
Lacroc
EST. 2014
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

FRUIT BOWL / *KCAL 321* — **R111**
Mixed Seasonal Fruit | Greek Style Yoghurt | Oat Crumble | Served with Honey

BISCOFF™ BANANA OATS / *KCAL 634* — **R91**
Creamy Rolled Oats | Biscoff ™ Spread | Caramelised Banana | Oat Crumble
ALMOND MILK / *KCAL 132* — **+R15**

MELKKOS / *KCAL 524* — **R60**
Made the Traditional way with Cinnamon Sugar

PUMPKIN FLAPJACKS / *KCAL 694* — **R135**
Pumpkin Batter Flapjacks | Topped with Seasonal Fruit | Agave Syrup | Drizzled with Almond Butter
BACON / *KCAL 150* — **+R37**

PROTEIN BISCOFF™ FLAPJACKS / *KCAL 621* — **R120**
Protein Flapjacks | Biscoff ™ Spread | Banana

BUSINESS DAY WRAP / *KCAL 740* — **R135**
Scrambled Eggs | Roasted Cherry Tomatoes | Baby Spinach | Bacon | Cheddar Cheese | Sriracha Mayo | Wheat Wrap

FRENCH TOAST
Brioche drenched in a cinnamon vanilla egg mixture
BERRY BLISS / *KCAL 602* — **R120**
Mixed Berries | Oat Crumble | Cream Cheese | Maple Flavoured Syrup
PB STREAK / *KCAL 804* — **R123**
Peanut Butter | Bacon | Maple Flavoured Syrup

SIGNATURE SMASHED AVO / *KCAL 392* — **R98**
Creamy Smashed Avo* on Rye | Roasted Cherry Tomatoes | Fried Capers | Feta Cheese
BACON / *KCAL 150* — **+R37**
SCRAMBLED EGGS / *KCAL 114* — **+R37**

SIMPLE / *KCAL 210* — **R66**
Scrambled Eggs on Choice of Toast
SLICED AVO* / *KCAL 58* — **+R27**
MINCE / *KCAL 230* — **+R50**
BACON / *KCAL 150* — **+R37**
ROASTED CHERRY TOMATOES / *KCAL 29* — **+R27**

NUTS | GLUTEN FREE | VEGAN | SPICY | SHELLFISH

CLASSIC / *KCAL 538* — **R159**
Scrambled Eggs | Bacon | Roasted Cherry Tomatoes | Beef Sausage | Mushrooms | Choice of Toast
SLICED AVO* / *KCAL 58* — **+R27**
MINCE / *KCAL 230* — **+R50**

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* — **+R50**

EGGS BENNIE
PULLED PORK / *KCAL 875* — **R108**
English Muffin | Asian BBQ Pulled Pork | Poached Eggs | Hollandaise Sauce | 7-Spice
SMOKED TROUT / *KCAL 719* — **R190**
English Muffin | Smoked Trout | Sun-Dried Tomato Pesto | Poached Eggs | Hollandaise Sauce
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 Cheese | Sun-Dried Tomato Pesto | Basil Pesto
* ONLY ONE MEAT OPTION
* **Substitute with Health Omelette** (Omelette with (3) Egg Whites | Whole Egg) — **+R22**

BREAKFAST BLUES BURGER / *KCAL 583* — **R138**
Toasted Burger Bun | 2 Fried Eggs | 2 Kalahari Free-Range Beef Patties | Onion Marmalade | Cheddar Cheese | Mayonnaise

MEXICAN BREAKFAST BOWL / *KCAL 748* — **R152**
Scrambled Egg | Charred Corn Salsa | Smashed Avo* | Tortilla Chips | Spicy Mince | Chorizo
WRAP (REMOVE TORTILLA CHIPS) / *KCAL 868* — **+R13**

SWEET POTATO STACK / *KCAL 614* — **R110**
Lemon Garlic Yoghurt | Roasted Sweet Potato | Spicy Mince | Charred Corn Salsa | Sliced Avo*
POACHED EGG / *KCAL 64* — **+R13**

TOASTIES.

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

ADD SIDE SALAD — **+R48**
Mixed Lettuce | Tomato | Carrot | Peppers | Red Cabbage | Feta Cheese

PLAIN CHEDDAR CHEESE / *KCAL 300* — **R52**
CHEDDAR CHEESE & TOMATO / *KCAL 310* — **R56**
CHICKEN MAYO / *KCAL 332* — **R78**
BACON, EGG & CHEDDAR CHEESE / *KCAL 424* — **R85**
HAM, CHEDDAR CHEESE & TOMATO / *KCAL 354* — **R75**
MINCE & CHEDDAR CHEESE / *KCAL 448* — **R85**

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

SANDWICHES + WRAPS.

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

BAO BUNS R110
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 | Lettuce | Mint | Basil | Coriander | Smashed Avo* | 7-Spice
Served with Asian Dressing / *KCAL 54* OR
Peanut Miso Sauce / *KCAL 90*
- **CHICKEN** / *KCAL 176* +R50

HARVEST WRAP / *KCAL 364* R125
Roasted Butternut | Roasted Beetroot | Roasted Aubergine | Roasted Cherry Tomatoes | Baby Spinach | Rocket | Sun-Dried Tomato Pesto | Roasted Carrot Hummus | Spiced Pumpkin Seeds Brittle | Green Tangy Vinaigrette
- **HALLOUMI** / *KCAL 192* +R41

CHICKEN CLUB / *KCAL 658* R145
Grilled Chicken Breast | Bacon | Sliced Avo* | Tomato | Lettuce | Basil Pesto Mayo | Sun-Dried Tomato Pesto

LEMON CHICKEN QUESADILLA / *KCAL 847* R135
Grilled Chicken Breast | Wheat Wrap | Lemon | Chilli Garlic Crunch | Cheddar Cheese | Sun-Dried Tomato Pesto | Lemon Garlic Yoghurt | Coriander

BEEF QUESADILLA / *KCAL 777* R130
Spicy Mince | Peppers | Mozzarella Cheese | Charred Corn Salsa | Smashed Avo*

STEAK SANDWICH / *KCAL 511* R190
150g Rump | Asian BBQ Sauce | Onion Marmalade | Seasonal Greens | Roasted Cherry Tomatoes | Basil Pesto Mayo

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 576* R175
Grilled Chicken Breast | Pineapple | Peppadew | Feta Cheese | Peppers | Cucumber | Sliced Avo* | Sun-Dried Tomato Pesto | Lettuce | Honey Coated Nuts | Honey Mustard Vinaigrette | Black Sesame Seeds

STRAWBERRY SUMMER / *KCAL 479* R145
Mixed Lettuce | Baby Spinach | Basil | Rocket | Strawberries | Cashew Coconut Crunch | Pickled Red Onion | Feta Cheese | Sliced Avo* | Balsamic Glaze
- **HALLOUMI** / *KCAL 192* +R41
- **CHICKEN** / *KCAL 176* +R50
- **RUMP 150G** / *KCAL 270* +R84

CRISPY RICE / *KCAL 643* R120
Mixed Lettuce | Crispy Rice | Grilled Chicken Breast | Red Cabbage | Carrot | Cucumber | Peppers | Asian Dressing

LUNCH BOWLS.

BUNLESS BURGER / *KCAL 403* R158
2 Kalahari Free-Range Beef Patties | Mozzarella Cheese | 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* R115
Butternut | Broccoli | Baby Marrow | Carrot | Corn | Peppers | Red Curry | Shredded Red Cabbage | Coconut Milk | Black Sesame Seeds | Sticky Rice
- **CHICKEN** / *KCAL 176* +R50

SWEET POTATO & CHICKPEA CURRY / *KCAL 413* R140
Sweet Potato | Spinach | Cauliflower | Chickpeas | Peppers | Tomato | Coconut Milk | Black Sesame Seeds | Brown Rice
- **CHICKEN** / *KCAL 176* +R50

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

CREATE YOUR OWN PLATE.

Assemble your own plate from the selection below:

MEAT	KCAL	
Grilled Chicken Breast	176	R50
Pulled Chicken	142	R38
Beef Sausages (2)	286	R36
Beef Patties (2)	204	R58
Chorizo	94	R32
Bacon	150	R37
Spicy Mince	230	R50
Rump 150g	270	R84
Pulled Pork	260	R55
Smoked Trout	144	R136

BASE	KCAL	
GF Bread	280	R35
Rye	19	R14
Ciabatta	20	R14
Sourdough	16	R14
Wheat Wrap	165	R24
Normal Flapjack	59	R18
Brown Rice	45	R21
Sticky Rice	167	R26

VEG		
Mixed Seasonal Veggies	62	R45
Mushrooms	21	R38
Roasted Cherry Tomatoes	29	R27
Sliced Avocado*	58	R27
Chopped Chilli	10	R10
Side Salad Mixed Lettuce | Tomato | Carrot | Red Cabbage | Peppers | Feta Cheese	160	R48
Roasted Sweet Potato	112	R18
Roasted Mixed Peppers	73	R22
Som Tom Salad	54	R25
Pickled Beetroot	37	R20
Seasonal Greens	40	R18
Seasonal Fruit	104	R48

DRESSING		
Basil Pesto	92	R30
Peanut Miso Dressing	90	R23
Mayonnaise	41	R15
Sun-Dried Tomato Pesto	69	R32
Asian Dressing	89	R24
Chilli Garlic Crunch	64	R13
Basil Pesto Mayo	104	R20
Green Tangy Vinaigrette	46	R15
Honey Mustard Vinaigrette	64	R15
Paprika Yoghurt Dressing	98	R12

CHEESE		
Mozzarella Cheese	69	R22
Feta Cheese	36	R21
Cheddar Cheese	74	R24
Cream Cheese	50	R32
Halloumi	192	R41

MISC		
Peanut Butter	87	R20
Almond Butter	89	R27
Jam & Cheese	117	R35
Jam	73	R20
Onion Marmalade	24	R15

EGGS		
Scrambled Eggs	114	R37
Egg Whites (4)	68	R42
Poached Egg	64	R13

NUTS GLUTEN FREE VEGAN SPICY SHELLFISH

COLD & HOT DRINKS.

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

FREEZOS

ICED CHAI 300ML R55 500ML
Spiced Chai | Vanilla Bean Powder | Milk | Blended with Ice

ICED COFFEE R49 R63
Espresso Powder | Milk | Blended with Ice
ALMOND MILK +R15

PROTEIN ICED COFFEE R90
Espresso Powder | SCI-CORE NUTRITION. Vanilla Protein | Milk | Blended with Ice
ALMOND MILK +R15

COLD FOAMS

VIETNAMESE 300ML R62
Condensed Milk | Double Shot Espresso | Milk | Vanilla Cold Foam | Ice

VANILLA R65
Vanilla Syrup | Double Shot Espresso | Milk | Vanilla Cold Foam | Ice

HAZELNUT R65
Hazelnut Syrup | Double Shot Espresso | Milk | Vanilla Cold Foam | Ice

BISCOFF R73
Biscoff ™ | Double Shot Espresso | Milk | Biscoff ™ Cold Foam | Ice

COOL DRINKS

ICED STRAWBERRY MATCHA R73
Strawberry Puree | Almond Milk | Matcha | Ice

ICED MANGO MATCHA R73
Mango Puree | Almond Milk | Matcha | 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

ADD A SCOOP OF WHEY PROTEIN **+R49**

SCI-CORE NUTRITION. Vanilla Whey Protein *KCAL 71 PER 20G SERVING*

CRUNCH TIME / *KCAL 360* **R75**

SCI-CORE NUTRITION. Whey Protein | Peanut Butter | Raw Cacao | Banana | Plain Yoghurt | Milk | Honey

ROCK SOLID / *KCAL 485* **R61**

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

TROPICAL / *KCAL 381* **R60**

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

BLUE OCTANE / *KCAL 193* **R62**

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

BERRY MANGO / *KCAL 278* **R65**

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

SUPERLATTES

Served with Almond Milk

*Served hot or cold

MATCHA LATTE **R78**

Matcha Green Tea Powder

BLACK LATTE **R57**

Almonds | Dates | Black Sesame Seeds | Activated Charcoal

YELLOW LATTE **R58**

Turmeric | Cinnamon | Coconut Blossom Sugar | Cardamom

BEETROOT LATTE **R58**

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

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 **R68**

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

SWEET **R59**

Kale | Cucumber | Apple | Fennel | Pineapple | Thyme

ROUND UP **R54**

Beetroot | Apple | Lemon | Ginger

COFFEE

Pouring Cream +R12

	S	T	M
ESPRESSO	R24	R32	
CAFÉ BOMBON Espresso with condensed milk		R41	
MACCHIATO		R35	
AMERICANO	R30	R34	R43
CORTADO		R36	
FLAT WHITE		R40	
CAPPUCCINO	R38	R42	R59
LATTE	R37	R41	
FLAVOURED LATTE (Caramel, Hazelnut, Vanilla)	R46	R53	
SPANISH LATTE Latte with Condensed Milk		R52	
VIETNAMESE HOT COFFEE Americano with Condensed Milk		R43	

HOT DRINKS

Pouring Cream +R12

	S	T	M
BISCOFF™ LATTE	R68	R75	
MOCHA / WHITE MOCHA	R46	R59	
WHITE CHOC	R40	R48	R56
DARK CHOC	R40	R48	R56
RED CAPPUCCINO / LATTE	R40	R46	R58
CHAI LATTE	R40	R45	
DIRTY CHAI	R48	R58	
TEA SELECTION		R27	
HOT WATER, LEMON, COLD-PRESSED 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	R94
EVERYBODY'S FAVOURITE CHOCOLATE WHOLENUT CAKE	R75
DECADENT CHOCOLATE BROWNIE	R60
VEGAN BROWNIE	R73
ZESTY SWEET LEMON MERINGUE	R63
CREAMY PEPPERMINT CRISP TART	R73
BISCOFF ™ CINNAMON BUNS (ONLY ON FRIDAYS) Cinnamon buns with a Biscoff ™ filling and a cream cheese topping	R45

LA COCO C FOOD PURVEYORS 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 cancelled. Customers are responsible for confirming details before an order is placed and are liable for full payment. Images & Nutrition: Meat portions refer 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 at or ordering from La Coco C, you accept these terms. Thank you for choosing us!