / KCAL 120		+R37
ROASTED CHERRY TOMATOES / KCAL 29		+R27
 CLASSIC / KCAL 538		R155
Scrambled Eggs Bacon Roasted Cherry Tomatoes Beef Sausage Mushrooms Choice of Toast		
AVO* / KCAL 58		+R27
150G MINCE / KCAL 292		+R48
 BASIL PESTO EGGS / KCAL 458		R108
Poached Eggs Basil Pesto Mushrooms Roasted Cherry Tomatoes Served on Ciabatta		
 TURKISH EGGS / KCAL 553		R85
Poached Eggs Lemon Garlic Yoghurt Sun-Dried Tomato Pesto Burnt Butter Chilli Crunch Oil Dukkah Ciabatta		
CHORIZO / KCAL 130		+R32
150g MINCE / KCAL 292		+R48
 EGGS BENNIE		
PORK BELLY RASHER / KCAL 875		R105
English Muffin Pork Belly Rasher Asian BBQ Sauce Poached Eggs Hollandaise Sauce 7- Spice		
BACON / KCAL 720		R105
English Muffin Bacon Poached Eggs Hollandaise Sauce Sun-Dried Tomato Pesto		
SPINACH & AVO / KCAL 750		R110
Roasted Sweet Potato Smashed Avo* Baby Spinach Poached Eggs Sun-Dried Tomato Pesto Hollandaise Sauce		
 OMELETTES		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		
 HEALTH OMELETTE / KCAL 120		R90
Omelette with (3) Egg Whites Whole Egg Baby Spinach Peppers Mozzarella		
CHICKEN / KCAL 142		+R46
BACON / KCAL 120		+R37
MUSHROOM / KCAL 48		+R30
 MEXICAN BREAKFAST BOWL / KCAL 748		R135
Scrambled Eggs Charred Corn Salsa Smashed Avo* Tortilla Chips Mince Chorizo		
ADD INTO A WRAP		+R19

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

SANDWICHES + WRAPS.

Choose between rye, ciabatta, sourdough, wheat wrap,

 GF bread +R35,  GF vegetable wrap +R40

PORK BAO BUNS / KCAL 505		R110
Steamed Fluffy Buns Pork Belly Rashers Pickled Vegetables Asian BBQ Sauce Kewpie Mayo Toasted Sesame Seeds		
* Substitute with Mushrooms / KCAL 489		
SIGNATURE RAW RICE WRAP / 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
NEW! HARVEST WRAP / KCAL 364		R95
Roasted Butternut Baby Spinach Beetroot Brinjal Roasted Cherry Tomatoes Hummus Green Tangy Vinaigrette		
CHICKEN CLUB / KCAL 658		R121
Chicken Breast Bacon Avo* Tomato Lettuce Basil Pesto Mayo Sun-Dried Tomato Pesto		
PEANUT MISO CHICKPEA MAYO / KCAL 335	 	R79
Chickpea Mayo Peanut Miso Dressing Red Onion Tomato Cos Lettuce Sriracha		
STEAK SANDWICH / KCAL 685		R132
150g Rump Onion Marmalade Rocket Roasted Cherry Tomatoes Mustard Mayo		
BEEF QUESADILLA / KCAL 972		R125
Mince Wheat Wrap Cheddar Cheese Charred Corn Salsa Smashed Avo* Mayo		
LEMON CHICKEN QUESADILLA / KCAL 847		R118
Grilled Chicken Wheat Wrap Lemon Chilli Crunch Cheddar Cheese Sun-dried Tomato Pesto Lemon Garlic Yoghurt Coriander		
NEW! VEGAN QUESADILLA / KCAL 413		R125
Black Bean Chilli Wheat Wrap Charred Corn Salsa Smashed Avo Coriander Vegan Mayo		

TOASTED SANDWICHES.

Choose between rye, ciabatta, sourdough,

 GF bread +R35,  GF vegetable wrap +R40

ADD SIDE SALAD +R42

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.

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

SWEET POTATO & CHICKPEA CURRY / KCAL 335   R98

Sweet Potato | Spinach | Cauliflower | Chickpeas | Tomato |
Coconut Milk | Black Sesame Seeds | Brown Rice

CHICKEN / KCAL 142 +R46

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


SALADS.

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

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

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

CREATE YOUR OWN PLATE.

Assemble your own plate from the selection below:

MEAT	KCAL		BASE	KCAL	
Chicken Breast 150g	142	R46	 GF Bread	280	R35
Beef Sausages	286	R36	Rye	19	R10
Bacon	120	R37	Ciabatta	20	R10
Spicy Mince	140	R48	Sourdough	16	R10
Rump 150g	270	R84	 GF Vegetable Wrap	48	R40
Beef Patty 150g	254	R55	Wheat Wrap	35	R19
			Normal Flapjack	59	R18
			Tortilla Chips	30	R30
			Quinoa & Barley	54	R35
			Brown Rice	45	R21
			DRESSING		
			 Basil Pesto	92	R30
			 Peanut Miso Dressing	90	R23
			Mayonnaise	41	R15
			Sun-Dried Tomato Pesto	69	R32
			Asian Dressing	89	R24
			Curry Vinaigrette	89	R22
			NEW! Chilli Garlic Crunch	64	R13
			MISC		
			 Peanut Butter	87	R20
			 Almond Butter	89	R27
			Whipped Cream	74	R18
			Jam & Cheese	117	R35

COLD + HOT DRINKS.

Substitute with Nut Milk +R12

COOL DRINKS

VIETNAMESE ICED COFFEE / KCAL284 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

ICED HONEY & NUT LATTE / KCAL 169 R45

Espresso Powder | Hazelnut Syrup | Honey | Milk | Blended with Ice

ICED CHAI LATTE / KCAL 196 R45

Spiced Chai | Vanilla Bean Powder | Milk | Blended with 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

BLUE OCTANE / KCAL 193  R62
Acai Berry Powder | Mixed Berries | Banana | Coconut Water | Vanilla

SKINNY MINT / KCAL 271 R57
Pineapple | Banana | Plain Yoghurt | Mint | Milk | Raw Honey

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

Apple Cider Vinegar | Raw Honey | Ginger | Cinnamon

R33

ANTITOXIN

Turmeric | Lemon | Ginger



R34

FLU SHOT

Ginger | Lemon | Cayenne Pepper



R34

DARK DETOX SHOT

Activated Charcoal | Lemon | H2O



R33

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

	S	T	M
ESPRESSO	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

	S	T	M
MOCHA / WHITE MOCHA	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!

CAKES + DESSERTS.

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
VEGAN PROTEIN BALL	  	R20
CREAMY PEPPERMINT CRISP TART		R68
RICE KRISPIE TREAT		R35

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.

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.

