

®

9 Years

EST. 2014

La Cava

FOOD PURVEYORS

JUICE BAR & LOCAL EATERY

# BREAKFAST.

served all day

## FAMOUS GOURMET NUT GRANOLA

**WITH GRILLED PINEAPPLE** / KCAL 356



R120

Homemade GF Granola made our way | Greek Style Yoghurt |  
Mixed Berries | Grilled Pineapple | Served with Honey

**BISCOFF™ BANANA OATS** / KCAL 634

R84

Creamy Rolled Oats | Biscoff™ Spread |  
Caramelised Banana | Oat Crumble

ALMOND MILK / KCAL 132

+R12

**MELKKOS** / KCAL 323

R50

Made the Traditional way with Cinnamon Sugar

**PUMPKIN FLAPJACKS** / KCAL 325



R101

Pumpkin Batter Flapjacks | Topped with Seasonal Fruit |  
Drizzled with Almond Butter

BACON / KCAL 120

+R37

**BUSINESS DAY WRAP** / KCAL 405

R115

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

**SWEETCORN FRITTERS** / KCAL 385



R98

Pumpkin Sweetcorn Fritters | Charred Corn Salsa | Avo\* | Sriracha

POACHED EGG / KCAL 64

+R13

BACON / KCAL 120

+R37

**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

**SIMPLE** / KCAL 210

R48

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

CONTAINS NUTS

GLUTEN FREE

VEGAN

SPICY

<b>CLASSIC / KCAL 538</b>		<b>R145</b>
Scrambled Eggs   Bacon   Roasted Cherry Tomatoes   Beef Sausage   Mushrooms   Choice of Toast		
<b>AVO*</b> / KCAL 58		<b>+R27</b>
<b>150G MINCE</b> / KCAL 292		<b>+R48</b>
<b>BASIL PESTO EGGS / KCAL 458</b>		<b>R99</b>
Poached Eggs   Basil Pesto   Mushrooms   Roasted Cherry Tomatoes   Served on Ciabatta		
<b>TURKISH EGGS / KCAL 553</b>		<b>R81</b>
Poached Eggs   Lemon Garlic Yoghurt   Sun-Dried Tomato Pesto   Burnt Butter   Chilli Crunch Oil   Dukkah   Ciabatta		
<b>CHORIZO</b> / KCAL 130		<b>R32</b>
<b>150g MINCE</b> / KCAL 292		<b>R48</b>
<b>EGGS BENNIE</b>		
<b>PORK BELLY RASHER / KCAL 875</b>		<b>R125</b>
English Muffin   Pork Belly Rasher   Asian BBQ Sauce   Poached Eggs   Hollandaise Sauce   7- Spice		
<b>BACON / KCAL 720</b>		<b>R110</b>
English Muffin   Bacon   Poached Eggs   Hollandaise Sauce   Sun-Dried Tomato Pesto		
<b>SPINACH &amp; AVO / KCAL 750</b>		<b>R116</b>
Roasted Sweet Potato   Smashed Avo*   Baby Spinach   Poached Eggs   Sun-Dried Tomato Pesto   Hollandaise Sauce		
<b>OMELETTES</b>		<b>R120</b>
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>HEALTH OMELETTE / KCAL 120</b>		<b>R87</b>
Omelette with (3) Egg Whites   Whole Egg   Baby Spinach   Peppers   Mozzarella		
<b>CHICKEN / KCAL 176</b>		<b>+R46</b>
<b>BACON / KCAL 120</b>		<b>+R37</b>
<b>MUSHROOM / KCAL 48</b>		<b>+R30</b>
<b>MEXICAN BREAKFAST BOWL / KCAL748</b>		<b>R135</b>
Scrambled Eggs   Charred Corn Salsa   Smashed Avo*   Tortilla Chips   Mince   Chorizo		
<b>ADD INTO A WRAP</b>		<b>+R19</b>
<b>BREAKFAST BLUES BURGER / KCAL 583</b>		<b>R118</b>
Toasted Burger Bun   2 Fried Eggs   Kalahari Free-Range Beef Patty   Onion Marmalade   Cheddar Cheese		

**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

**PORK BAO BUNS** / KCAL 505 R99

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 176

+R46

**NEW! HARVEST WRAP** / KCAL 364 R88

Butternut | Baby Spinach | Beetroot | Brinjal | Roasted Cherry

Tomatoes | Hummus | Green Tangy Vinaigrette

**CHICKEN CLUB** / KCAL 658 R130 

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 R144 

Black Bean Chilli | Wheat Wrap | Charred Corn Salsa | Smashed Avo |

Coriander | Vegan Mayo

# TOASTED SANDWICHES.

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Choose between rye, ciabatta, white, low GI, sourdough,

 GF bread +R35,  GF vegetable wrap +R40.

ADD SIDE SALAD +R42

<b>PLAIN CHEESE</b> / KCAL 300	R44
<b>CHEDDAR CHEESE &amp; TOMATO</b> / KCAL 310	R46
<b>CHICKEN MAYO</b> / KCAL 332	R75
<b>BACON, EGG &amp; CHEDDAR CHEESE</b> / KCAL 424	R75
<b>GYPSY HAM, CHEDDAR CHEESE &amp; TOMATO</b> / KCAL 354	R67
<b>MINCE &amp; CHEESE</b> / KCAL 448	R75

# LUNCH BOWLS.

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**BUNLESS BURGER** / KCAL 403  R123

Kalahari Free-Range Beef Patty | Mozzarella | Onion Marmalade |  
Smashed Avo\* | Lettuce | Tomato | Green Tangy Vinaigrette

## FAJITA BOWL

Sautéed Vegetables | Jalapenos | Charred Corn Salsa | Wheat Wrap |  
Smashed Avo\* | Brown Rice | Green Tangy Vinaigrette | Cos Lettuce | Feta Cheese

**MINCE** / KCAL 704  R138



**CHICKEN** / KCAL 668 R135

**BLACK BEAN CHILLI** / KCAL 564  R143

**150G RUMP** / KCAL 928 R167

**STICKY PORK POKE BOWL** / KCAL 670 R108

Pork Belly | Sticky Rice | Slaw | Pickled Beetroot | Radish | Cucumber |  
Asian BBQ Sauce | Black Sesame Seeds | 7-Spice

**SWEET POTATO & CHICKPEA CURRY** / KCAL 335   R110

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

**CHICKEN** / KCAL 176 +R46

**BANGKOK COCONUT CURRY** / KCAL 303    R92

Butternut | Broccoli | Baby Marrow | Carrot | Peppers |  
Corn | Red Curry | Shredded Red Cabbage | Coconut Milk |  
Black Sesame Seeds | Sticky Rice

**CHICKEN** / KCAL 176 +R46

# SALADS.


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**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 176 +R46

**HALLOUMI** / KCAL 195 +R38

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

**CHICKEN CAESAR** / KCAL 495 R130

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

**PINEAPPLE CHICKEN** / KCAL 495 R138

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! MEDITERANEAN** / 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 200g	176	R46	 GF Bread	280	R35
Beef Sausages (2)	286	R36	Rye	19	R9
Bacon	120	R37	Ciabatta	20	R12
Spicy Mince	140	R48	Sourdough	16	-
Rump 150g	270	R84	 GF Vegetable Wrap	48	R40
Beef Patty 200g	368	R55	Wheat Wrap	35	R19
			Normal Flapjack	59	R18
			Tortilla Chips	30	R30
			Quinoa & Barley	54	R37
			Brown Rice	45	R21
<b>VEG</b>			<b>DRESSING</b>		
Mixed Seasonal Veggies	62	R38	 Basil Pesto	92	R30
Mushrooms	21	R30	 Peanut Miso Dressing	90	R23
Roasted Cherry Tomatoes	29	R27	Mayonnaise	41	R15
Sliced Avocado*	58	R27	Sun-Dried Tomato Pesto	69	R32
Chopped Chilli	10	R10	Asian Dressing	89	R24
Side Salad	160	R42	Curry Vinaigrette	89	R22
Mixed Lettuce, Tomato, Carrot, Red Pepper, Red Cabbage & Feta			<b>NEW!</b> Chilli Garlic Crunch	64	R13
<b>CHEESE</b>			<b>MISC</b>		
Mozzarella Cheese	69	R22	 Peanut Butter	87	R20
Feta Cheese	36	R21	 Almond Butter	89	R27
Cheddar Cheese	74	R24	Whipped Cream	74	R18
Cream Cheese	50	R32	Jam & Cheese	117	R35
Halloumi	58	R38			
<b>EGGS</b>					
Scrambled Eggs	114	R37			
Egg Whites (4)	68	R42			
Poached Egg	64	R13			

# COLD + HOT DRINKS.

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Substitute with Nut Milk +R12, Macadamia Milk +R12

## COOL DRINKS

**VIETNAMESE ICED COFFEE** / KCAL284 R55

Espresso Powder | Condensed Milk | Milk | Blended with Ice

**METALAB• PROTEIN ICED COFFEE** / KCAL 180 R73

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

**ICED COFFEE** / KCAL 109 R50

Espresso Powder | Milk | Blended with Ice

**ICED LATTE** / KCAL 232 R42

Espresso | Milk | Ice

**ICED HONEY & NUT LATTE** / KCAL 169 R55

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

**ICED CHAI LATTE** / KCAL 196 R55

Spiced Chai | Vanilla Bean Powder | Milk | Blended with Ice

**HOMEMADE ICED TEAS** / KCAL 44 R39

Citrus | Herbs | Rooibos

Berry Sensational | Rosemary | Rooibos

**HAPPY CULTURE** R48

Kombucha / KCAL 20.55

Water Kefir / KCAL 7.89

## FRESHLY SQUEEZED

\*Cold Press 300ml | Seasonal\*

**FRESHLY SQUEEZED ORANGE JUICE** R40

**SUPER C JUICE** R48

Pineapple | Grapefruit | Orange | Mint

## BLACK JUICES

**BLACK 01: MAGIC** R64

Activated Charcoal | Spinach | Kale | Apple | Cucumber | Lemon

## GOLD JUICES

**GOLD 01: CRUSH** R59

Carrot | Apple | Cayenne Pepper | Ginger

**GOLD 02: CRISP** R60

Pineapple | Carrot | Apple | Mint | Cucumber | Lemon

**GOLD 04: RECHARGE** R62

Orange | Carrot | Lemon | Turmeric

## GREEN JUICES

### GREEN 01: SUPER

Kale | Spinach | Cos Lettuce | Celery | Cucumber |

Apple | Lemon | Ginger

### GREEN 02: SPIKE

Spinach | Wheatgrass\* | Cucumber | Pineapple |

Lemon | Ginger

### GREEN 03: SIMPLE

Kale | Spinach | Romaine | Cucumber | Lemon | Apple

### GREEN 04 : SWEET

Kale | Cucumber | Apple | Fennel | Pineapple | Thyme

R68

R62

R68

R59

## RED JUICES

### RED 01: KICKSTART

Beetroot | Carrot | Kale | Spinach | Cucumber | Celery

### RED 02: ROUND UP

Beetroot | Apple | Lemon | Ginger

### RED 03: PUNCHLINE

Beetroot | Pear\* | Carrot | Ginger

R60

R54

R57

## SMOOTHIES

300ML | 500ML +R10

ADD A SCOOP OF **METALAB** WHEY PROTEIN

Vanilla Whey Protein KCAL 71 PER 20G SERVING



+R42

**CRUNCH TIME** / KCAL 360

Whey Protein | Peanut Butter | Raw Cacao | Banana |

Plain Yoghurt | Milk | Raw Honey



R65

**ROCK SOLID** / KCAL 485

Almond Butter | Dates | Banana | Almond Milk | Hempseed Protein |

Kalahari Salt



R61

**VITAL SIGNS** / KCAL 254

Mixed Berries | Chia Seeds | Banana | Raw Honey | Plain Yoghurt

R59

**TROPICAL** / KCAL 381

Mango | Pineapple | Chia Seeds | Banana | Coconut Milk | Raw Honey | Turmeric



R60

**BLUE OCTANE** / KCAL 193

Acai Berry Powder | Mixed Berries | Banana | Coconut Water | Vanilla



R62

**SKINNY MINT** / KCAL 271

Pineapple | Banana | Plain Yoghurt | Mint | Milk | Raw Honey

R57

**COFFEE DATE** / KCAL 271

Espresso | Banana | Dates | Vanilla | Milk

R60

**SPRING CLEAN** / KCAL 297

Spinach | Avo\* | Apple | Lemon | Pineapple | Ginger | Baobab Powder | Spirulina



R56



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

**BRASS MONKEY** / KCAL 231 R56  
Peanut Butter | Banana | Cacao Nibs | Oats | Oat Milk

## 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** R65   
Matcha Green Tea Powder

**BLACK LATTE** R57    
Almonds | Dates | Black Sesame Seeds | Activated Charcoal

**YELLOW LATTE** R58   
Turmeric | Coconut Oil | Cinnamon | Coconut Blossom Sugar | Cardamom

**BEETROOT LATTE** R58   
Ground Beetroot | Cocoa | Ginger | Cinnamon | Coconut Blossom Sugar

## COFFEE

Pouring Cream +R9, Whipped Cream +R18

	S	T	M
<b>ESPRESSO</b>	R20	R32	
<b>MACCHIATO</b>		R35	
<b>AMERICANO</b>	R26	R34	R38
<b>VIETNAMESE HOT COFFEE</b> Americano with Condensed Milk		R39	
<b>CORTADO</b>		R35	
<b>FLAT WHITE</b>		R38	
<b>CAPPUCCINO</b>	R35	R40	R45
<b>LATTE</b>	R35	R39	
<b>FLAVOURED LATTE</b> (Caramel, Hazelnut, Vanilla)	R55	R59	
<b>CAFÉ BOMBON</b> Espresso with condensed milk		R37	

## HOT DRINKS

Pouring Cream +R9, Whipped Cream +R18

	S	T	M
<b>MOCHA / WHITE MOCHA</b>	R41	R46	
<b>WHITE CHOC</b>	R38	R45	R55
<b>DARK CHOC</b>	R38	R45	R55
<b>RED CAPPUCCINO / LATTE</b>	R36	R40	R46
<b>CHAI LATTE</b>	R39	R43	
<b>DIRTY CHAI</b>	R44	R49	
<b>TEA SELECTION*</b>		R25	
<b>HOT WATER, LEMON, COLDPRESSED GINGER &amp; MINT</b>		R28	
<b>HOT WATER &amp; LEMON</b>		R10	
<b>BABY CHINO</b>	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.

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OUR FAMOUS CARROT CAKE		R80
BAKED BERRY CHEESE CAKE		R76
BISCOFF™ CHEESE CAKE		R79
INCREDIBLE COCONUT CAKE	 	R84
ZESTY SWEET LEMON MERINGUE		R63
EVERYBODY'S FAVOURITE CHOCOLATE WHOLENUT CAKE		R55
DECADENT CHOCOLATE BROWNIE		R55
VEGAN BROWNIE	  	R55
VEGAN CARROT CAKE	  	R72
VEGAN PROTEIN BALL - 2pct	  	R40
CREAMY PEPPERMINT CRISP TART		R65
RICE KRISPIE TREAT		R30

**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.

