

BRUNCH @ THE LOCALS

BRUNCH FAVORITES £8

Glass of Prosecco
Mimosa Prosecco with Orange Juice
Bloody Mary Tomato Juice, spices, vodka
 (Double shot - £11)
Kir Royale Prosecco with Creme de Cassis
Bellini Prosecco with white peach puree

ACTIVATED CHARCOAL £11.5
SMOOTHIE BOWL

Maple syrup, Avocado, Banana,
 coconut milk, fresh berries,
 omega seeds and coconut shavings

ACAI SMOOTHIE BOWL £11.5

Acai berries, house made gluten free granola,
 seasonal fresh fruits, coconut yogurt
 and chia seeds

ORGANIC OAT PORRIDGE (VEGAN) £8.5

Black Jersey butter,
 poached pear and Cinnamon

FREE RANGE EGGS

EGGS YOUR WAY

Scrambled or fried eggs on sourdough toasts

Two Eggs £7.0

Three Eggs £9.0

ADD EXTRAS TO YOUR EGGS:

-Baked Beans £3.5

-Chicken sausage/Crispy Bacon £3.5

Avocado/Sautéed mushrooms £4.5

-Grilled Asparagus/Smoked Salmon

Parma Ham £2.0

-Extra Egg £2.0

LOCALS FULL HEALTHY £15.5

Two Poached eggs, avocado,
 dark toasted dark rye, smoked salmon,
 raw salad, Yogurt & Cucumber dip
 Cherry tomatoes on vine & Omega 3 seeds

SKINNY POACHED EGGS £11.0

on thyme roasted portobello mushroom,
 Goat's curd, cream,
 crushed avocado and fresh chilli

-Add sourdough or dark rye toast for £1

EGGS BENEDICT £11.0

with Parma Ham & Homemade Hollandaise

EGGS ROYALE £13.0

with smoked salmon & Homemade Hollandaise

CHORIZO FOLDED EGGS £9.5

on sourdough toast

TRUFFLE & WILD MUSHROOM EGGS £11.0

on sourdough toasts

FETA & TOMATO FOLDED EGGS £10.0

With chillies and on sourdough toast

SHAKSHUKA £10.5

two eggs baked in spicy tomato sauce

THE LOCALS PICK

MATCHA PANCAKES (V) £10.5

Comes with fresh raspberries, fresh berry coulis,
 matcha caramel and white chocolate curls

GLUTEN FREE £10.0

BUCKWHEAT PANCAKES (V)

Banana Caramel, blueberries, coconut Yogurt,
 Berries compote, coconut shavings

AVOCADO TOAST £9.5

Smashed avocado, radish, coriander,
 pumpkin seeds with sourdough toast
 -Swap for Rye Bread for £1

SANDWICHES AND SALADS

Available from 12pm

SMOKED SALMON OPEN SANDWICH £9.50

Rye bread, crushed avocado,
 cucumber ribbons

CHICKEN BREAST SANDWICH

Half or Whole £7/11

Whole chicken breast, baby gem,
 tomatoes, caramelized onions, harissa aioli,

-Add Sweet Pot. fries for £5

-Add French Fries for £3

-Add Bacon or Avocado for £2

SUPERFOOD SALAD: £13.0

Our signature salad mix of kale, quinoa,
 baby pomegranate,

spinach, beetroot, feta & omega seeds mix

-Add Chicken Breast or Grilled Salmon £7.5

MAINS

THE LOCALS' BURGER £15.0

Our signature beef patty
 on glazed sesame brioche bun.

Served with Baby gem, tomatoes,
 caramelized onions, and aioli

-Add Sweet Pot. fries for £5

-Add Bacon or Fried Egg for £2

-Add French Fries for £3

SMOKED CHICKEN TAGLIATELLE £15.5

Tagliatelle pasta with smoked Chicken breast
 with egg and cream sauce

SLOW COOKED LAMB SHOULDER £16.5

Served with fennel, green olives,
 fregola and salsa verde

TERIYAKI ROASTED SALMON 16.5

Served with soba noodles superfood salad
 and soya and ginger dressing

-Add Black Rice or Quinoa for £3

Please inform your waiter if you have allergies
 or any special dietary requirements.

A discretionary service charge of 12.5% will be added to your bill