

DAY MENU *available from 11am*

SOMETHING TO START WITH

BEETROOT FALAFEL (VEGAN)	4.5
<i>Served with mint yogurt and hot spicy coriander dip</i>	
WARM CHICKPEAS RAGOUT (VEGAN)	4.5
MUSHROOM ARANCINI	5.0
<i>With freshly grated parmigiano</i>	
SWEET POTATO FRIES	5.0
<i>with spicy aioli</i>	
SOUP OF THE DAY	6.5
<i>Seasonal ingredients</i>	
<i>Comes with toasted sourdough and butter</i>	

EGGS, SANDWICHES & TOASTS

LOBSTER BENEDICT	16.5
<i>Fresh lobster on a toasted brioche, Poached eggs, prawns, avocado and signature sauce</i>	
SKINNY EGGS	10.5
<i>Poached eggs on thyme roasted Portobello mushroom, whipped Goat cheese Crushed avocado, fresh chillies & dark rye</i>	
CARAMELISED VEG BRUSCHETTA	7.5
<i>Toasted sourdough, red peppers, shaved parmigiano, goat cheese, balsamic reduction</i>	
-Add Poached egg	2.0
-Add Parma Ham	3.5
-Add Asparagus	4.5
AVOCADO TOAST (VEGAN)	9.5
<i>Smashed avocado, radish, coriander, pumpkin seeds on sourdough toast</i>	
-Add Poached egg	2.0
-on Dark Rye Bread	1.0
-Add Asparagus	4.5
SMOKED SALMON OPEN SANDWICH	9.5
<i>Salmon, dark rye, crushed avocado, cucumber ribbons and activated seeds</i>	
-Add Poached Egg	2.0
-Add Grilled Asparagus	4.5
CHICKEN BREAST SANDWICH	7/11
<i>Whole chicken breast, baby gem, tomatoes, caramelized onions, harissa aioli</i>	
-Add French Fries	4.0
-Add Bacon	2.5
-Add Avocado	3.0

SIGNATURE SALADS

LOCALS FULL HEALTHY	15.5
<i>Two Poached eggs, half avocado, toasted dark rye, smoked salmon, raw courgette salad, yogurt & cucumber dip vine cherry tomatoes & omega seed mix</i>	
BUFFALO MOZZARELLA	10.5
<i>grilled yellow and red peppers, toasted sourdough, baby leaves and tomato salad, basil pesto</i>	
SUPERFOOD SALAD	13.0
<i>Our signature salad mix of kale, quinoa, baby spinach, pomegranate, beetroot, feta & activated seeds mix</i>	
LIVE SALAD (GF, PROBIOTIC, VEGAN)	14.0
<i>GF Soba noodles, kimchi (fermented cabbage) avocado, roasted butternut squash, sweet potato, green beans, beetroot falafel, probiotic vinaigrette</i>	

BOOST YOUR SALAD WITH:

Grilled Salmon	9.5 each
Grilled Chicken breast	7.5 each
Smoked Salmon /Grilled Asparagus	4.5 each
Avocado /chicken sausage	3.0 each
Poached egg / Feta cheese	2.0 each

MAINS

TRUFFLE PASTA BAKE	12.5
LOBSTER TAGLIOLINI	19.5
<i>Fresh lobster pasta with datterino tomatoes and prawns</i>	
THE LOCALS' CHEESE BURGER	15.0
<i>Our signature beef patty on glazed sesame brioche bun. Comes with cheese, Baby gem, tomatoes, caramelized onions, harissa aioli</i>	
-Add Bacon or/and Fried Egg	2.0
-Add French Fries	4.0
TERIYAKI SALMON	16.5
<i>Served with pickled ginger soba noodles salad and yuzu dressing</i>	
CHICKEN MILANESE	15.5
<i>Crispy Chicken escalope, buffalo mozzarella, roasted cherry tomatoes and basil</i>	
-Add French fries	4.0
SLOW COOKED LAMB SHOULDER	16.5
<i>Served with fennel, green olives, fregola and salsa verde</i>	

Please inform your waiter if you have any special dietary requirements or allergic to any ingredient. A discretionary service charge of 12.5% is added to your bill