



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 ages of 18 years old.

Items and prices subject to change without notice.

BREAKFAST

Served from 08h00 - 11h00 Daily

A relaxed start to your day, inspired by the flavours of the Cape and the ocean beyond.

SMOOTHIE BOWL (V)

R 125

Creamy banana and mixed berry smoothie blended with almond milk, topped with toasted coconut, hemp and chia seed granola, flaked almonds, crushed pistachios and a drizzle of local honey.

PEANUT BUTTER AND DATE OATS (V)

R 75

Warm and hearty oat porridge folded with peanut butter and dates, finished with a sprinkle of cinnamon.

GLUTEN-FREE FRENCH TOAST (V, GF)

R 110

Golden gluten-free French toast dusted with brown cinnamon sugar, served with caramelised banana, maple syrup and toasted almonds.

SMOKED SALMON & AVOCADO OMELETTE

R 170

Three-egg omelette filled with smoked salmon, Gruyère cheese and creamy avocado, served with cottage cheese and a herb salad.

BREAKFAST

Served from 08h00 - 11h00 Daily

A relaxed start to your day, inspired by the flavours of the Cape and the ocean beyond.

GREEN EGGS & HAM BENEDICT

R 125

Toasted English muffin layered with creamy avocado, grilled smoked bacon, perfectly poached eggs and silky hollandaise.

SPICED TOFU ON SOURDOUGH (V)

R 125

Spiced scrambled tofu served on toasted sourdough with sautéed spinach and mushrooms.

LA MIZU FULL HOUSE BREAKFAST

R 175

Two eggs cooked to your liking with smoked bacon, grilled beef sausage, hash brown, grilled tomato and sautéed mushrooms, served with toasted bread and your choice of tea or filter coffee.

BAILEYS IRISH CREAM PANCAKES

R 80

One for the grownups - fluffy pancakes infused with Baileys Irish Cream, finished with coffee cream and an Amaretto syrup.

SUSHI

Prepared to order using quality ingredients and classic Japanese techniques, our sushi selection brings together traditional favourites and signature La Mizu creations.



SUSHI BOWLS

A generous bowl of seasoned sushi rice topped with vibrant ingredients and bold Asian flavours.

CRISPY TOFU BOWL (V)

R 165

Seasoned sushi rice topped with crispy tofu, creamy avocado, charred snow peas, edamame, carrot ribbons and toasted sesame seeds, served with a honey and soy dipping sauce.

SASHIMI SALMON BOWL

R185

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

DYNAMITE PRAWN BOWL

R 260

Tempura prawns and crispy shrimp popcorn served over sushi rice with creamy avocado, cucumber, cherry tomatoes, spring onion and our signature Dynamite sauce.

TERIYAKI CHICKEN BOWL

R 170

Crispy teriyaki chicken served over sushi rice with pineapple, cucumber, carrot ribbons, edamame, toasted sesame seeds and spicy mayonnaise.

CALIFORNIA ROLLS (8 pieces)

Rolled with sushi rice on the outside and nori within.

Smoked Salmon | **R 180**

Tuna | **R 130**

Prawn | **R 165**

Vegetable | **R 75**

Salmon | **R 168**

MAKI ROLLS (6 pieces)

Traditional nori rolls with seasoned sushi rice and your choice of filling.

Smoked Salmon | **R 180**

Tuna | **R 130**

Prawn | **R 165**

Vegetable | **R 75**

Salmon | **R 160**

RAINBOW ROLLS (8 pieces)

Crab stick and avocado maki roll, topped with your choice of salmon, tuna or prawn.

Salmon | **R 180**

Tuna | **R 130**

Prawn | **R 165**

TEMPURA ROLLS

Golden tempura-coated maki rolls, lightly fried and served with teriyaki dipping sauce.

Salmon | **R 185**

Prawn | **R 175**

Tofu & Vegetable | **R 120**

SASHIMI

Delicately sliced and served with pickled vegetables and micro herbs.

Salmon | **R 120**

Tuna | **R 80**

NIGIRI

Hand-pressed sushi rice topped with your choice of seafood, served with pickled ginger and wasabi.

Salmon | **R 90**

Tuna | **R 68**

Prawn | **R 120**

FASHION SANDWICHES

Classic sushi sandwiches layered with your favourite fillings.

Salmon | **R 135**

Tuna | **R 120**

Prawn | **R 160**

Avocado & Cucumber | **R 85**

TO SHARE

Perfect for long lunches, sunset cocktails and sharing with friends.

LOADED FRIES

FULLY LOADED | R 90

Golden fries topped with melted cheese, guacamole and sliced jalapeños.

BILTONG | R 110

Golden fries topped with shaved biltong and our signature biltong mayonnaise.

CLASSIC | R 45

Golden fries served with tomato sauce.

SHARING BENTO BASKETS

SEAFOOD SHARE PLATTER | R 380

Tempura hake, grilled calamari skewers, prawn maki rolls and teriyaki dipping sauce, served with wasabi tartar.

CHICKEN SHARE PLATTER | R 350

BBQ chicken wings, grilled chicken kebabs and crispy chicken strips, served with dragon balls and shu-shu mayonnaise.

SLIDER SHARE PLATTER | R 300

A trio of gourmet sliders featuring peppered beef with mozzarella, chilli chicken with pineapple and cheese, and Greek lamb with hummus and tzatziki

ROOSTERKOEK & TOASTED CLASSICS

Served with your choice of golden potato fries
or sweet potato fries.

BOEREWORS BRAAIBROODJIE | R 140

Flame-grilled boerewors patty served in a toasted roosterkoek
with mozzarella, tomato, red onion and our signature tomato
chutney.

STEAK & MUSHROOM ROOSTERKOEK | R 210

Grilled rump steak with sautéed mushrooms and atchar, served
on toasted roosterkoek.

LA MIZU CLUB ROOSTERKOEK | R 170

Toasted roosterkoek layered with smoked ham, chicken mayo,
bacon, cheese, creamy avocado, Dijon mustard, gherkins and
tomato.

TOASTED SANDWICHES

Choice of white, brown or wholewheat bread. Served with your
choice of golden fries or sweet potato fries

CHICKEN MAYONNAISE | R 85

Classic chicken mayonnaise

HAM, CHEESE & TOMATO | R 95

Smoked ham, cheddar and tomato

TUNA MAYONNAISE | R 95

Creamy tuna mayonnaise

BACON & EGG | R 95

Smoked bacon and fried egg

FROM THE BRAAI

All grills are served with your choice of golden fries or a garden salad or one of the sides further below - included in the price of the grill.

200g FILLET | R 310

Tender beet fillet, flame-grilled to your preference

200g SIRLOIN | R 185

Flame-grilled sirloin, full of rich beef flavour

200g RUMP | R 195

A South African favourite, flame-grilled and served just the way you like it

Add your favourite sauce

Creamy Mushroom | **R 50**

Green Peppercorn | **R 45**

Blue Cheese | **R 50**

Hollandaise | **R 55**

Sides

Buttered mashed potato | **R25**

Potato chips | **R30**

Creamed spinach | **R45**

Rice | **R40**

Samp and beans | **R38**

Maple and cinnamon butter roasted butternut | **R40**

MAINS

A selection of locally-inspired classics,
with a coastal Japanese kick!



LA MIZU SIGNATURE BURGER | R 185

Flame-grilled beef burger glazed in our signature BBQ sauce, topped with melted mozzarella, crispy onion rings, creamy avocado, house slaw and gherkins, served with golden fries

FISH & CHIPS | R 165

Golden panko-crusted Cape hake served with golden fries, wasabi tartar and fresh lemon

CAPE MALAY CHICKEN CURRY | R 180

Aromatic Cape Malay chicken curry served with apricot and almond rice, warm roti and minted yoghurt

KAROO BEEF & GUINNESS POTJIE | R 180

Slow-braised Karoo beef in a rich Guinness gravy, served with creamy mashed potato or traditional pap

CHORIZO CARBONARA | R 180

Spaghetti tossed in a creamy garlic sauce with chorizo, finished with rocket, Parmesan and toasted focaccia

SALADS & BOWLS

Served from 12h00 onwards

COBB SALAD | R 175

Grilled chicken, smoked bacon, creamy avocado, free-range eggs, tomato, blue cheese and crisp garden leaves, finished with a red wine vinaigrette.

STICKY PORK BELLY BOWL | R 170

Slow-roasted pork belly glazed in a caramel soy reduction, served with steamed rice, pickled red cabbage and crisp apple slaw.

BUDDHA BOWL (V) | R 170

Brown rice with roasted chickpeas, creamy avocado, roasted butternut, beetroot, sauerkraut, edamame, pickled vegetables and garden herbs.

SEAFOOD BOIL | R 220

A hearty seafood pot with shellfish, corn, potatoes and spicy sausage, served with smoked paprika butter and cheesy garlic bread.

SWEET ENDINGS

CHAI-SPICED MILK TART

R 48

A South African favourite with delicate chai spice, served in a buttery shortcrust pastry

MALVA PUDDING

R 45

Warm malva pudding served with caramel custard and vanilla bean ice cream

MATCHA PEPPERMINT CRISP MOCHI

R 55

Soft matcha mochi filled with Peppermint Crisp and finished with warm chocolate sauce

CHOCOLATE RAZZANIA

R 55

A layered chocolate brownie with dark, milk and white chocolate mousse

BEVERAGES

SOFT DRINKS

Coke 200ml **R 31**

Coke / Coke Zero / Sprite / Sprite Zero 300ml **R 39**

RedBull **R 59**

Tomato Cocktail **R 79**

Fitch & Leedes 200ml **R 29**

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

Cape Botanicals Sparkling **R 52**

Lemongrass, ginger & lime
Mint, lime & cucumber
Elderflower, pear & mint

Appletiser / Grapetiser **R 59**

Iced Tea **R 49**

Peach / Lemon / Mixed Berries

Fruit Juice **R 25**

Orange / Mango / Apple / Fruit Cocktail / Cranberry

Cordials **R 8**

Passion Fruit / Lime / Kola Tonic / Grenadine

Still / Sparkling 500ml **R 23**

Still / Sparkling 1 litre **R 40**

Bitters **R 16**

Mutiny - Rooibos / Aromatic / Orange

SHAKES

Strawberry / Chocolate / Vanilla **R 50**

Coffee **R 55**

Matcha **R 85**

BEVERAGES

COFFEE & TEA

Single Espresso **R 22**
Double espresso **R 26**
Cortado **R 32**
Americano **R 30**
Cappuccino **R 32**
Latte **R 35**
Macchiato **R 28**
Café Mocha **R 39**
Hot Chocolate **R 39**
Red Cappuccino **R 32**
Red Latte **R 39**
Chai Latte **R 30**
Iced Coffee **R 32**

All available in DECAF

Start the day right and add to your favourite latte:

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

NIGIRO LOOSE LEAF TEAS

Matcha **R 60**
Sencha Fukujyu **R 40**
African Breakfast Black Tea Blend **R 35**
Ceylon **R 25**
English Breakfast **R 25**
Early Grey Blue Flower **R 35**
Chamomile Flowers **R 35**
Minty Mint **R 35**
Cederberg Highveld Rooibos **R 35**
Cederberg Green Rooibos **R 35**
Langkloof Woody Honeybush **R 35**

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 **R 273**

25ml Ochoko **R 46**

Qianheshou Yuzu Sake

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

150ml Tokkuri **R 175**

25ml Ochoko **R 30**

Qianheshou Pineapple Sake

150ml Tokkuri **R 175**

25ml Ochoko **R 30**

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 **R 297**

25ml Ochoko **R 50**

UMESHU- available as traditional umeshu or yuzu umeshu

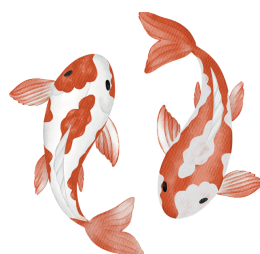
A traditional Japanese liqueur made by steeping unripe, green plums in a clear spirit with sugar.

150ml Tokkuri **R 409**

25ml Ochoko **R 69**

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, savored tasting of the beverage



BEVERAGES

DRAUGHT BEER

Lager / Lite - CBC Draughts 500ml **R 71**

Amber Weiss - CBC Draughts 500ml **R 83**

BEER

Castle Lager **R 41**

Castle Light **R 44**

Black Label **R 44**

Flying Fish Lemon **R 49**

Heineken **R 51**

Corona **R 55**

Windhoek Draught **R 57**

CIDER

Hunters Dry / Gold **R 52**

Savanna **R 59**

SPRITZERS

Bernini Blush **R 47**

Rekorderlig Peach & Raspberry **R 50**

NON-ALCOHOLIC

Heineken **R 51**

Savanna Zero **R 59**

APERITIF

Pimms No 1 **R 20**

Martini Bianco **R 22**

Martini Rosso **R 22**

Martini Extra Dry **R 22**

Caperitif Kaapse Dief Soet Vermoed **R 23**

Wild Cape Vermouth **R 30**

Aperol Spritz **R 38**

Pernod **R 36**

Campari **R 42**

Blaauwklippen Before & After **R 83**

VODKA

Caramel **R 29**

West Coast **R 34**

Albatross **R 49**

New Harbour Pinotage **R 36**

Hazendal Black **R 83**

COCKTAILS



Mojito **R 87**

Pina Colada **R 85**

Shanky's Whip **R 101**

Long Island **R 118**

Strawberry Daiquiri **R 120**

Long Shanky's Ginger **R 107**

Aperol Spritz Double **R 128**

Turkish Delight Martini **R 137**

Malachite In Mumbai **R 156**



BEVERAGES



GIN

Seekat Gin **R 38**
Cape Town Rooibos **R 38**
Karoo Prick **R 42**
Pikke **R 43**
Musgrave Pink **R 44**
Malachite **R 54**
A Mari Atlantic Ocean **R 45**
Kaapse Liqueurs Buchu **R 67**
Bloedlemoen **R 46**
Sugarbird Juniper Unfiltered **R 43**
Roku Gin **R 54**
Cape St Blaize Oceanic **R 61**
Inverroche Amber Gin **R 58**
New Harbour Spekboom Gin **R 36**
Six Dogs Blue Gin **R 59**

WHISKY

Local

New Harbour Bushveld Whiskey **R 38**

Japanese

Toki Suntory **R 72**
Akashi Red **R 31**
Hibiki Suntory **R 275**
Tenjaku Pure Malt **R 74**

Irish

Tullamore Dew **R 42**
Jameson **R 47**
Shanky's Whip **R 43**

Scotch

Johnny Walker Black **R 54**
Monkey Shoulder **R 56**

American

Southern Comfort **R 26**
Jack Daniels **R 41**

Bourbon

Woodford Reserve **R 58**

Single Malt

Laphroaig 10 Yrs **R 108**
Talisker 10 Yrs **R 113**
Glenlivet 15 Yrs **R 145**
Lagavulin 16 Yrs **R 197**
Glenfiddich 18 Yrs **R 208**

BEVERAGES

RUM

Captain Morgan Spiced Gold **R 22**

Leatherback Copper Still **R 45**

Cape of Storms White **R 41**

Wilderer Rogue Spiced **R 53**

Elephantom **R 49**

Sugarbird Cape Fynbos **R 53**

BRANDY

KWV 5 year **R 27**

Klipdrift Premium **R 28**

KWV 10 year **R 45**

New Harbour Cape Alchemist **R 44**

Van Rhyn 15 Yr Old Potstill **R 91**

Tokara XO Potstill **R 111**

Oude Molen XO **R 139**

COGNAC

Bisquit VSOP **R 115**

Hennessey VSOP **R 115**

TEQUILA

Jose Cuervo Gold **R 37**

Jose Cuervo Silver **R 37**

Don Julio Reposado **R 124**

Don Julio Anejo **R 167**

LIQUERS

Amarula **R 20**

Kahlua **R 35**

Frangelico **R 36**

Cointreau **R 42**

Shanky's Whip **R 43**

Kaapse Liqueur Rooibos **R 65**

WINES

SPARKLING WINE

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

KWV Annabelle Cuvée Rosé **R 330**

PROSECCO

Da Luca **R 564**

Sartori Brut **R 629**

METHOD CAP CLASSIQUE

Villiera Brut 375ml **R 374**

Graham Beck Rose **R 675**

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

Simonsig Kaapse Vonkel Nectar Rose **R 602**

CHAMPAGNE

Moet & Chandon **R 2480**

Veuve Cliquot Brut **R 2872**

SAUVIGNON BLANC

Arniston Bay **R 266**

Wild Woman **R 318/ R 80**

Klein Roosboom **R 343**

Doran Vineyards **R 242**

Contreberg **R 296**

Waterkloof **R 656**

Steenberg The Black Swan **R 857**

CHARDONNAY

Ken Forrester Petit **R 240/ R 60** per glass

Haute Cabriere Unwooded **R 289**

Creation **R 731**

Almenkerk **R 917**

Iona Kloof **R 2242**

CHENIN BLANC

Kleine Zalze Cellar Selection **R 258/ R 65** per glass

Mulderbosch Steen op Hout **R 325**

Rickety Bridge **R 363**

Raats **R 518**

De Morgenzon **R 414**

Donkiesbaai Steen **R 999**

WINES

SINGLE WHITE VARIETALS

Diemersdal Gruener Veltliner **R 396**

De Wetshof Riesling **R 651**

Steenberg Semillon **R 800**

Lourensford Viognier **R 578**

WHITE BLENDS

Buitenverwachting Buiten Blanc **R 257**

Constantia Glen Two **R 982**

Steenberg Magna Carta **R 2578**

ROSE

Darling Cellars Pyjama Bush **R 219**

The Wild woman **R 318 / R 80** per glass

Peter Falke Blanc de Noir **R 432**

Contreberg **R 371**

CABERNET SAUVIGNON

Leopards Leap **R 240**

Sixpence **R 218/ R 80** per glass

Warwick First Lady **R 387**

Glen Carlou Gravel Quarry **R 1527**

Muratie Martin Melck **R 970**

Boekenhoutskloof Stellenbosch **R 1552**

Contreberg **R 370**

SHIRAZ

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

Tokara **R 461**

De Grendel **R 683**

Starke Conde Stellenbosch Syrah **R 866**

Rust & Vrede Estate Syrah **R 1214**

MERLOT

Durbanville Hills **R 264**

Fairbridge **R 314**

Stellenrust **R 303 / R76** per glass

Plaisir de Merle **R 782**

Villiera Monro **R 993**

Shannon Mount Bullet **R 1699**

RED BLENDS

Fairbridge **R 294 / R 74** per glass

Noble Savage **R 355**

Fairview Extrano **R 552**

Carl Everson Cape Blend **R 725**



PINOTAGE

Boland Cellar Pinotage **R 266 / R67 Per glass**

Wildeckrands **R 392**

Diemersfontein **R 456**

Diemersfontein Journal **R 1277**

L'Avenir Single Block **R 1822**

Beyerskloof Diesel **R 3792**

CAPE BORDEAUX BLEND

Babylonstoren Nebukadnesar **R 2338**

Hermanuspietersfontein Kleinboet **R 687**

Spier Creative B Five **R 665**

Anthony Rupert Optima **R 764**

Rustenberg John X Merriman **R 794**

Constantia Glen Three **R 1118**

Meerlust Rubicon **R 1713**

Kanonkop Paul Sauer **R 2743**

Vergelegen V **R 5311**

Waterford The Jem **R 6449**

PORT STYLE & FORTIFIED WINES

Fairview Sweet Red **R 449**

Boplaas Cape Tawny **R 26**

RED SINGLE VARIETALS

Bellevue Malbec **R 499**

Ondine Grenache **R 816**

Morgenster Nabucco Nebbiolo **R 604**

KWV Mentors Petit Verdot **R 1089**

Hamilton Russel Pinot Noir **R 2265**

DESSERT & NATURAL SWEET WINES

Klein Constantia Vin de Constance **R 199**

Donkiesbaai Hooiwijn **R 87**

DIGESTIFS

Kaapse Liqueurs Buchu Limoncello **R 42**

Jaegermeister **R 38**

Wilderer Shiraz Grappa **R 73**