

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

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