

The Locals

— CHELSEA —

FREE RANGE EGGS & MORE

Available all day

EGGS YOUR WAY (VEG) 7.0
Poached, folded or fried eggs on sourdough toast

ADD EXTRAS TO YOUR EGGS

BAKED BEANS	2.5	HALF AVOCADO	3.0
CHICKEN SAUSAGE	3.0	SMOKED SALMON	4.5
BACON	3.0	SAUTEED MUSHROOMS	3.0

ALMOST FULL ENGLISH

Poached or scrambled eggs, chicken sausage, bacon, homemade baked beans, sauteed mushrooms, toasted sourdough bread 12.5

LOCALS FULL HEALTHY 15.5

Baby kale, spinach, spiralized courgette & cucumber raw salad, parsley & coriander herbs, poached eggs, smoked salmon, avocado, tomatoes, , toasted dark rye, tzatziki, activated omega seeds

VEGETARIAN FULL HEALTHY (VEG) 13.5

Baby kale, spinach, tomatoes, spiralized courgette & cucumber raw salad, parsley & coriander herbs, poached eggs, avocado, tomatoes, sauteed mushrooms, toasted rye bread, tzatziki, activated omega seeds

VEGAN FULL HEALTHY (VEGAN) 14.5

Baby kale, spinach, tomatoes, spiralized courgette & cucumber raw salad, parsley & coriander herbs, avocado, sauteed mushrooms, toasted rye bread, yuzu dressing, activated omega seeds, smoked tofu

EGGS BENEDICT 12.0

Charcoal bun, Italian parma ham, rich yolk eggs, The Locals Hollandaise

EGGS ROYALE 13.0

Charcoal bun, smoked salmon, rich yolk eggs, The Locals Hollandaise

SHAKSHUKA 11.5

Two rich yolk eggs baked in spicy tomato sauce, sourdough toasts

FOLDED EGGS ON SOURDOUGH TOAST

Please choose from:

- **Tomato, chilli, Feta** 10.8
- **Chorizo eggs** 10.5
- **Truffle & wild mushroom eggs** 11.8
- **Spinach and sun-dried tomatoes eggs** 11.0

TOASTS & SANDWICHES

Available all day

HAM & CHEESE TOASTIE 6.5
Sourdough multigrain toasts or croissant, comte cheese, ham

AVO TOAST (VEGAN) 8.5
Smashed avocado, reddish, roasted pumpkin seeds on toasted sourdough, coriander, multigrain cress

- add poached/scrambled egg 1.5
- add smoked salmon 4.5

FETA AVO TOAST (VEG) 10.5

Smashed avocado, oven roasted bell peppers, feta cheese, parsley pesto, baby basil

GRILLED CHICKEN SANDWICH half / whole

Grilled chicken, baby gem, pickled cucumber, tomatoes, caramelized onions, harissa aioli 8.0 / 14.0

SIDES

GRILLED BROCCOLI (VEG)	4.5	SKIN-ON FRIES (VEGAN)	4.5
PARMESAN & TRUFFLE FRIES	5.0	SWEET POTATO FRIES (VEGAN)	5.0
GREEN COLESLAW (VEG)	4.5	ROAST VEGGIES SALAD (VEGAN)	4.0

THE LOCALS' FAVORITES

Available all day

AÇAI SMOOTHIE BOWL (GF, VEGAN) 12.5

Açai berries, home baked gluten free granola, seasonal berries, coconut yogurt, chia seeds

MATCHA PANCAKES (GF, VEG) 12.5

Fresh raspberries, mixed berries coulis, matcha caramel, white chocolate curls

PUMPKIN PANCAKES (VEG) 11.5

Pumpkin purée, almond biscuits, caramel and pumpkin crisps

SMALL DISHES

Available all day

GREEN PEA & MINT SOUP (VEGAN) 7.5

Toasted sourdough bread,

GRILLED HALLOUMI CHEESE (VEG) 6.5

Thyme and honey glazed, sourdough bread

GREEN PEA HUMMUS (VEGAN) 5.5

Toasted sourdough bread

FERMENTED CREME A LA FETA 6.5

Oven dried cherry tomatoes, baby basil, sourdough bread

SWEET POTATO FRIES (VEGAN, VEG) 5.0

SALADS

Available all day

HEALTHY SALAD (VEGAN) 8.5

Baby kale, spinach, spiralized courgette & cucumber raw salad, parsley & coriander herbs, tomatoes, half avocado, yuzu dressing

SCENTED LENTIL SALAD (VEGAN) 9.0

Oven roast sweet potato, beetroot, baby kale, maple glazed mix seeds, tahini dressing

RAINBOW RAW SALAD (VEGAN) 8.5

Shredded red cabbage, carrots, courgette, cucumber, edamame beans, avocado, sesame seeds, parsley dressing

MEDITERRANEAN SALAD (VEGAN) 7.5

Roasted aubergine, sweet peppers, sun-dried tomatoes, olive oil & fresh basil seasoning

BOOST YOUR SALAD

GRILLED HALLOUMI	5.5	SMOKED TOFU	3.5
GRILLED CHICKEN	4.5	SMOKED SALMON	4.5
GRILLED SALMON	4.5	SAUTEED MUSHROOMS	3.0
CHICKEN SAUSAGE	3.0	HALF AVOCADO	3.0

MAINS

Available from 12pm

THE LOCALS CHEESEBURGER 15.5

100% Beef, charcoal bun, comte cheese, baby gem, tomatoes, pickled cucumber, caramelized onions, harissa aioli

- Add bacon 3.0
- Make it skinny with lettuce wrap free of charge

CHICKEN BURGER 14.5

Brioche bun, baby gem, comte cheese, green slaw pickled cucumber, harissa aioli

CHICKEN MILANESE 15.5

Buffalo mozzarella, datterino tomato, baby basil

TERIYAKI SALMON STIR-FRY 16.5

Stir-fry soba noodles, broccoli, french beans, beansprout, wasabi-yuzu sauce

GRILLED CHICKEN SANDWICH 14.0

Grilled chicken, baby gem, pickled cucumber, tomatoes, caramelized onions, harissa aioli

- Add bacon 3.0

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