



®

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	 	R128
FRUIT BOWL / KCAL 321 Mixed Seasonal Fruit Greek Style Yoghurt Oat Crumble Served with Honey		R95
BISCOFF™ BANANA OATS / KCAL 634 Creamy Rolled Oats Biscoff™ Spread Caramelised Banana Oat Crumble		R84
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 120		+R37
PROTEIN BISCOFF™ FLAPJACKS / KCAL 621 Protein Flapjacks Biscoff™ Spread Banana		R120
BUSINESS DAY WRAP / KCAL 740 Scrambled Eggs Roasted Cherry Tomatoes Bacon Baby Spinach Cheddar Cheese Sriracha Mayo Wheat Wrap		R125
FRENCH TOAST Mosbolletjies 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		R92
BACON / KCAL 150		+R37
SCRAMBLED EGGS / KCAL 114		+R37
SIMPLE / KCAL 210 Scrambled Eggs on Choice of Toast		R48
AVO* / KCAL 58		+R27
MINCE / KCAL 230		+R51
BACON / KCAL 150		+R37
ROASTED CHERRY TOMATOES / KCAL 29		+R27

CLASSIC / KCAL 538		R150
Scrambled Eggs Bacon Roasted Cherry Tomatoes Beef Sausage Mushrooms Choice of Toast		
AVO* / KCAL 58		+R27
MINCE / KCAL 230		+R51
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		+R51
EGGS BENNIE		
PULLED PORK / KCAL 875		R125
English Muffin Pulled Pork Asian BBQ Sauce 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
MEXICAN BREAKFAST BOWL / KCAL 748		R152
Scrambled Egg Charred Corn Salsa Smashed Avo* Tortilla Chips Spicy Mince Chorizo		

TOASTIES + SOUP.

Choose between rye, ciabatta, sourdough, white, low GI,  GF bread +R43,  GF vegetable wrap +R40		
ADD SIDE SALAD		+R48
Mixed Lettuce Tomato Carrot Peppers Red Cabbage Feta		
PLAIN CHEESE / KCAL 300		R48
CHEDDAR CHEESE & TOMATO / KCAL 310		R51
CHICKEN MAYO / KCAL 332		R75
BACON, EGG & CHEDDAR CHEESE / KCAL 424		R78
HAM, CHEDDAR CHEESE & TOMATO / KCAL 354		R67
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		
BREAD OPTIONS: RYE CIABATTA SOURDOUGH  GLUTEN-FREE +R43		

SPICED SWEET POTATO SOUP / KCAL 385

Sweet Potato | Spinach | Cauliflower | Chickpeas | Peppers | Tomato | Coconut Milk | Crispy Chickpeas | Served with your Choice of Toast



R85

COUNTRY BEEF & VEGETABLE SOUP / KCAL 417

Slow Cooked Beef | Mixed Country Vegetables | Lentils & Barley | Mixed Beans | Served with your Choice of Toast

R90

SANDWICHES + WRAPS.

Choose between rye, ciabatta, sourdough, white, low GI, wheat wrap,
 GF bread +R43,  GF vegetable wrap +R40

BAO BUNS

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

MUSHROOMS / KCAL 489

PULLED CHICKEN / KCAL 538

PULLED PORK / KCAL 605

R99

SIGNATURE RAW RICE WRAP / KCAL 141

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



R79



+R46

HARVEST WRAP / KCAL 364

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

R125

+R38

CHICKEN CLUB / KCAL 658

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



R128

LEMON CHICKEN QUESADILLA / KCAL 847

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



R118

STEAK SANDWICH / KCAL 511

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



R165

PEANUT MISO CHICKPEA MAYO / KCAL 335

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



R83

 NUTS

 GLUTEN FREE

 VEGAN

 SPICY

 SHELLFISH

SALADS.

CHICKEN CAESAR / KCAL 495		R155
Grilled Chicken Breast Bacon Bits Poached Egg Croutons Cos Lettuce Parmesan Shavings Caesar Dressing		
PINEAPPLE CHICKEN / KCAL 741	 	R145
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		R132
Roasted Carrot Hummus Roasted Beetroot Roasted Butternut Roasted Aubergine Halloumi Sun-Dried Tomato Pesto Cherry Tomatoes Seasonal Greens Spiced Pumpkin Seed Brittle Green Tangy Vinaigrette		
CHICKEN / KCAL 176		+R46

LUNCH BOWLS.

BUNLESS BURGER / KCAL 403		R154
2 Kalahari Free Range Beef Patties Mozzarella Cos Lettuce Tomato Green Tangy Vinaigrette Smashed Avo* Caramelised Onion Jalapeno & Gherkin Condiment Pink Sauce		
STICKY CASHEW CRUNCH BOWL / KCAL 733	   	R127
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		R117
BANGKOK COCONUT CURRY / KCAL 346	  	R105
Butternut Broccoli Baby Marrow Carrot Peppers Corn Red Curry Shredded Red Cabbage Coconut Milk Black Sesame Seeds Sticky Rice		
CHICKEN / KCAL 176		+R46
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		R125
Lemon Chicken Thigh Chorizo Seasonal Greens Green Tangy Vinaigrette Sautéed Vegetables Brown Rice Paprika Dressing		
PESTO RUMP BOWL / KCAL 855	 	R167
150g Rump Orzo Seasonal Greens Green Tangy Vinaigrette Basil Pesto Mayo Roasted Cherry Tomatoes Parmesan Shavings Spiced Pumpkin Seed Brittle Chilli Garlic Crunch		

BREAD OPTIONS: RYE | CIABATTA | SOURDOUGH |  GLUTEN-FREE +R43

CREATE YOUR OWN PLATE.

Assemble your own plate from the selection below:

MEAT	KCAL		BASE	KCAL	
Grilled Chicken Breast	176	R46	 GF Bread	280	R43
Roasted Chicken Thigh (chopped)	250	R46	Rye	19	R12
Beef Sausages (2)	286	R36	Ciabatta	20	R12
Beef Patties (2)	204	R58	Sourdough	16	R15
Chorizo	94	R32	 GF Vegetable Wrap	83	R40
Bacon	150	R37	Wheat Wrap	165	R22
 Spicy Mince	230	R51	Normal Flapjack	59	R18
Rump 150g	270	R84	Brown Rice	45	R21
Pulled Pork	164	R44	Sticky Rice	167	R26
			Orzo	210	R21
			Greek Style Yogurt	130	R33
VEG			DRESSING		
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	R48	Chilli Garlic Crunch	64	R13
Mixed Lettuce Tomato			 Basil Pesto Mayo	104	R20
Carrot Peppers			Green Tangy Vinaigrette	46	R15
Red Cabbage Feta			Honey Mustard Vinaigrette	64	R15
Roasted Sweet Potato	112	R18	Paprika Yogurt Dressing	98	R12
Roasted Mixed Peppers	73	R22			
 Som Tom Salad	54	R25			
CHEESE			MISC		
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	192	R38	Jam	73	R20
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	 R62	R73
Strawberry Puree Almond Milk Matcha Ice		
MANGO MATCHA ICED LATTE	 R62	R77
Mango Puree Almond Milk Matcha Ice		
ICED COFFEE FREEZO	R49	R63
Espresso Powder Milk Blended with Ice		
ALMOND MILK	 +R15	
PROTEIN ICED COFFEE FREEZO		R88
Espresso Powder Vanilla Protein Milk Blended with Ice		
ALMOND MILK	 +R15	
ICED CHAI FREEZO	R63	R68
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



+R49

Vanilla Whey Protein KCAL 71 PER 20G SERVING

CRUNCH TIME / KCAL 360



R80

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 | Oats | Banana | Raw Honey | Plain Yoghurt

TROPICAL / KCAL 381

R60

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

BLUE OCTANE / KCAL 193



R62

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

SKINNY MINT / KCAL 271

R57

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

COFFEE DATE / KCAL 271

R60

Espresso Powder | Banana | Dates | Milk

SPRING CLEAN / KCAL 297



R56

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

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

SUPERLATTES

Served with Almond Milk

*Served hot or cold

MATCHA LATTE

Matcha Green Tea Powder

BLACK LATTE

Almonds | Dates | Black Sesame Seeds | Activated Charcoal

YELLOW LATTE

Turmeric | Cinnamon | Coconut Blossom Sugar | Cardamom

BEETROOT LATTE

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

FRESHLY SQUEEZED

Cold Press 300ml | Seasonal

FRESHLY SQUEEZED ORANGE JUICE

SUPER C

Pineapple | Grapefruit | Orange | Mint

JP JUICE

Pineapple | Ginger

CRUSH

Carrot | Apple | Cayenne Pepper | Ginger

CRISP

Pineapple | Carrot | Apple | Mint | Cucumber | Lemon

SUPER

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

SWEET

Kale | Cucumber | Apple | Fennel | Pineapple | Thyme

ROUND UP

Beetroot | Apple | Lemon | Ginger

COFFEE

Pouring Cream +R9, Whipped Cream +R18

	S	T	M
ESPRESSO	R20	R26	
CAFÉ BOMBON Espresso with condensed milk		R37	
MACCHIATO		R35	
AMERICANO	R30	R34	R45
CORTADO		R38	
FLAT WHITE		R42	
CAPPUCCINO	R36	R40	R53
LATTE	R35	R39	
FLAVOURED LATTE (Caramel, Hazelnut, Vanilla)	R55	R59	
VIETNAMESE HOT COFFEE Americano with Condensed Milk		R42	

HOT DRINKS

Pouring Cream +R9, Whipped Cream +R18

	S	T	M
NEW! BISCOFF™ LATTE	R52	R62	
NEW! MILKTART LATTE	R48	R58	
MOCHA / WHITE MOCHA	R45	R50	
WHITE CHOC	R38	R45	R55
DARK CHOC	R38	R45	R55
RED CAPPUCCINO / LATTE	R36	R40	R46
CHAI LATTE	R45	R51	
DIRTY CHAI	R51	R56	
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		R88
BAKED BISCOFF™ CHEESE CAKE		R92
INCREDIBLE COCONUT CAKE	 	R99
ZESTY SWEET LEMON MERINGUE		R63
EVERYBODY'S FAVOURITE CHOCOLATE WHOLENUT CAKE		R66
DECADENT CHOCOLATE BROWNIE		R92
VEGAN BROWNIE	  	R71
CREAMY PEPPERMINT CRISP TART		R72
CRUNCHIE		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.

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!