



®

Year

EST. 2014

La Cava

FOOD PURVEYORS

JUICE BAR & LOCAL EATERY

BREAKFAST.

served all day

FAMOUS GOURMET NUT GRANOLA WITH GRILLED PINEAPPLE / KCAL 356 Homemade GF Granola made our way Greek Style Yoghurt Mixed Berries Grilled Pineapple Served with Honey	 	R120
FRUIT BOWL / KCAL 321 Mixed Seasonal Fruit Greek Style Yoghurt Oat Crumble Served with Honey		R111
BISCOFF™ BANANA OATS / KCAL 634 Creamy Rolled Oats Biscoff™ Spread Caramelised Banana Oat Crumble		R91
ALMOND MILK / KCAL 132		+R15
MELKKOS / KCAL 524 Made the Traditional way with Cinnamon Sugar		R55
PUMPKIN FLAPJACKS / KCAL 694 Pumpkin Batter Flapjacks Topped with Seasonal Fruit Agave Syrup Drizzled with Almond Butter	  	R120
BACON / KCAL 150		+R37
PROTEIN BISCOFF™ FLAPJACKS / KCAL 621 Protein Flapjacks Biscoff™ Spread Banana		R120
BUSINESS DAY WRAP / KCAL 740 Scrambled Eggs Roasted Cherry Tomatoes Baby Spinach Bacon Cheddar Cheese Sriracha Mayo Wheat Wrap		R125
FRENCH TOAST Ciabatta drenched in a cinnamon vanilla egg mixture		
BERRY BLISS / KCAL 602 Mixed Berries Oat Crumble Cream Cheese Maple Flavoured Syrup		R120
PB STREAK / KCAL 804 Peanut Butter Bacon Maple Flavoured Syrup		R123
SIGNATURE SMASHED AVO / KCAL 392 Creamy Smashed Avo* on Rye Roasted Cherry Tomatoes Fried Capers Feta Cheese		R98
BACON / KCAL 150		+R37
SCRAMBLED EGGS / KCAL 114		+R37
SIMPLE / KCAL 210 Scrambled Eggs on Choice of Toast		R66
AVO* / KCAL 58		+R27
MINCE / KCAL 230		+R48
BACON / KCAL 150		+R37
ROASTED CHERRY TOMATOES / KCAL 29		+R27

CLASSIC / KCAL 538	R159
Scrambled Eggs Bacon Roasted Cherry Tomatoes Beef Sausage Mushrooms Choice of Toast	
AVO* / KCAL 58	+R27
MINCE / KCAL 230	+R48
TURKISH EGGS / KCAL 553	R88
Poached Eggs Lemon Garlic Yoghurt Sun-Dried Tomato Pesto Burnt Butter Chilli Garlic Crunch Ciabatta	
CHORIZO / KCAL 130	+R32
MINCE / KCAL 230	+R48
EGGS BENNIE	
PULLED PORK / KCAL 875	R108
English Muffin Asian BBQ Pulled Pork Poached Eggs Hollandaise Sauce 7- Spice	
BACON / KCAL 720	R110
English Muffin Bacon Poached Eggs Hollandaise Sauce Sun-Dried Tomato Pesto	
SPINACH & AVO / KCAL 750	R116
Roasted Sweet Potato Smashed Avo* Baby Spinach Poached Eggs Sun-Dried Tomato Pesto Hollandaise Sauce	
OMELETTES	R135
3 egg omelette with choice of three fillings & toast	
Bacon Mince Grilled Chicken Breast Chorizo Roasted Cherry Tomatoes Mushroom Baby Spinach Feta Cheese Cheddar Cheese Parmesan Shavings Mozzarella Sun-Dried Tomato Pesto Basil Pesto	
* ONLY ONE MEAT OPTION	
* Substitute with Health Omlette (Omelette with (3) Egg Whites Whole Egg)	+R22
BREAKFAST BLUES BURGER / KCAL 583	R138
Toasted Burger Bun 2 Fried Eggs Kalahari Free-Range Beef Patty Onion Marmalade Cheddar Cheese	

TOASTIES + SOUP.

Choose between rye, ciabatta, sourdough, GF bread +R35	
ADD SIDE SALAD	+R48
Mixed Lettuce Tomato Carrot Peppers Red Cabbage Feta	
PLAIN CHEESE / KCAL 300	R49
CHEDDAR CHEESE & TOMATO / KCAL 310	R51
CHICKEN MAYO / KCAL 332	R78
BACON, EGG & CHEDDAR CHEESE / KCAL 424	R80
HAM, CHEDDAR CHEESE & TOMATO / KCAL 354	R72
MINCE & CHEDDAR CHEESE / KCAL 448	R85
FAMOUS CHICKEN SOUP / KCAL 580	R85
Roasted Chicken Wild Rice Celery Carrots Onion Fresh Cream Mushroom Served with your Choice of Toast	
SPICED SWEET POTATO SOUP / KCAL 385	R85
Sweet Potato Spinach Cauliflower Chickpeas Peppers Tomato Coconut Milk Crispy Chickpeas Served with your Choice of Toast	
BREAD OPTIONS: RYE CIABATTA SOURDOUGH GLUTEN-FREE +R35	

SANDWICHES + WRAPS.

Choose between rye, ciabatta, sourdough, wheat wrap,  GF bread +R35

BAO BUNS

R126

Steamed Fluffy Buns | Pickled Vegetables | Japanese-style Mayo |
Black Sesame Seeds

MUSHROOMS / KCAL 489

PULLED CHICKEN / KCAL 538

PULLED PORK / KCAL 605

SIGNATURE RAW RICE WRAP / KCAL 141

R86

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

HARVEST WRAP / KCAL 364

R125

Roasted Butternut | Roasted Beetroot | Roasted Aubergine |
Roasted Cherry Tomatoes | Seasonal Greens | Sun-Dried Tomato Pesto |
Roasted Carrot Hummus | Spiced Pumpkin Seed Brittle |
Green Tangy Vinaigrette

HALLOUMI / KCAL 192

+R41

CHICKEN CLUB / KCAL 658

R138

Grilled Chicken Breast | Bacon | Avo* | Tomato | Lettuce | Basil Pesto
Mayo | Sun-Dried Tomato Pesto

LEMON CHICKEN QUESADILLA / KCAL 847

R118

Grilled Chicken Breast | Wheat Wrap | Lemon | Chilli Garlic Crunch |
Cheddar Cheese | Sun-Dried Tomato Pesto | Lemon Garlic Yoghurt |
Coriander

STEAK SANDWICH / KCAL 511

R175

150g Rump | Onion Marmalade | Seasonal Greens | Roasted Cherry
Tomatoes | Basil Pesto Mayo

NEW! PEANUT MISO CHICKPEA MAYO / KCAL 335

R83

Chickpea Mayo | Peanut Miso Dressing | Onion | Tomato |
Cos Lettuce | Sriracha

SALADS.

CHICKEN CAESAR / KCAL 495		R155
Grilled Chicken Breast Bacon Bits Poached Egg Croutons Cos Lettuce Parmesan Shavings Caesar Dressing		
PINEAPPLE CHICKEN / KCAL 576	 	R165
Grilled Chicken Breast Pineapple Peppadew Feta Cheese Peppers Cucumber Avo* Sun-Dried Tomato Pesto Lettuce Honey Coated Nuts Honey Mustard Vinaigrette Black Sesame Seeds		
HARVEST SALAD / KCAL 855		R138
Roasted Beetroot Roasted Butternut Roasted Aubergine Halloumi Sun-Dried Tomato Pesto Roasted Carrot Hummus Cherry Tomatoes Seasonal Greens Spiced Pumpkin Seed Brittle Green Tangy Vinaigrette		
CHICKEN / KCAL 176		+R46

LUNCH BOWLS.

BUNLESS BURGER / KCAL 403		R158
2 Kalahari Free-Range Beef Patties Mozzarella Cos Lettuce Tomato Smashed Avo* Caramelised Onion Jalapeno & Gherkin Condiment Pink Sauce		
STICKY CASHEW CRUNCH BOWL / KCAL 733	   	R120
Asian BBQ Pulled Pork Pickled Beetroot Som Tom Salad Sticky Rice Cucumber Cashew Coconut Crunch 7-Spice Japanese-style Mayo		
* Substitute with Pulled Chicken / KCAL 538		R110
BANGKOK COCONUT CURRY / KCAL 346	  	R105
Butternut Broccoli Baby Marrow Carrot Corn Peppers Red Curry Shredded Red Cabbage Coconut Milk Black Sesame Seeds Sticky Rice		
CHICKEN / KCAL 176		+R46
NEW! SWEET POTATO & CHICKPEA CURRY / KCAL 413	  	R140
Sweet Potato Spinach Cauliflower Chickpeas Peppers Tomato Coconut Milk Black Sesame Seeds Brown Rice		
CHICKEN / KCAL 176		+R46
SPANISH CHICKEN BOWL / KCAL 661		R133
Lemon Chicken Thighs Chorizo Seasonal Greens Green Tangy Vinaigrette Sautéed Vegetables Brown Rice Paprika Yoghurt Dressing		
PESTO RUMP BOWL / KCAL 855	 	R173
150g Rump Orzo Seasonal Greens Green Tangy Vinaigrette Roasted Cherry Tomatoes Parmesan Shavings Spiced Pumpkin Seed Brittle Basil Pesto Mayo Chilli Garlic Crunch		

CREATE YOUR OWN PLATE.

Assemble your own plate from the selection below:

MEAT			KCAL		BASE			KCAL	
Grilled Chicken Breast	176	R46		GF Bread	280	R35			
Roasted Chicken Thigh (chopped)	250	R46		Rye	19	R14			
Pulled Chicken	142	R38		Ciabatta	20	R14			
Beef Sausages (2)	286	R36		Sourdough	16	R14			
Beef Patties (2)	204	R58		Wheat Wrap	165	R24			
Chorizo	94	R32		Normal Flapjack	59	R18			
Bacon	150	R37		Brown Rice	45	R21			
 Spicy Mince	230	R48		Sticky Rice	167	R26			
Rump 150g	270	R84		Orzo	210	R21			
Pulled Pork	260	R55							
VEG			DRESSING						
Mixed Seasonal Veggies	62	R38		Basil Pesto	92	R30			
Mushrooms	21	R36		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	R48		Chilli Garlic Crunch	64	R13			
Mixed Lettuce, Tomato, Carrot, Red Pepper, Red Cabbage & Feta				Basil Pesto Mayo	104	R20			
Roasted Sweet Potato	112	R18		Green Tangy Vinaigrette	46	R15			
Roasted Mixed Peppers	73	R22		Honey Mustard Vinaigrette	64	R15			
 Som Tom Salad	54	R25		Paprika Yoghurt Dressing	98	R12			
Pickled Beetroot	37	R20							
Onion Marmalade	24	R15							
Seasonal Greens	40	R18							
Seasonal Fruit	104	R40							
CHEESE			MISC						
Mozzarella Cheese	69	R22		Peanut Butter	87	R20			
Feta Cheese	36	R21		Almond Butter	89	R27			
Cheddar Cheese	74	R24		Jam & Cheese	117	R35			
Cream Cheese	50	R32		Jam	73	R20			
Halloumi	192	R41							
EGGS									
Scrambled Eggs	114	R37							
Egg Whites (4)	68	R42							
Poached Egg	64	R13							

COLD + HOT DRINKS.

Substitute with  Nut Milk +R15 | Oat Milk +R15 | Coconut Milk +R15

COOL DRINKS

	300ML	500ML
TRADITIONAL VIETNAMESE ICED LATTE	R45	R55
Double Espresso Condensed Milk Milk Ice		
ICED LATTE	R32	R42
Espresso Milk Ice		
VANILLA / HAZELNUT / CARAMEL	R45	R55
NEW! BISCOFF™ ICED LATTE	R52	R62
Biscoff ™ Espresso Milk Cream Ice		
NEW! MILKTART ICED LATTE	R48	R58
Spiced Espresso Milk Condensed Milk Cream Vanilla Ice		
STRAWBERRY MATCHA ICED LATTE		R73
Strawberry Puree Almond Milk Matcha Ice		
MANGO MATCHA ICED LATTE		R73
Mango Puree Almond Milk Matcha Ice		
ICED COFFEE FREEZO	R49	R59
Espresso Powder Milk Blended with Ice		
ALMOND MILK	 +R15	
PROTEIN ICED COFFEE FREEZO		R85
Espresso Powder Vanilla Protein Milk Blended with Ice		
ALMOND MILK	 +R15	
ICED CHAI FREEZO	R55	R65
Spiced Chai Vanilla Bean Powder Milk Blended with Ice		
HOMEMADE ICED TEA		R38
Citrus Herbs Rooibos		
SOFT DRINKS	R40	
Coke Coke Zero Sprite Sprite Zero Fanta Orange Creme Soda		
SPARKLING WATER 500ML / 1L	R35	R45
STILL WATER 500ML / 1L	R35	R45

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 Water		

SMOOTHIES

300ML | 500ML +R10

ADD A SCOOP OF WHEY PROTEIN

Vanilla Whey Protein KCAL 71 PER 20G SERVING

 +R49

CRUNCH TIME / KCAL 360

Whey Protein | Peanut Butter | Raw Cacao | Banana | Plain Yoghurt | Milk | Honey

 R75

ROCK SOLID / KCAL 485

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

  R61

VITAL SIGNS / KCAL 254

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

R59

TROPICAL / KCAL 381

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

R60

BLUE OCTANE / KCAL 193

Mixed Berries | Banana | Coconut Water | Vanilla | Avo*

 R62

SKINNY MINT / KCAL 271

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

R57

COFFEE DATE / KCAL 271

Espresso Powder | Banana | Dates | Milk

R60

BERRY MANGO / KCAL 278

Mixed Berries | Mango | Chia Seeds | Banana | Plain Yoghurt | Milk | Honey | Kalahari Salt

R65

SUPERLATTES

Served with Almond Milk

*Served hot or cold

 R60

MATCHA LATTE

Matcha Green Tea Powder

 R78

BLACK LATTE

Almonds | Dates | Black Sesame Seeds | Activated Charcoal

  R57

YELLOW LATTE

Turmeric | Cinnamon | Coconut Blossom Sugar | Cardamom

 R58

BEETROOT LATTE

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

 R58

FRESHLY SQUEEZED

Cold Press 300ml | Seasonal

FRESHLY SQUEEZED ORANGE JUICE R47

SUPER C R60

Pineapple | Grapefruit | Orange | Mint

JP JUICE R65

Pineapple | Ginger

CRUSH R59

Carrot | Apple | Cayenne Pepper | Ginger

CRISP R60

Pineapple | Carrot | Apple | Mint | Cucumber | Lemon

SUPER R70

Kale | Spinach | Cos Lettuce | Celery | Cucumber |
Apple | Lemon | Ginger

SWEET R65

Kale | Cucumber | Apple | Fennel | Pineapple | Thyme

ROUND UP R67

Beetroot | Apple | Lemon | Ginger

COFFEE

Pouring Cream +R10

	S	T	M
ESPRESSO	R23	R27	
CAFÉ BOMBON Espresso with condensed milk		R38	
MACCHIATO		R31	
AMERICANO	R30	R34	R43
CORTADO		R35	
FLAT WHITE		R38	
CAPPUCCINO	R36	R40	R56
LATTE	R36	R40	
FLAVOURED LATTE (Caramel, Hazelnut, Vanilla)	R45	R51	
VIETNAMESE HOT COFFEE Americano with Condensed Milk		R43	

HOT DRINKS

Pouring Cream +R10

	S	T	M
NEW! BISCOFF™ LATTE	R52	R62	
NEW! MILKTART LATTE	R48	R58	
MOCHA / WHITE MOCHA	R45	R55	
WHITE CHOC	R40	R48	R55
DARK CHOC	R40	R48	R55
RED CAPPUCCINO / LATTE	R40	R45	R55
CHAI LATTE	R40	R45	
DIRTY CHAI	R48	R58	
TEA SELECTION*		R27	
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		R88
BAKED BISCOFF™ CHEESE CAKE		R88
INCREDIBLE COCONUT CAKE	 	R92
EVERYBODY'S FAVOURITE CHOCOLATE WHOLENUT CAKE		R73
DECADENT CHOCOLATE BROWNIE		R60
VEGAN BROWNIE	  	R69
ZESTY SWEET LEMON MERINGUE		R63
CREAMY PEPPERMINT CRISP		R73

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.

* A 10% gratuity will automatically be added to the receipt for tables of six or more guests

DISCLAIMER: By dining at or ordering from La Coco C, you acknowledge and agree to the following:Liability: La Coco C is not responsible for any loss, damage, theft, or injury on the premises. Guests dine at their own risk. Food Allergies: Our kitchen handles allergens like nuts, dairy, and gluten. While we take care, we cannot guarantee allergen-free dishes. Guests must inform staff of any dietary restrictions, but we accept no liability for allergic reactions. Orders: Once placed, orders cannot be changed or canceled. Customers are responsible for confirming details before an order is placed and are liable for full payment.Images & Nutrition: Meat portions are referred to uncooked weight. Photos from styled shoots may differ slightly from actual presentation. Calorie counts are estimates from MyFitnessPal and not dietitian-approved. By dining or ordering from La Coco C, you accept these terms. Thank you for choosing us!

