



# MENU

## BREAKFAST

BREAKFAST SERVED UNTIL 11H30

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• <b>HEALTH</b> 85<br/><i>Homemade Granola with Yoghurt</i></li> <li>• Fresh Fruit Salad</li> <li>• Glazed Apple &amp; Cashew Nuts</li> <li>• Caramelised Banana &amp; Flaked Almonds</li> </ul> | <ul style="list-style-type: none"> <li>• <b>OMELETTES</b></li> <li>• 3-Cheese &amp; Spring Onion 90</li> <li>• Bacon, Roast Tomato &amp; Basil 85</li> <li>• Prosciutto, Mozzarella &amp; Chives 100</li> </ul> |
| <ul style="list-style-type: none"> <li>• <b>ORGANIC OATS</b> 60<br/><i>Glazed Apple &amp; Toasted Walnuts</i></li> </ul>  | <ul style="list-style-type: none"> <li>• <b>EGGS BENEDICT</b></li> <li><i>Toasted English Muffin, Poached Eggs &amp; Hollandaise</i></li> <li>• Salmon 115</li> <li>• Bacon 85</li> </ul>                       |
| <ul style="list-style-type: none"> <li>• <b>FRESH FRUIT PLATTER</b> 90<br/><i>Seasonal Fruit Sliced &amp; Served with Minted Yoghurt</i></li> </ul>   | <ul style="list-style-type: none"> <li>• <b>FRENCH TOAST</b> 75<br/><i>Ciabatta, Banana Rum Jam &amp; Cinnamon Crème Fresh</i></li> </ul>   |
| <ul style="list-style-type: none"> <li>• <b>EGG SOLDIERS</b> 50<br/><i>Boiled Eggs with Brioche</i></li> </ul>  | <ul style="list-style-type: none"> <li>• <b>RICOTTA HOT CAKES</b> 75<br/><i>Honeycomb Butter</i></li> </ul>   |
| <ul style="list-style-type: none"> <li>• <b>EGGS COCOTTE</b> 85<br/><i>Thyme Butter &amp; Pancetta Served with Toast</i></li> </ul>   | <ul style="list-style-type: none"> <li>• <b>FLAPJACKS</b> 65<br/><i>Blueberry &amp; Maple Stack</i></li> </ul>  |
| <ul style="list-style-type: none"> <li>• <b>ENGLISH BREAKFAST</b> 120<br/><i>Eggs-Your-Way, Bacon, Sausage, Roasted Tomato, Grilled Mushroom &amp; Toast</i></li> </ul>   | <ul style="list-style-type: none"> <li>• <b>CROQUE</b></li> <li>• Monsieur - Ham &amp; Gruyère Cheese 95</li> <li>• Madam - Ham, Gruyère Cheese &amp; Fried Egg 105</li> </ul>                                  |

## SALADS

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• <b>SPICY CHICKEN</b> 95<br/><i>Mixed Lettuce, Sprouts, Cucumber, Tomato &amp; Vinaigrette</i><br/>Add Avocado SQ</li> </ul>        | <ul style="list-style-type: none"> <li>• <b>QUINOA</b> 90<br/><i>Roast Pumpkin, Chickpeas, Red Onion, Chilli, Feta, Mint &amp; Coriander</i></li> </ul>   |
| <ul style="list-style-type: none"> <li>• <b>CHERMOULA FRESH SEARED TUNA</b> SQ<br/><i>Chickpeas, Red Onion, Tomato, Coriander Yoghurt &amp; Dukka</i></li> </ul>            | <ul style="list-style-type: none"> <li>• <b>LA BELLE TABLE SALAD</b> 85<br/><i>Mixed Lettuce, Feta, Croutons, Tomato, Boiled Egg &amp; Pine Nuts</i><br/>Add Avocado SQ</li> </ul>                        |
| <ul style="list-style-type: none"> <li>• <b>SMOKED SALMON</b> 140<br/><i>Bulgurwheat, Roasted Beetroot, Rocket, Burnt Lemon Dressing &amp; Horseradish Cream</i></li> </ul> | <ul style="list-style-type: none"> <li>• <b>CAESAR SALAD</b> 90<br/><i>Baby Gem Lettuce, Boiled Egg, Parmesan, Croutons &amp; Anchovy Dressing</i><br/>Add Herb Chicken R40<br/>Add Salmon R55</li> </ul> |

## SANDWICHES

CHOICE OF FRESHLY BAKED BREADS - BAGUETTE, CIABATTA, HEALTH OR RYE

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• <b>CHICKEN &amp; BRIE</b> 85<br/><i>Mustard, Cranberry Compote, Oregano &amp; Thyme</i></li> </ul>   | <ul style="list-style-type: none"> <li>• <b>SMOKED SALMON</b> 130<br/><i>Cream Cheese, Avocado, Sprouts, Rocket &amp; Lemon</i></li> </ul> |
| <ul style="list-style-type: none"> <li>• <b>RARE ROAST BEEF</b> 95<br/><i>Horseradish Mayo, Watercress &amp; Crisps</i></li> </ul>            | <ul style="list-style-type: none"> <li>• <b>ROAST CHICKEN MAYO</b> 75<br/><i>Rocket, Mayo &amp; Cherkins</i></li> </ul>                    |
| <ul style="list-style-type: none"> <li>• <b>BLT</b> 80<br/><i>Streaky Bacon, Baby Gem Lettuce &amp; Tomato</i></li> </ul>                     | <ul style="list-style-type: none"> <li>• <b>CHEESE TOASTIE</b> 55<br/><i>Smoked Mozzarella &amp; Caramelised Onions</i></li> </ul>         |
| <ul style="list-style-type: none"> <li>• <b>PRAWN &amp; AVOCADO</b> 110<br/><i>Mayo, Mint, Coriander, Chilli, Lime &amp; Apple</i></li> </ul> |  |

## STARTERS

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• <b>OYSTERS</b> SQ<br/><i>Served on Ice with Lemon</i></li> </ul>   | <ul style="list-style-type: none"> <li>• <b>SAUTÉED CHICKEN LIVERS</b> 80<br/><i>Bacon, Mushroom, Red Wine &amp; Garlic Toast</i></li> </ul>  |
| <ul style="list-style-type: none"> <li>• <b>GARLIC MUSSELS</b> 75<br/><i>Fresh Black Mussels, Garlic, Creamy White Wine Sauce &amp; Baguette</i></li> </ul> | <ul style="list-style-type: none"> <li>• <b>MUSHROOM TORTELLINI</b> 95<br/><i>Parmesan, Beurre Noisette &amp; Truffle Oil</i></li> </ul>      |
| <ul style="list-style-type: none"> <li>• <b>DEEP FRIED CALAMARI</b> 80<br/><i>Homemade Chilli Dressing &amp; Coriander</i></li> </ul>                       | <ul style="list-style-type: none"> <li>• <b>ROASTED TOMATO SOUP</b> 80<br/><i>Smooth Tomato Soup &amp; Toasted Cheese Sandwich</i></li> </ul> |
| <ul style="list-style-type: none"> <li>• <b>BOUILLABAISSE</b> 110<br/><i>Mussels, Clams &amp; Line Fish</i></li> </ul>                                      | <ul style="list-style-type: none"> <li>• <b>BEEF CARPACCIO</b> 120<br/><i>Parmesan, Rocket &amp; Maldon Sea Salt</i></li> </ul>               |

## SIDES

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• <b>SHOESTRING FRIES</b> 25</li> </ul> | <ul style="list-style-type: none"> <li>• <b>GRILLED VEGETABLES WITH HERBS</b> 35</li> </ul> |
| <ul style="list-style-type: none"> <li>• <b>MASH</b> 25</li> </ul>             | <ul style="list-style-type: none"> <li>• <b>GREEN SIDE SALAD</b> 35</li> </ul>              |
| <ul style="list-style-type: none"> <li>• <b>KALE</b> 30</li> </ul>             |   |

## MAINS

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• <b>WHOLE ROASTED FISH</b> 160<br/><i>English Spinach, Sumac Butter<br/>(Subject to availability)</i></li> </ul>                       | <ul style="list-style-type: none"> <li>• <b>FILLET STEAK</b> 190<br/><i>Chips &amp; Béarnaise Sauce</i></li> </ul>   |
| <ul style="list-style-type: none"> <li>• <b>CRISPY SKIN NORWEGIAN SALMON</b> SQ<br/><i>New Potatoes, Cauliflower Purée,<br/>Spinach &amp; Olive Tapenade</i></li> </ul>        | <ul style="list-style-type: none"> <li>• <b>SIRLOIN</b> 160<br/><i>Garlic Potato, Kale &amp; Black Peppercorn Sauce</i></li> </ul>   |
| <ul style="list-style-type: none"> <li>• <b>TUNA STEAK</b> SQ<br/><i>Spinach, New Potatoes &amp; Sauce Vierge</i></li> </ul>   | <ul style="list-style-type: none"> <li>• <b>MEAT BALLS &amp; TAGLIATELLE</b> 110<br/><i>Parmesan &amp; Chunky Tomato Sauce</i></li> </ul>  |
| <ul style="list-style-type: none"> <li>• <b>BEER BATTERED FISH</b> 120<br/><i>Chips &amp; Cottage Cheese Tartar Sauce</i></li> </ul>   | <ul style="list-style-type: none"> <li>• <b>LAMB CUTLETS</b> 195<br/><i>Beer Roasted Garlic Mash &amp; Spinach</i></li> </ul>  |
| <ul style="list-style-type: none"> <li>• <b>SALMON &amp; KINGKLIP FISH CAKES</b> 140<br/><i>Corn, Mushrooms, Asian Greens, Chilli,<br/>Ginger &amp; Wasabi Mayo</i></li> </ul> | <ul style="list-style-type: none"> <li>• <b>LA BELLE BEEF BURGER</b> 110<br/><i>Tomato, Crispy Onion, Rocket &amp; Mushroom Sauce<br/>Add Avocado SQ</i></li> </ul>                                      |
| <ul style="list-style-type: none"> <li>• <b>CHICKEN SCHNITZEL</b> 110<br/><i>Mustard Sauce, Chips &amp; Lemon</i></li> </ul>   | <ul style="list-style-type: none"> <li>• <b>VEGETABLE QUICHE</b> 115<br/><i>Seasonal Vegetables, Feta, Parmesan,<br/>Basil Pesto &amp; Mixed Leaf Salad</i></li> </ul>                                   |
| <ul style="list-style-type: none"> <li>• <b>ROAST CHICKEN PIE</b> 100<br/><i>Mushrooms, Leeks with Creamy Mash</i></li> </ul>  | <ul style="list-style-type: none"> <li>• <b>VEGETABLE PENNE</b> 110<br/><i>Feta, Sundried Tomato, Roast Vegetables,<br/>Spinach &amp; Pine Nuts<br/>Also available with Gluten Free Pasta</i></li> </ul> |
| <ul style="list-style-type: none"> <li>• <b>CHICKEN BURGER</b> 95<br/><i>Crisp Lettuce, Tomato, Mustard Mayo, Feta &amp; Cherkins</i></li> </ul>                               |  |

## DESSERT

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• <b>CHOCOLATE FONDANT</b> 75<br/><i>Molten Centred Pudding,<br/>served with Vanilla Anglaise</i></li> </ul> | <ul style="list-style-type: none"> <li>• <b>CRÈME BRÛLÉE</b> 55<br/><i>Shortbread</i></li> </ul>                                |
| <ul style="list-style-type: none"> <li>• <b>DUTCH PANCAKES</b> 55<br/><i>Caramelised Banana &amp; Ice Cream</i></li> </ul>                          | <ul style="list-style-type: none"> <li>• <b>ICE CREAM &amp; CHOCOLATE SAUCE</b> 60<br/><i>Homemade Bar One Sauce</i></li> </ul> |
| <ul style="list-style-type: none"> <li>• <b>PANNA COTTA</b> 65<br/><i>Almond Biscotti &amp; Strawberry Compote</i></li> </ul>                       |   |

## RAW JUICES & ICED TEAS

### RAW JUICES

- |  |    |
|--|----|
| FRESH JUICE: <i>Choice of Apple, Carrot, Orange &amp; Pear</i>       | 40 |
| C BREEZE: <i>Grapefruit, Pineapple, Kiwi &amp; Raspberry</i>         | 50 |
| CHILLI QUEEN: <i>Carrot, Chilli, Pineapple, Lime &amp; Coriander</i> | 50 |
| RED BEAUTY: <i>Beetroot, Carrot, Celery &amp; Cucumber</i>           | 50 |
| GREEN PEACE: <i>Celery, Apple, Cucumber &amp; Spinach</i>            | 50 |

### ICED TEAS

- |                    |    |
|--------------------|----|
| CRANBERRY & CHERRY | 30 |
| MANGO & LEMON      | 30 |
| LEMON & APPLE      | 30 |
| POMEGRANATE        | 30 |

## SMOOTHIES, MILKSHAKES & HOT CHOCOLATES

### SMOOTHIES

- |  |    |
|--|----|
| MANGO MAGIC<br><i>Mango, Pineapple &amp; Coconut Milk</i>              | 45 |
| FRUIT LOOP<br><i>Raspberry, Passion Fruit, Litchi &amp; Strawberry</i> | 45 |
| BANANA BLISS<br><i>Banana, Raspberry, Litchi &amp; Low Fat Yoghurt</i> | 45 |
| TROPICAL TANGO<br><i>Pineapple, Kiwi &amp; Raspberry</i>               | 45 |

### MILKSHAKES

- |                         |    |
|-------------------------|----|
| BERRY & WHITE CHOCOLATE | 45 |
| DOUBLE CHOCOLATE        | 45 |
| BANANA & PEANUT BUTTER  | 45 |
| VANILLA CHAI            | 45 |

### HOT CHOCOLATE

- |   |    |
|---|----|
| ORIGINAL  | 30 |
| HOT CHOCOLATE LA BELLE<br><i>A Decadent Treat Served with Chocolate Spoon &amp; Ganache</i> | 50 |

## TEAS

### BLACK TEA

- |   |    |
|---|----|
| DARJEELING SUMMER GOLD<br><i>Black tea with a flowery elegance and a deliciously well-balanced aroma from India</i> | 28 |
| ASSAM BARI<br><i>Strong, spicy and malty black tea from a region in India called Assam</i>                          | 28 |
| EARL GREY<br><i>Autumn Darjeeling with the refreshing citrus aroma of bergamot</i>                                  | 28 |
| MASALA CHAI<br><i>Strong blend from Assam with its famously exotic and powerfully hot spices</i>                    | 28 |

### GREEN TEA

- |   |    |
|---|----|
| GREEN DRAGON<br><i>Typical light tartness of green tea joins with a flurry of freshness</i>       | 28 |
| MOROCCAN MINT<br><i>The renowned Gunpowder green tea melded with fresh nana mint from Morocco</i> | 28 |

### HERBAL INFUSION

- |   |    |
|---|----|
| SWISS MOUNTAIN HERBS (BERGKRAUTER)<br><i>Delicate lemon balm, a subtle note of anise and a breathe of thyme</i>     | 28 |
| AYURVEDA HERBS & GINGER<br><i>This is Ayurveda mixed with the freshness of ginger, lemongrass and lemon verbena</i> | 28 |
| FRUITY CAMOMILE<br><i>A wholesome infusion with the gentle sweetness of orange petals</i>                           | 28 |
| ROOIBOS CREAM ORANGE<br><i>Rooibos with a creamy and delicate vanilla flavour and a taste of ripe oranges</i>       | 28 |

### FRUIT INFUSION

- |   |    |
|---|----|
| LEMON FRESH<br><i>A superbly refreshing fruit infusion of lemon peels, lemon grass and apple pieces</i> | 28 |
| SWEET BERRIES<br><i>Beautiful sweet berry infusion made of native fruits and red berries</i>            | 28 |

## COCKTAILS

<b>COSMOPOLITAN</b> <i>Vodka, Triple Sec &amp; Cranberry Juice Shaken with a Twist of Orange Peel</i>	55	<b>VIRGIN</b>	
<b>BELLINI</b> <i>Peach Liqueur Topped with Sparkling Wine</i>	75	<b>LITCHI RASPBERRY FIZZ</b> <i>Light &amp; Fruity with Litchi, Raspberry, Sparkling Water &amp; a Dash of Rosewater</i>	40
<b>KIR ROYALE</b> <i>Sparkling Wine with a Dash of Crème de Cassis</i>	80	<b>PEACH FIZZ</b> <i>Refreshing with Peaches, Sparkling Water, Mint &amp; a Hint of Ginger</i>	45
<b>PIMM'S COCKTAIL</b> <i>A Classic with Pimm's, Lemonade, Apple &amp; Cucumber</i>	50	<b>LAVA LAMP</b> <i>Fresh Strawberries, Blended with Fresh Apple &amp; Orange Juice, Honey &amp; Balsamic Vinegar</i>	60
<b>MOJITO</b> <i>Bacardi Rum Muddled with Lime Quarters &amp; Mint Leaves Over Crushed Ice</i>	65	<b>PINEAPPLE MOJITO</b> <i>Fresh Pineapple Juice, Lime &amp; Mint Served Over Crushed Ice</i>	40
<b>BLOODY MARY</b> <i>A Classic with Vodka &amp; Tomato Cocktail</i>	75	<b>DAIQUIRI</b> <i>Choice of Mango or Strawberry - Sweet &amp; Fruity Icy Drink</i>	50

## CHAMPAGNE & MÉTHODE CAP CLASSIQUE

<b>CHAMPAGNE</b>	GL	B	<b>MÉTHODE CAP CLASSIQUE</b>	GL	B
LOUIS ROEDERER NV	300	1200	GRAHAM BECK BRUT	85	370
LOUIS ROEDERER ROSÉ	375	1500	GRAHAM BECK BRUT ROSÉ	95	400
DOM PÉRIGNON BRUT		5000	PONGRÁCZ BRUT		320
VEUVE CLICQUOT NV		1500	PONGRÁCZ ROSÉ		360
VEUVE CLICQUOT ROSÉ		1800			

## WHITE WINES

<b>CHENIN BLANC</b>	GL	C	B	<b>SAUVIGNON BLANC</b>	GL	C	B
CEDERBERG			220	WARWICK PROFESSOR BLACK	75	95	280
RUDERA ROBUSTO			340	IONA			320
PECAN STREAM	45	60	170	SPRINGFIELD LIFE FROM STONE			260
<b>CHARDONNAY</b>				BOUCHARD FINLAYSON	70	90	260
BOUCHARD FINLAYSON SANS BARRIQUE			310	THELEMA	60	75	220
FLEUR du CAP UNFILTERED	85	110	310	WATERFORD ELGIN			310
WARWICK			650	DELAIRE GRAFF	65	80	230
WARWICK UNWOODED	60	75	220	DURBANVILLE HILLS	45	60	170
DURBANVILLE HILLS	45	60	170	FLEUR du CAP			310
CONSTANTIA UITSIG	70	90	260	BRAMPTON	50	65	190
BRAMPTON UNOAKED	50	65	190				

## WHITE BLENDS, ROSÉS & OTHER VARIETALS

	GL	C	B		GL	C	B
HAUTE CABRIÈRE CHARDONNAY / PINOT NOIR	65	85	250	DELAIRE GRAFF ROSÉ	55	70	200
BUITENVERWAGTING	40	50	145	MULDERBOSCH ROSÉ			170
SPICE ROUTE VIOGNIER			260	WARWICK THE FIRST LADY	50	65	190

## RED WINES

<b>RED BLENDS</b>	GL	C	B	<b>MERLOT</b>	GL	C	B
RUPERT & ROTHCHILD CLASSIQUE	95	115	340	THELEMA	90	110	320
RUSTENBERG JOHN X MERRIMAN			420	FLEUR du CAP UNFILTERED			350
BOEKENHOUTSKLOOF THE CHOCOLATE BLOCK			450	L'AUBERGE	40	50	140
<b>SHIRAZ</b>				MEERLUST			600
KLOOVENBURG			300	DURBANVILLE HILLS	55	70	200
DELAIRE GRAFF			240	<b>PINOTAGE</b>			
DURBANVILLE HILLS	55	70	200	DIEMERSFONTEIN			290
GROOT CONSTANTIA			420	L'AUBERGE	40	50	140
BRAMPTON	60	75	220	DURBANVILLE HILLS	55	70	200
<b>PINOT NOIR</b>				<b>CABERNET SAUVIGNON</b>			
HAUTE CABRIÈRE UNWOODED	70	85	240	SPRINGFIELD WHOLE BERRY	90	110	320
CREATION			400	WARWICK THE FIRST LADY			220
MEERLUST			550	WATERFORD ESTATE			430
IONA MR P (HE KNOWS)			300	DURBANVILLE HILLS	55	70	200
				BRAMPTON	60	75	220

## DESSERT WINES & PORT WINES

<b>DESSERT WINES</b>	GL	<b>PORT WINES</b>	GL
KLEIN CONSTANTIA VIN DE CONSTANCE	130	ALLESVERLOREN	30
NEDERBURG EDELKEUR	30	AXE HILL CAPE VINTAGE	55
GROOT CONSTANTIA GRAND CONSTANCE	90	AXE HILL DRY WHITE	55
		KLAWER AFRICAN RUBY ROOIBOS	30

*la Belle*

BISTRO & BAKERY

‘THERE’S SIMPLY  
NOWHERE BETTER  
• TO LINGER •

OVER A LONG LUNCH OR

**PÂTISSERIE DELIGHT**

WHILE SIPPING ON

.....  
**SOMETHING  
REFRESHING’**  
.....

201 THE PROMENADE  
VICTORIA ROAD, CAMPS BAY  
CAPE TOWN, 8040

.....  
T: +27 (0) 21 437 1278

info@labellecb.co.za

ALPHEN 5-STAR BOUTIQUE HOTEL,  
ALPHEN DRIVE, CONSTANTIA,  
CAPE TOWN, 7848

.....  
T: +27 (0) 21 795 6336

labelle@alphen.co.za

NO. 2, TWO OCEANS BEACH,  
BAY ROAD, MOUILLE POINT,  
CAPE TOWN, 8005

.....  
T: +27 (0) 21 439 9036

info@labellemp.co.za