



LAGOON BEACH
hotel | conference | spa
★★★★

la mizu beach bar

Snacks

Chili Beef Sliders Melted cheese, sun dried tomato and jalapeno chutney, onion rings and wild rocket	R110
BBQ chicken wings BBQ chicken wings served with Cajun wedges and chakalaka sauce	R98
Arancini di riso Crispy risotto balls, filled with roast garlic, wild mushroom and mozzarella, Served with pesto cream cheese	R84
Chicken bunnies Trio of chicken bunnies with tomato and coriander, mango atchar	R90
Spinach and feta poppers Served with apricot chutney	R110
Chip n dip Fat cut chips with triple cheese sauce (Cheddar, mozzarella and feta)	R65
Potato and lentil samosa Minted yoghurt and chutney	R82
Peppered pork and pineapple skewers Served with sweet chili dipping sauce	R78

Soups

Roast pepper and tomato soup	R55
Butternut and biltong soup	R55

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Salads

- Chicken Caesar salad** **R88**
Grilled chicken breast, croutons, parmesan, bacon, egg and garlic - *Contains Anchovies
- Greek salad** **R86**
Feta, olives, cucumber, sun-dried tomato and red onion served on grilled garlic pita
- Butternut and biltong salad** **R85**
Caramelised butternut, biltong and goats cheese, hazelnut dressing - *Contains Nuts

Sandwiches and wraps

- Crispy chicken wrap** **R88**
With mozzarella, wild rocket, honey and mustard dressing
- Club sub** **R88**
Chicken mayonnaise, maple glazed bacon, egg, cheese, lettuce and tomato
- Mushroom and camembert wrap** **R85**
Served with walnuts, onion marmalade and rocket and watercress - *Contains Nuts
- Cape chicken salomi** **R88**
Curried chicken salomi with tomato and onion salsa, minted yoghurt
- Toasted cheese sandwich** **R76**
- Toasted chicken mayonnaise** **R78**
- Toasted ham and cheese** **R78**

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Bar Meals

Fish n chips Crispy beer battered hake, mushy peas, hand cut chips and tartar sauce	R165
Pesto calamari Grilled calamari with basil pesto, zucchini ribbons with lemon scented rice	R145
Grilled rump steak 300g rump steak with mushroom salad, pepper sauce and baby baked potatoes	R190
La Mizu burger Served with melted cheese, cape mustard mayo and onion rings	R145
Chicken kebabs With humus, brinjals and toasted garlic pita	R160
Malay lamb and apricot curry Served with rice, roti bread, tomato and coriander salad	R195
Spaghetti carbonara Bacon, parmesan, garlic, pepper and cream	R145

Desserts

'Churros' fries And Kahlua chocolate sauce	R50
Amarula cheesecake With ginger biscuit and macadamia praline	R55
Hot chocolate and hazelnut pudding	R55
Steamed marmalade sponge with apricot custard	R55
Apple and pear crumble with ice cream	R55
Malva pudding with amarula custard	R55

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Pizza

Pork and Fungus Pizza R140
Bacon, Mushroom, Feta and ham

Coronation Chicken Pizza R100
Spiced chicken with Mango, Dried Apricots and Mayonnaise

S & S Pizza R130
Salami and Spinach Pizza

Marge and Rita Pizza R 65
Mozzarella chesse and tomato pizza

Want more on your Pizza?
Add your choice of toppings

Pineapple R 10

Spinach R 10

Tomatoes R 10

Green Pepper R 10

Crispy Bacon R 20

Roasted Beetroot R 20

Chicken R 20

Roasted Butternut R 20

Cherry Tomato R 20

Mushroom R 30

Ham R 30

Feta R 30

Olives R 30

Red Pepper R 30

Salami R 30



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Soft Drinks

Coke 200ml	R 25
Coke Light 200ml	R 25
Dry Lemon 200ml	R 25
Ginger Ale 200ml	R 25
Lemonade 200ml	R 25
Soda Water 200ml	R 25
Tonic Water 200ml	R 25
Coke Zero 330ml	R 28
Cream Soda 330ml	R 28
Fanta Grape 330ml	R 28
Fanta Orange 330ml	R 28
Sprite Zero 330ml	R 28
Tomato Cocktail 200ml	R 40
Appletiser	R 37
Red Grapetiser	R 37
Red Bull	R 55

Water

Water Still 330ml	R 25
water Sparkling 330ml	R 25
Water Still 1000ml	R 40
Water Sparkling 1000ml	R 40

Cordials

Bitters	R 12
Cola Tonic	R 8
Grenadine	R 8
Lime	R 8
Passion Fruit	R 8

Milkshakes

Banana	R 45
Chocolate	R 45
Lime	R 45
Strawberry	R 45
Vanilla	R 45

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Beers

Black Label	R 33
Hansa Pilsner	R 31
Flying Fish	R 37
Castle Lager	R 31
Castle Lite	R 33
Amstel	R 32
Amstel Lite	R 32
Millers	R 34
Windhoek Lager	R 34
Windhoek Light	R 34
Peroni	R 58
Heineken	R 38
Sol Mexican Beer	R 46
Becks (Non Alcoholic)	R 35
Corona	R 45
Budweiser	R 35
Stella Artois	R 42

Draughts

Castle Draught 330ml	R 30
Castle Draught 500ml	R 45
Castle Draught Lite 500ml	R 50
Castle Draught Lite 300ml	R 35
Rouge Pony 500ml	R 56
Cape Doctor 500ml	R 56
Darling Slow Brew	R 56
Bone Crusher	R 56

Ciders & Coolers

Strongbow Gold Apple	R 41
Strongbow Red Berries	R 41
Strongbow Original Dry	R 41
Smirnoff Spin	R 48
Hunters Dry	R 39
Hunters Gold	R 39
Savanna Dry	R 42
Savanna Light	R 42

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Whiskey

Bains	R 37
Bells	R 27
Black Bush	R 43
J&B	R 25
Famous Grouse	R 34
Jameson	R 42
Tullamore Dew	R 37
Southern Comfort	R 23
Jack Daniels Bourbon	R 38
Jack Daniels Gentlemen	R 44
Dewar's	R 60
Glenmorangie 10yr	R 70
Glenfiddich 12yr	R 60
JW Red	R 30
JW Black	R 47
JW Gold	R 85
JW Platinum	R 175
JW Blue	R 310

Brandy

Fish Eagle	R 24
Richelieu	R 21
Klipdrift	R 20
Klipdrift Premium	R 25
KWV 3yr	R 20
KWV 5yr	R 24
KWV 10yr	R 33
KWV 12yr	R 42
KWV 15 yr	R 90
KWV 20yr	R 170
Hennessey VSOP	R 95

Rum

Malibu	R 22
Bacardi	R 27
Captain Morgan	R 22
Spice Gold	R 22
Red Heart	R 24
Havana	R 25

Vodka

Smirnoff	R 20
Absolut	R 32
Belvedere	R 60
Grey Goose	R 60

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Gin

Gordons	R 21
Invorrenche	R 50
Tanqueray	R 31
Bombay Sapphire	R 36
Cruxland	R 45
Pink gin	R 55
Salt river	R 50
Mediterranean	R 50
Triple 3 African	R 58

Cane

Mainstay	R 20
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Tequila

Sierra Blanco Silver	R 29
Sierra Reposado	R 30
Sierra Spiced	R 29
Patron XO Cafe	R 45
Patron Silver	R 60

Port

Allesverloren	50ml R 30
Boplass	R 24

Sherry

Monis Full Cream	50ml R 28
Monis Meduim Cream	R 28
Monis Pale Dry	R 28

Aperitif

Martini Bianco	R 26
Martini Extra Dry	R 26
Martinin Rosso	R 26
Pernod	R 51
Pimms	R 37
Campari	R 70

Sambuca

Lupini Black	R 22
Lupini Gold	R 24



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CAPE TOWN

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Executive Selection	Bottle	Glass
Lanzerac Cabernet Sauvignon	R 460	
Vergelegen Reserve Shiraz	R 830	
Kanonkop Pinotage	R1010	
Tokara Reserve(Red Blend)	R1100	
Klein Constantion Dessert Wine	R2500	
Champagne & MCC		
Pongracz	R 470	
Laborie Brut	R 380	R75
JC Le Roux Le Domaine	R 255	
JC Le Roux La Fleurette	R 255	
Sauvignon Blanc		
Durbanville	R 190	R 55
Lourensford "the river garden"	R 210	R 60
Waterford Pecan Stream	R 230	
Sophie TerBlanche	R 290	
Cape Point	R 330	
Chardonnay		
Laborie	R 180	R50
Kleine Zalze Cellar Selection	R 190	R55
Springfield Wild Yeast	R 330	
Chenin Blanc		
Laborie	R 180	R50
Kleine Zalze	R 190	R60
White Blends		
Villiera Jasmine	R 190	R 60
Buietenverwachting Buiten Blanc	R 170	
Rosé		
Lourensford "the river garden"	R 180	R 50
Durbanville (Merlot/Rose)	R 180	R 50
Sophie Le Rose	R 270	R 75

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	Bottle	Glass
Cabernet Sauvignon		
Darling Terra Hutton	R 200	R 60
Warwick First Lady	R 280	
Shiraz		
Vondeling	R 230	R 60
Lourensford	R 370	
Hartenberg	R 485	
Pinotage		
Darling Cellar Old Block	R 200	R 60
Villiera	R 220	
Backsberg	R 240	
Diemersfotein	R 370	
Merlot		
Darling Cellar Six Tonner	R 200	R 60
KWV	R 210	
Diemersdal	R 290	
Red Blend		
Laborie	R 200	R 60
Groot Post The Old Mans	R 230	
Groot Constantia	R 380	
Hot Beverages		
Irish Coffee (Amarula, Kalua or Frangelico)		R 50
Café Latte		R 32
Hot Chocolate		R 28
Milo		R 30
Macchiato		R 32
Café Mocha		R 40
Cappuccino		R 32
Americano		R 30
Espresso Single		R 28
Ice Coffee		R 28
Ceylon Tea		R 20
Rooibos		R 20
Premium Infused Teas (Ask about our variety)		R 30