



LAGOON BEACH

hotel | conference | spa

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CAPE TOWN

## la mizu beach bar

### Breakfast (served from 08:00 – 10:00)

<b>Yoghurt Crumble</b>	<b>R55</b>
Berry compote, Greek yoghurt, toasted gluten-free oats and fruit salsa	
<b>No-Bake Brownies (eat like an Aztec god)</b>	<b>R70</b>
Dark chocolate, oats, muesli, cranberries served with Bulgarian frozen yoghurt	
<b>Spinach and Mushroom Frittata</b>	<b>R68</b>
Garnished with rocket and roasted tomato sauce	
<b>Smashed Avocado</b>	<b>RSQ</b>
Avocado served on toasted flax seed nut loaf and crumbed feta	
<b>Muffin of the Day</b>	<b>R45</b>
Extra-large muffin with butter, cheese and jam	
<b>Decadent Croissants</b>	<b>R68</b>
Two croissants straight from the oven with chocolate, hazelnut and banana butter	
<b>Breakfast Wrap</b>	<b>R75</b>
Bacon, egg, mozzarella, lettuce and tomato with HP™ Mayonnaise	
<b>Veggie Breakfast Wrap (V+)</b>	<b>R76</b>
Spiced potato, mushroom, chickpea, spinach and camembert cheese	

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### Breakfast (served from 08:00 – 10:00)

#### Eggs Benedict

R85

Two poached eggs, English muffin with Hollandaise sauce.  
Served with your choice of:

- Flaked Smoked Salmon      OR
- Biltong                              OR
- Maple-basted Pulled Pork

#### Three-Egg Omelette

R68

Choose from the following fillings:

- Cheese and Tomato
- Spinach, Feta and Mushroom
- Ham and Cheese

#### Full English Breakfast

R125

Two eggs (fried, poached or scrambled), bacon, pork sausage, mushroom, grilled tomato, baked beans and hash brown

#### Waffle

R60

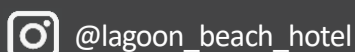
Served with fruit compote, honey and whipped cream

#### French Toast

R68

Served with maple-basted bacon, rocket and tomato sauce

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### Snacks

<b>Chip and dip (V)</b> Fat cut chips with Cajun spice, melted mozzarella cheese and homemade tomato sauce	<b>R68</b>
<b>Humus and Peppadew™ (V+)</b> Chickpea dip with peppadew salsa, served with crispy gluten-free pita bread	<b>R75</b>
<b>Mushroom and Swiss sliders</b> Gruyere cheese, field mushrooms and beef patties on toasted sesame seed buns	<b>R115</b>
<b>Potato and lentil samosa (V+)</b> Served with mint-infused yoghurt, tomato salad and chutney	<b>R75</b>
<b>Crispy chicken fingers</b> Panko coated chicken fingers with smoky BBQ mayonnaise	<b>R80</b>
<b>Baked Camembert</b> Whole camembert with honey pulled pork, walnuts, red onion marmalade and cranberry filling	<b>R115</b>
<b>Bobotie tartlets</b> Served with apricot chutney and mint-infused yoghurt	<b>R68</b>
<b>Buffalo wings</b> Chili and honey-basted barbeque wings with ranch dressing	<b>R95</b>
<b>Biltong and pap fritters</b> Served with chakalaka sauce	<b>R55</b>
<b>Lamb bunnies</b> Malay lamb bunnies with tomato, coriander, mango atchar	<b>R90</b>

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### Salad

All of our salads are available as full or half portion

<b>House salad</b>	<b>R88</b>
Grilled chicken breast, crispy bacon, feta and cos lettuce	
<b>Avocado salad caprese (V)</b>	<b>R92</b>
Buffalo mozzarella, tomato and avocado. Served with balsamic syrup and basil pesto	
<b>Greek salad (V)</b>	<b>R88</b>
Feta, olives, cucumber, sun-dried tomato and red onion served on grilled garlic pita	
<b>Cucumber and couscous salad (V+)</b>	<b>R75</b>
Cucumber strips, couscous, toasted onion seeds with coriander and mint	

### Soup

<b>Roasted tomato and red pepper soup (V+)</b>	<b>R55</b>
<b>Malay spiced butternut soup (V)</b>	<b>R58</b>
<b>Sweet potato, chicken and coconut soup</b>	<b>R56</b>



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### Sandwiches & Wraps

Our sandwiches and wraps are served with coleslaw and French Fries

**Toasted cheese (V) R65**

**Toasted chicken mayonnaise R70**

**Toasted ham and cheese R75**

**Club sandwich R85**

Chicken mayonnaise, maple-glazed bacon, egg, cheese, mustard mayonnaise, lettuce and tomato

**Tangy vegetable wrap (V+) R80**

Spinach, carrot, pumpkin seeds, bean sprouts, red onion, lettuce and wasabi dressing

**Grilled chicken Caesar wrap R88**

Chicken breast, cos lettuce, parmesan, egg and garlic dressing

### Pizza

**Margarita pizza (V) R95**

Tomato and mozzarella

**Cheese deluxe (V) R125**

Mozzarella cheese, feta cheese, cheddar cheese and crumbled bluecheese, served with onion marmalade

**Ham and mushroom Pizza R140**


Pulled ham and forest mushrooms

**Spiced chicken and Peppadew™ R130**

Malay chicken, feta, coriander and peppadew

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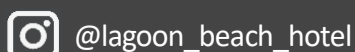
### Light Meals

<b>Warm butternut and biltong quiche</b>	<b>R105</b>
Caramelised butternut, biltong and goats cheese with watercress and hazelnut dressing	
<b>Mussel potjie</b>	<b>R90</b>
With homemade focaccia bread	
<b>Vegan "duckless" pancakes (V+)</b>	<b>R85</b>
Crispy cauliflower, plum sauce and salad greens	
<b>Smoked beef carpaccio</b>	<b>R110</b>
Served with parmesan, capers, honey and mustard dressing	

### Bar Meals

<b>Fish and chips</b>	<b>R165</b>
Crispy beer battered line caught hake, hand cut chips and tartar sauce	
<b>Grilled rump steak</b>	<b>R190</b>
300g rump steak with mushroom sauce and fries	
<b>La Mizu burger</b>	<b>R145</b>
Served with melted cheese, cape mustard mayo and onion rings	
<b>Chicken curry with Malay rice</b>	<b>R150</b>
Served with atchar, roti bread, tomato and coriander salad	
<b>Smoked salmon Alfredo</b>	<b>R185</b>
Rooibos smoked salmon with spaghetti and parmesan	

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### Desserts

<b>Peppermint Crisp Sundae</b>	<b>R55</b>
<b>Amarula Cheesecake</b> with ginger biscuit and macadamia praline	<b>R65</b>
<b>Chocolate Brownie</b> with hot chocolate sauce and Kahlúa ice cream	<b>R60</b>
<b>Seasonal fruit with Coconut Sorbet</b>	<b>R55</b>
<b>Sticky Toffee Pudding</b> with butterscotch and vanilla ice cream	<b>R55</b>

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