

# BRUNCH @ THE LOCALS

## BRUNCH FAVORITES £8

**Glass of Prosecco**  
**Mimosa** Prosecco with Orange Juice  
**Bloody Mary** Tomato Juice, spices, vodka  
**Kir Royale** Prosecco with Creme de Cassis  
**Bellini** Prosecco with white peach puree

## THE LOCAL'S PICK

**MATCHA PANCAKES** 11.5  
 Comes with fresh raspberries, Mix berry coulis, matcha caramel and white chocolate curls  
**GLUTEN FREE BUCKWHEAT PANCAKES** 12.0  
 Banana Caramel, blueberries, coconut Yogurt, Berries compote, coconut shavings  
**BEETROOT FALAFEL (VEGAN)** 4.5  
 Served hot with cold mint yogurt and green herb dip  
**MUSHROOM ARANCINI** 5.0  
 With freshly grated parmigiano  
**AVOCADO TOAST** 9.5  
 Smashed avocado, radish, roasted pumpkin seeds on sourdough toast

## FREE RANGE EGGS

**EGGS YOUR WAY** 7.0  
 Poached, folded or fried eggs on toast

### ADD EXTRAS TO YOUR EGGS:

**Baked Beans** 3.5 each  
**Chicken sausage/Crispy Bacon** 3.0 each  
**Sautéed mushrooms/Avocado/Quinoa** 3.0 each  
**Grilled Asparagus/Smoked Salmon** 4.5 each  
**Extra Egg/Feta Cheese** 2.0 each

**LOCALS FULL HEALTHY** 15.5  
 Two Poached eggs, avocado, toasted dark rye, smoked salmon, raw salad, Yogurt dip, Cherry tomatoes on vine & Omega seeds  
**SKINNY EGGS** 10.5  
 2 poached eggs on thyme roasted Portobello Mushroom, whipped goat cheese, crushed avocado and fresh chilli and Rye bread  
**EGGS BENEDICT** 11.5  
 On freshly baked brioche bun with Parma Ham & Homemade Hollandaise  
**LOBSTER BENEDICT** 16.5  
 Fresh lobster on a toasted brioche, Poached eggs, prawns, avocado and signature sauce  
**EGGS ROYALE** 13.0  
 On freshly baked brioche bun with smoked salmon & Homemade Hollandaise  
**CHORIZO FOLDED EGGS** 9.5  
 on sourdough toast  
**TRUFFLE & WILD MUSHROOM EGGS** 11.0  
 on sourdough toasts  
**TOMATO, CHILLI & FETA EGGS** 10.0  
 on sourdough toast  
**SHAKSHUKA** 10.5  
 two eggs baked in spicy tomato sauce

## VEGAN, GLUTEN FREE

**CHARCOAL SMOOTHIE BOWL** 9.5  
 Activated charcoal, Avocado, Banana, coconut milk, fresh berries, omega seeds and coconut shavings  
**ACAI SMOOTHIE BOWL** 10.0  
 Acai berries, house made gluten free granola, seasonal fresh fruits, coconut yogurt and chia seeds  
**ORGANIC OAT PORRIDGE (GF)** 7.5  
 Coconut milk, apple, homemade mix berries jam and poached pear

## SALADS & SANDWICHES

Available from 11pm

**SMOKED SALMON OPEN SANDWICH** 9.5  
 Salmon, dark rye bread, crushed avocado, cucumber ribbons and activated seeds  
**CAMELISED VEG BRUSCHETTA** 7.5  
 Toasted sourdough, shaved parmigiano, soft goat cheese and balsamic vinegar reduction  
 -Add Asparagus for 4.5  
**CHICKEN BREAST SANDWICH** Half/Whole 7/11  
 Whole chicken breast, baby gem tomatoes, caramelized onions, harissa aioli  
 -Add French Fries for 4.0  
 -Add Bacon or Avocado for 3.0  
**SUPERFOOD SALAD:** 13.0  
 Our signature salad mix of kale, quinoa, baby pomegranate, spinach, beetroot, feta & omega seeds mix  
 -Add Chicken Breast 7.5  
 -Add Grilled Salmon 9.5

**LIVE SALAD (GLUTEN FREE, VEGAN)** 14.0  
 GF Soba noodles, kimchi (fermented cabbage), avocado, roasted butternut squash, sweet potato, green beans, beetroot falafel, probiotic vinaigrette

## MAINS

**THE LOCALS' CHEESE BURGER** 15.0  
 Our signature beef patty on glazed sesame brioche bun. Comes with cheese, Baby gem, tomatoes, caramelized onions & harissa aioli  
**TRUFFLE PASTA BAKE** 12.5  
**SLOW COOKED LAMB SHOULDER** 16.5  
 Served with fennel & green olives fregola and salsa Verde  
**TERIYAKI SALMON** 16.5  
 Served with pickled ginger soba noodles salad and yuzu dressing  
**LOBSTER TAGLIOLINI** 19.5  
 Fresh lobster, prawns, tomato sauce