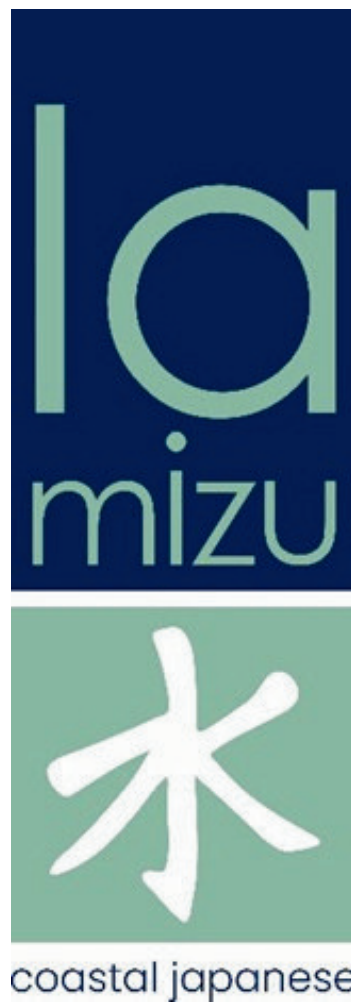
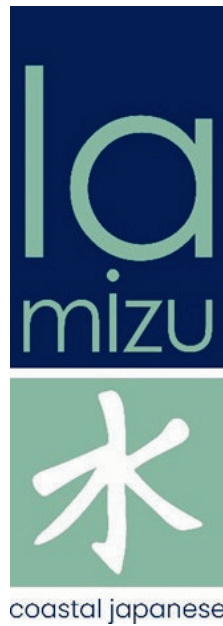




We find our inspiration for La Mizu in the Japanese meaning of water and the Japandi design ethos, which is an intersection of Scandinavian and modern Japanese interior design, both rooted in minimalist design principles with a focus on warmth, natural elements and muted colour palettes....

We take pleasure in inviting you to enjoy our South African and Japanese culinary fusion.



**PLEASE NOTE WE ARE A RESPONSIBLY
CASHLESS FACILITY AND CAN NOT ACCEPT
CASH FOR YOUR, OTHER GUESTS' AND
OUR TEAM MEMBERS' SAFETY**

Menu / Allergen Disclaimer

Items on this menu may, despite the best efforts and care of our team, contain traces of allergens including but not limited to: nuts, shellfish, soy products, eggs, dairy and wheat.

Please note that a discretionary 10% service charge may be added to all tables of more than 8 guests. For speed of service, please note we can't accommodate split bills. Alcohol may only be sold Monday - Sunday from 10:00 am to 02:00 am the next morning. Alcohol may not be sold to persons under the age of 18 years old.

Items and prices subject to change without notice.

BREAKFAST

Served from 08h00 - 11h00 Daily



PORRIDGE WITH GREEN TEA INFUSED FRUITS (V)

R80

Warm creamy oat porridge with green tea poached fruits, frozen ginger yoghurt

SMOOTHIE BOWL (V)

R98

Banana and berry smoothie bowl with almond milk, toasted coconut, hemp seed granola, and flaked toasted almonds drizzled with honey

FRENCH TOAST (GF)

R90

Gluten-free bread, coated in brown sugar and cinnamon batter, pan-fried and served with apple and maple butter, toasted almonds

SALMON AND AVOCADO OMELETTE

R165

Three egg omelette, filled with smoked salmon, gruyere cheese, and avocado, served with cottage cheese and herb salad

BREAKFAST SMASH BURGER

R185

Smashed beef patties with bacon, cheddar cheese, creamy mushrooms, served in a croissant roll, with hash brown chips

BILTONG BENEDICT

R130

English muffin, avocado, maple-glazed bacon, poached egg, hollandaise sauce and biltong powder

BREAKFAST

Served from 08h00 - 11h00 Daily



SPINACH AND FETA CHAKALAKA SHAKSHUKA R145

Poached eggs with chakalaka spiced tomato sauce, feta cheese, spinach, and chickpeas

CHICKEN LIVERS AND ONION MARMALADE R125

Sautéed chicken livers served with warm red onion marmalade on toasted sourdough

KIPPERS FLORENTINE R180

Grilled smoked kippers, toasted English muffin, spinach, poached egg, and hollandaise

BABELAS WRAP R145

Coriander and chilli omelette, bacon and mozzarella cheese wrap, served with fries and sriracha mayonnaise

LA MIZU FULL HOUSE BREAKFAST R180

2 eggs, scrambled or fried, 3 rashers of bacon, beef sausage, hash brown, grilled tomato, and sautéed mushrooms served with toast and tea or coffee

BOWLS

Served from 12h00 onwards



COBB SALAD

R180

Chopped salad greens, tomato, bacon, chicken breast, hard-boiled eggs, avocado, chives, blue cheese, and red wine vinaigrette

BLACK MUSSELS IN GARLIC MISO BROTH

R110

Local mussels steamed with garlic, miso sake, and mirin, served in a cream miso broth

CHICKEN YAKITORI

R220

Grilled chicken skewer with Yakitori sauce, rice, and vegetables

CRISPY PORK BELLY

R185

Pork belly cooked in caramel soy sauce, with rice, spring onion, and snow peas

BUDDAH BOWL

R180

Brown rice salad bowl with avocado, roasted chickpeas, sauerkraut, beets, butternut, seasonal herbs and vegetables, and edamame beans

CHICKEN AND GINGER SOUP

R80

Coconut milk and chicken broth with sweet corn and ginger

MUSHROOM AND TOFU SOUP (V)

R85

Mushroom broth with rice noodles, grilled mushrooms, tofu, and spring onions

BENTO2SHARE

Served from 12h00 onwards

Served with potato and sweet potato fries

CHICKEN BENTO

R280

BBQ chicken wings, chicken kebabs, crispy chicken poppers with shu shu mayonnaise

BURGER BENTO

R290

Beef sliders with cheese and pickle, chicken sliders with cheese and pineapple, Prego steak roll sliders with chilli sauce

SEAFOOD BENTO

R340

Tempura hake with wasabi tartar, grilled calamari skewers with chilli jam, panko prawn maki and teriyaki dipping sauce

ROOSTERKOEK & SANDWICHES

Served with potato and sweet potato fries

ROOSTERKOEK AND BOEREWORS BURGER

R165

Grilled boerewors burger patty served in a roosterkoek sub with grilled onions and homemade chutney

JAFFLE

R125

Savoury mince and apricot sandwich cooked on a fire in a jaffle iron

ROOSTERKOEK BRAAIBROODJIE

R120

Toasted roosterkoek with cheese, sliced tomato, and red onion

TOASTED SANDWICHES

White, brown, or whole wheat bread

Classic chicken mayonnaise **R80**

Ham, cheese and tomato **R90**

Toasted tuna mayonnaise **R80**



LOCAL IS LEKKER

Served from 12h00 onwards

BRAAIVLEIS

Served with a choice of wedges or chips

200g Fillet **R320**

200g Sirloin **R180**

200g Rump **R180**

Add a sauce of your choice:

Creamy green peppercorn **R45**

Roasted garlic and rosemary **R50**

Cheese sauce **R50**

Mushroom and thyme **R55**

MAIN COURSES

LA MIZU BURGER

R185

Teriyaki basted beef burger, mozzarella cheese, slaw, bacon jam and smashed avocado. Served with french fries

LAMB BUNNY CHOW

R280

Traditional bunny chow, curry in a hollowed-out bread bowl

KAIING NACHOS

R175

Spicy tortilla chips topped with guacamole, cottage cheese, tomato, red onion and coriander salsa and kaiings (pork crackling)

BILTONG POTJIE

R150

Cured and dried local beef, pasta and cream sauce, grilled cheese topping and roosterkoek



SUSHI

SASHIMI AND NIGIRI –

The simplest way to explain the difference is that Nigiri is served on rice, and Sashimi is served without rice, and is served with daikon and micro herbs.



Salmon - each **R80**

Tuna - each **R70**

Nigiri – with ginger and wasabi

Salmon - each **R60**

Tuna - each **R55**

Prawn - each **R120**

SPECIALITY SUSHI –

A selection of modern and traditional sushi dishes

HIGH TEA (TO SHARE OR NOT)

R440

Smoked salmon and cucumber fashion sandwiches with shrimp poke tart, crispy prawn maki, wasabi, and avocado guacamole with rice crackers, served with iced green tea

CREAMY SALMON ROSES

R340

Four salmon roses with rice and creamy prawns

INYAMA MAKI

R175

Smoked beef carpaccio, biltong powder, and avocado inside-out roll, pap tempura, and chakalaka

FISH AND CHIPS

R285

Tempura prawns and panko fried hake, prawn crackers, with wasabi tartar

SUSHI



CHIRASHIZUSHI – deconstructed sushi bowls

SASHIMI SALMON BOWL

R245

Sushi rice with marinated sesame salmon sashimi, avocado, crispy vegetables, spring onion, pickled beetroot and bang bang mayonnaise

CRISPY TOFU BOWL (V)

R165

Rice, crispy fried tofu with honey and soy dipping sauce, avocado, charred snow peas, carrot julienne, edamame beans, sesame seeds

DYNAMITE PRAWN BOWL

R250

Tempura prawn and shrimp popcorn, rice, chopped lettuce, avocado, cherry tomato, cucumber, spring onions, dynamite sauce

MAKI & CALIFORNIA ROLLS

- **Smoked Salmon** - 8 Pieces **R210**
- **Tuna** - 8 Pieces **R145**
- **Prawn** - 8 Pieces **R165**
- **Vegetables** - 8 Pieces **R80**
- **Salmon** - 8 Pieces **R160**

MAKI ROLLS – also known as makizushi, are a traditional type of sushi which contains flavoured rice, veggies, fish or seafood wrapped in a nori sheet.

CALIFORNIA ROLL - known in Japanese as karifornia rōru has the rice on the outside and the nori on the inside, more commonly called inside-out rolls.

ULTIMATE RAINBOW

R190

Double-layered maki roll with salmon, tuna and avocado

DEEP FRIED ROLL – Maki roll, dipped in tempura batter and panko flakes and crispy fried with teriyaki dipping sauce.

- **Salmon** - 8 Pieces **R170**
- **Prawn** - 8 Pieces **R180**
- **Tofu and Vegetable** - 8 Pieces **R90**

PUDDING

MALVA PUDDING WITH MISO ICE CREAM

R45

Malva pudding, green tea custard, and miso ice cream

MATCHA MOCHI

R50

Matcha green tea in a sweet steamed rice bun with chocolate dipping sauce

YUZU & CHERRY CHEESECAKE

R55

Yuzu Japanese lime and cherry baked cheesecake

CHOCOLATE RAZZANIA

R50

Chocolate brownie layered between milk, dark and white chocolate mousse



BEVERAGES

SOFT DRINKS

Coke 200ml **R31**

Coke / Coke Zero / Sprite Zero 300ml **R39**

Red Bull **R59**

Tomato Cocktail **R75**

Fitch & Leedes 200ml **R29**

Lemonade / Ginger Ale / Tonic Water / Pink Tonic /
Grapefruit Tonic / Sugar Free Pink Tonic / Soda Water /
Dry Lemon / Pineapple Lemonade

Cape Botanicals Sparkling **R52**

Lemongrass, ginger & lime

Mint, lime & cucumber

Elderflower, pear & mint

Appletiser / Grapetiser **R59**

Iced Tea **R49**

Peach / Lemon / Mixed Berries

Fruit Juice **R25**

Orange / Mango / Apple / Fruit Cocktail / Cranberry

Cordials **R7**

Passion Fruit / Lime / Kola Tonic / Grenadine Still

Sparkling 500ml **R23**

Still / Sparkling 1 litre **R40**

Bitters **R16**

Mutiny - Rooibos / Aromatic / Orange



BEVERAGES



SHAKES

Strawberry / Chocolate / Vanilla **R50**

Matcha **R85**

Coffee **R55**

COFFEE & TEA

Single Espresso **R15**

Double espresso **R20**

Cortado **R30**

Americano **R32**

Cappuccino **R32**

Latte **R35**

Macchiato **R28**

Café Mocha **R40**

Hot Chocolate **R40**

Red Cappuccino **R32**

Red Latte **R39**

Chai Latte **R40**

Iced Coffee **R32**

All available in Decaf | For Oat / Almond / Soy Milk - ADD R10.00

NIGIRO LOOSE LEAF TEAS

Matcha **R60**

Sencha Fukujyu **R40**

African Breakfast Black Tea Blend **R35** Ceylon **R35**

English Breakfast **R35**

Early Grey Blue Flower **R35**

Chamomile Flowers **R35**

Minty Mint **R35**

Cederberg Highveld Rooibos **R35**

Cederberg Green Rooibos **R35**

Langkloof Woody Honeybush **R35**

For Oat / Almond / Soy Milk - ADD R10.00

JAPANESE BEVERAGES



Hakutsuru Junmai Sake – served hot or cold
Hakutsuru is a gentle and incredibly drinkable sake. Its nose is an aromatic concoction of melon, grape and sweet rice.

150ml Tokkuri **R273**

25ml Ochoko **R46**

Qianheshou Yuzu Sake

Yuzu is a sour, fragrant citrus fruit that's a cross between a mandarin orange and an Ichang papeda

150ml Tokkuri **R175**

25ml Ochoko **R30**

Qianheshou Pineapple Sake

150ml Tokkuri **R175**

25ml Ochoko **R30**

TANUKI SHOCHU

Tanuki Shōchū is a Japanese-style rice spirit distilled in South Africa. It's made using traditional Japanese methods and South African ingenuity.

150ml Tokkuri **R297**

25ml Ochoko **R50**

UMESHU - available as traditional umeshu or yuzu umeshu

A traditional Japanese liqueur made by steeping unripe, green plums in a clear spirit with sugar.

150ml Tokkuri **R373**

25ml Ochoko **R63**

A "**tokkuri**" is a traditional Japanese vessel used to serve sake, essentially a small flask with a narrow neck and a bulbous body typically made of ceramic, used to pour warmed sake from when serving at a table. An "**ochoko**" is a small, traditional Japanese drinking cup specifically designed for sipping sake, a Japanese rice wine; it's considered the most standard sake cup shape, meant to hold only a small amount of liquid, allowing for slow, savoured tasting of the beverage.



BEVERAGES

DRAUGHT BEER

Lager / Lite - CBC Draughts 500ml

R71

Amber Weiss - CBC Draughts 500ml **R83**

BEER

Castle Lager **R38**

Castle Light **R42**

Black Label **R42**

Flying Fish Lemon **R49**

Heineken **R49**

Corona **R54**

Windhoek Draught **R55**

CIDER

Hunters Dry / Gold **R51**

Savanna **R59**

SPRITZERS

Bernini Blush **R46**

Rekorderlig Peach & Raspberry **R79**

Strongbow Red Berry **R80**

NON-ALCOHOLIC

Heineken Zero **R49**

Savanna Zero **R59**

APERITIF

Pimms No 1 **R20**

Martini Bianco **R21**

Martini Rosso **R21**

Martini Extra Dry **R21**

Caperitif Kaapse Dief Soet Vermoed **R22**

Wild Cape Vermouth **R30**

Aperol **R36**

Pernod **R36**

Campari **R40**

Blaauwklippen Before & After **R83**

VODKA

Caramel **R29**

West Coast **R31**

New Harbour Pinotage **R58**

Albatross **R41**

Hazendal Black **R83**



BEVERAGES



GIN

New Harbour Spekboom Gin **R58**

Seekat Gin **R38**

Cape Town Rooibos **R38**

Karoo Pick **R42**

Sugarbird Juniper Unfiltered **R49**

Pikke **R43**

Musgrave Pink **R44**

A Mari Atlantic Ocean **R45**

Bloedlemoen **R46**

Malachite **R44**

Roku Gin **R54**

Inverroche Amber Gin **R58**

Six Dogs Blue Gin **R59**

Cape St Blaize Oceanic **R58**

Kaapse Liqueurs Buchu **R45**

WHISKY

Local New Harbour Bushveld Whiskey **R22**

Japanese

Toki Suntory **R68**

Akashi Red **R31**

Tenjaku Pure Malt **R74**

Hibiki Suntory Japanese Harmony **R275**

Irish

Tullamore Dew **R42**

Shanky's Whip **R43**

Jameson **R45**

Scotch

Johnny Walker Black **R54**

Monkey Shoulder **R56**

American

Southern Comfort **R26**

Jack Daniels **R41**

Bourbon

Woodford Reserve **R58**

Single Malt

Laphroaig 10 Yrs **R103**

Talisker 10 Yrs **R113**

Glenlivet 15 Yrs **R145**

Lagavulin 16 Yrs **R197**

Glenfiddich 18 Yrs **R208**

BEVERAGES

RUM

Captain Morgan Spiced Gold **R22**

Leatherback Copper Still **R39**

Cape of Storms White **R41**

Elephantom Rum **R41**

Wilderer Rogue Spiced **R53**

Sugarbird Cape Fynbos **R53**

BRANDY

KWV 5 yrs **R25**

Klipdrift Premium **R26**

New Harbour Cape Alchemist **R78**

KWV 10 yrs **R43**

Van Rhyn 15 yr Pot Still **R91**

Tokara XO Potstill **R66**

Oude Molen XO **R147**

COGNAC

Bisquit VSOP **R100**

Hennessey VSOP **R115**

TEQUILA

Jose Cuervo Reposado **R37**

Jose Cuervo Blanco **R37**

Don Julio Reposado **R124**

Don Julio Anejo **R167**

LIQUERS

Amarula **R20**

Kahlua **R35**

Frangelico **R36**

Cointreau **R42**

Shanky's Whip **R43**

Kaapse Liqueur Rooibos **R65**



Wine List

Sparkling Wine

KWV Annabelle Cuvee Rose **R 330**

Orange River Lyra Irsai Oliver Demi Sec **R 468**

Cape Fynbos Bubbly Chardonnay **R 86** /Per Glass

JC le Roux Non Alcoholic **R 307**



PROSECCO

Da Luca **R 564**

Sartori Brut **R 629**

MCC

Villiera Brut 375ml **R 349**

Simonsig Kaapse Vonkel Nectar Rose **R 602**

Graham Beck Rose **R 646**

Anthonij Rupert L'Ormarins Blanc de Blancs **R 813**

CHAMPAGNE

Moet & Chandon **R 2472**

Veuve Clicquot Brut **R 2872**

Sauvignon Blanc

Doran Vineyards **R 236**

Arniston Bay **R 266**

Contreberg **R 296**

Wild Woman **R 318 / R 80** /Per Glass

Klein Roosboom **R 343**

Waterkloof **R 656**

Steenberg The Black Swan **R 800**

Chardonnay

Ken Forrester Petit **R 240 / R 60** /Per Glass

Haute Cabriere Unwooded **R 289**

Creation **R 731**

Almenkerk **R 917**

Iona Kloof **R 1673**

Chenin Blanc

Kleine Zalze Cellar Selection **R 258 / R 65** /Per Glass

Mulderbosch Steen op Hout **R 289**

Rickety Bridge **R 363**

De Morgenzon **R 414**

Raats **R 501**

Donkiesbaai Steen **R 999**

Single White Varietals

Diemersdal Gruener Veltliner **R 396**

Lourensford Viognier **R 578**

De Wetshof Riesling **R 651**

Steenberg Semillon **R 800**



White Blends

Buitenverwachting Buiten Blanc **R 257**

Constantia Glen Two **R 982**

Steenberg Magna Carta **R 2521**

Rosè

Darling Cellars Pyjama Bush **R 219**

The Wildwoman **R 256 / R 80** /Per Glass

Contreberg **R 371**

Peter Falke Blanc de Noir **R 432**

Cabernet Sauvignon

Leopards Leap **R 238**

Sixpence **R 301 / R 80** /Per Glass

Contreberg **R370**

Warwick First Lady **R 366**

Muratie Martin Melck **R 970**

Glen Carlou Gravel Quarry **R 1527**

Boekenhoutskloof Stellenbosch **R 1552**

Shiraz

Protea by Anthonij Rupert **R 255 / R 64** /Per Glass

Tokara **R 461**

De Grendel **R 648**

Starke Conde Syrah **R 866**

Rust & Vrede Estate Syrah **R 1214**

Fairview Beacon **R 1507**

Red Blends

Fairbridge **R 235 / R 59** /Per Glass

Noble Savage **R 355**

Fairview Extrano **R 552**

Carl Everson Cape Blend **R 725**

Pinotage

Boland Cellar Cinotage **R 250 / R63** /Per Glass

Wildeckrans **R 392**

Diemersfontein **R 456**

Diemersfontein Journal **R 1277**

L'Avenir Single Block **R 1822**



Cape Bordeaux Blend

Babylonstoren Nebukadnesar **R 582**

Hermanuspietersfontein Kleinboet **R 687**

Spier Creative B Five **R 665**

Anthonij Rupert Optima **R 764**

Rustenberg John X Merriman **R 794**

Constantia Glen Three **R 1118**

Meerlust Rubicon **R 1713**

Kanonkop Paul Sauer **R 2743**

Port Style & Fortified Wines

Nuy Barbieri Idro **R29** /Per Glass

Boplaas Cape Tawny **R26** /Per Glass

Red Single Varietals

Bellevue Malbec **R 434**

Stark Conde Kara Tara Pinot Noir **R 641**

Camino Africa Cabernet Franc **R 712**

Sons of Sugarland Barbera **R 782**

Ondine Grenache **R 816**

Morgenster Nabucco Nebbiolo **R 604**

Waterford Grenache **R 983**

Kaapzicht Cabernet Franc **R 1025**

Idiom Sangiovese **R 1035**

Hamilton Russel Pinot Noir **R 2265**

Dessert & Natural Sweet Wines

Klein Constantia Vin de Constance **R 199** /Per Glass

Digestifs

Kaapse Liqueurs Buchu Limoncello **R 42** /Per Shot

Jaegermeister **R 37** /Per Shot

Wilderer Shiraz Grappa **R 73** /Per Shot