

The Locals

ALL DAY BREAKFAST

LOBSTER BENEDICT 39.0

Freshly cooked lobster, two poached eggs, charcoal brioche, avocado, king prawns, homemade hollandaise

EGG BENEDICT 16.5

Charcoal brioche, Italian parma ham, homemade hollandaise

EGGS ROYALE 17.5

Charcoal brioche, smoked salmon, homemade hollandaise

BRAISED OX CHEEKS BENEDICT 19.5

Poached eggs, hollandaise, multigrain sourdough

TURKISH EGGS 14.5

Poached eggs, yoghurt, chickpea croutons, beurre noisette, multigrain sourdough

RICH YOLK EGGS 10.5

Poached, folded or fried eggs on multigrain sourdough toast

BOOST YOUR EGGS

Baked beans	3.5	Half avocado	4.0
Chicken sausage	4.0	Smoked salmon	5.5
Bacon	4.0	Sauteed mushrooms	4.0

SHAKSHUKA (VEG) 16.0

Rich yolk eggs baked in spicy tomato sauce, multigrain sourdough

ADD ON

Feta cheese	3.0	Chorizo	4.0
Crispy bacon	4.0	Chicken sausage	4.0

OUR SPECIALS

TRUFFLE & WILD MUSHROOM FOLDED EGGS 15.0

CHORIZO FOLDED EGGS 14.5

TOMATO, CHILI, FETA FOLDED EGGS 14.5

ENGLISH BREAKFAST 19.5

Poached, fried or folded eggs, chicken sausage, bacon, baked beans, avocado, sauteed mushrooms, oven-roasted tomatoes, toasted multigrain sourdough

ADD ON

Extra egg	2.0	Grilled halloumi	7.0
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VEGETERIAN BREAKFAST (VEG) 19.5

Poached, folded or fried eggs, halloumi, baked beans, avocado, sauteed mushrooms, oven-roasted tomatoes, multigrain sourdough

THE LOCALS FULL HEALTHY 19.5

Rocket, watercress and baby spinach salad with omega seeds, poached eggs, avocado watercress hummus, smoked salmon, toasted dark rye, coriander vinaigrette dressing

VEGETERIAN FULL HEALTHY 19.5

Rocket, watercress and baby spinach salad with omega seeds, watercress hummus, poached eggs, avocado, sauteed mushrooms, toasted dark rye, coriander vinaigrette dressing

BRUNCH FAVOURITES

CRISPY SWEET POTATO PANCAKE 15.0

Smashed avocado, poached egg,

FLATBREAD WITH MORTADELLA 15.0

Poached egg, avocado

FLATBREAD WITH WHIPPED FETA 15.0

Poached egg, tomatoes

GREEK YOGHURT & GRANOLA (VEG)(GF) 10.5

Add seasonal fruits 3.5

ACAI SMOOTHIE BOWL (V) (GF) 14.5

Homemade gluten-free granola, seasonal fruits, berries, coconut yoghurt, chia seeds

BUTTERMILK PANCAKES 11.0

Two toppings of your choice: Greek yoghurt, coconut yoghurt, mixed berry coulis, salted caramel, chocolate sauce, maple syrup, Nutella

Add bacon 4.0

MATCHA PANCAKES (VEG) (GF) 16.5

Fresh berries, coconut yoghurt, mixed berries coulis, matcha caramel, white chocolate curls

FRENCH TOAST 13.0

Vanilla custard brioche, berries, vanilla butter, maple syrup

Add bacon 4.0

(V) - VEGAN (VEG) - VEGETERIAN (GF) - GLUTEN FREE (H) - HALLAL

If you have a food allergy or special dietary requirements please inform your waiter before you order. A discretionary 12.5% service charge will be added to your bill.

The Locals

STARTERS

available
from 11 am

GRILLED HALLOUMI CHEESE	7.5
WATERCRESS HUMMUS (V)	8.5
Homemade vegetable crisps	
CRISPY CAULIFLOWER (V)	11.0
Vegan mayo	
WHITE & GREEN ASPARAGUS, BROWN CRAB SAUCE	12.0
Parmesan cheese, micro herbs	

MAIN COURSE

available
from 11 am

THE LOCALS CHEESEBURGER (H)	17.5
100% beef patty, tomatoes, cheddar cheese, baby gem, caramelised onions, harrisa aioli, mix leaves salad	
MISO AUBERGINE CARPACCIO	18.0
Burrata cheese, black garlic aioli, pomegranate seeds, basil oil	
SCALLOPS WITH TRUFFLE CAULIFLOWER PUREE	26.5
Edamame beans, micro herbs	
TERIYAKI SALMON STIR-FRY	26.5
Stir-fry soba noodles, broccoli, bok choy, beansprouts, yuzu sauce	
SEARED TUNA STEAK	32.0
Green vegetables and herb salad, Coriander vinaigrette,	
STEAK TAGLIATA WITH HEIRLOOM TOMATOES & HERB SALAD	34.0
Beef stake, chimichurri dressing, parmesan cheese	

SALADS & SANDWICHES

HEALTHY SALAD	13.0
Rocket, watercress, baby spinach, courgette, cucumber, parsley, coriander, tomatoes, avocado, coriander vinaigrette dressing, omega seeds	

CHARRED BABY GEM WITH HOMEMADE CAESAR SAUCE	13.0
Anchovies, parmesan cheese, crispy capers	

BOOST YOUR SALAD

Grilled halloumi	7.0	Grilled salmon	6.5
Grilled chicken	5.5	Watercress hummus	5.5

GRILLED CHICKEN SANDWICH	half / whole
Tomatoes, pickles, caramelised onions, harrisa aioli, multigrain sourdough	10.0 / 18.0

AVOCADO TOAST (V)	11.5
Crispy radish, roasted pumpkin seeds, micro coriander, multigrain sourdough	

FETA AVOCADO TOAST (VEG)	13.0
Smashed avocado, feta, roasted red bell pepper, baby basil, multigrain sourdough	

ADD ON

Extra egg	2.0	Smoked salmon	5.5
Bacon	4.0	Feta cheese	3.0

SIDES

GRILLED BROCCOLI	5.5
SKIN-ON FRIES	6.5
PARMESAN & TRUFFLE FRIES	7.5
SWEET POTATO FRIES	7.5

DESSERTS

AVOCADO ICE-CREAM	6.5
COCONUT YOGURT ICE-CREAM	6.5

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Wi - Fi : THE LOCALS GUEST
Password: avotoast69

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VISIT US



thelocals_cafe

OPENING HOURS
MON - FRI SATURDAY SUNDAY
8am - 8pm 9am - 8pm 9am - 7pm



The Locals

DRINK MENU

FRESH

JUICES 275 ml / 500 ml 6.5 / 9.0

MORNING SPLASH	
Orange juice	
GRAPEFRUIT	
Grapefruit juice	
APPLE CARE	
Apple juice	
DETOX	
Green apple, celery, lemon	
DRINK YOUR SALAD	
100% veggie - cucumber, celery, baby spinach, broccoli, lettuce, lime	
SKIN BALM	
Pineapple, cucumber	
A LITTLE BEET	
Beetroot, carrot, apple, lemon, ginger	
GREEN GLOW	
Cucumber, apple, baby spinach, lemon	
SUMMER SKIN	
Carrot, orange	
ENERGY KICK	
Orange, lemon, turmeric root, ginger	
IMMUNE BOOSTER	
Orange, turmeric root, ginger, bell pepper	

FRESH SHOTS

(Shot made of superfoods, 50ml)

Beetroot	4.5
Ginger	6.0
Celery	5.5
Lemon & ginger	5.5
Turmeric	6.5

LEMONADE 7.0

CLASSIC	BUBBLEGUM
ROSE PETAL	
BLUEBERRY & LIME	
MIXED BERRIES	

ICED TEA 5.0

LEMON	PASSIONFRUIT
RASPBERRY	PEACH
MANGO	
MINT & CUCUMBER	

WATER

STILL VOSS 800 ml	6.5
STILL VOSS 275 ml	4.0

COFFEE

ESPRESSO (single / double)	3.0
AMERICANO	3.5
LATTE / CAPPUCCINO	3.5
FLAT WHITE	4.0
MACCHIATO	3.3
MOCHA	4.5
ROSE LATTE / ROSE CAPPUCCINO	4.5
Go vegan with almond, oat or coconut milk	0.5
Extra shot of coffee	1.0

ICED COFFEE

FREDDO CAPPUCCINO	5.0
Iced double espresso, cold foamy skinny milk	
FREDDO ESPRESSO	4.5
Double espresso on ice	
ICED MATCHA LATTE	5.0
Green matcha, milk of your choice	
ICED MOCHA	4.5
Double espresso, chocolate, milk of your choice	
ICED CHAI LATTE	4.5
Spicy, black tea with cardamom, ginger, cinnamon with milk of your choice	

HOT DRINKS

HOT CHOCOLATE	4.0
MATCHA LATTE	5.0
TURMERIC LATTE	4.5
CHAI LATTE	4.5
Make it dirty with an espresso shot	1.0

ORGANIC TEA

TEA POT	3.2
Green, Breakfast, Chamomile, Jasmine, Earl Grey, Detox, Peppermint	
SPECIALITY TEAS	
Rose petal	4.0
Lemon & ginger	5.5
Fresh mint	4.5
Lemon & goji berry	4.5

SPARKLING VOSS 800 ml	6.5
SPARKLING VOSS 275 ml	4.0

COCKTAILS

MIDORI MARGARITA	12.0
Tequila, Midori, lime juice, salt	
INCEPTION	12.0
Midori, Malibu rum, vodka, pineapple juice, soda	
PINK JUMP	10.0
Pink gin, rose lemonade, prosecco	
CAMPARI GIN & TONIC	9.5
Campari, gin, tonic water, a slice of grapefruit	
GIN & TONIC	9.5
Tonic water, gin, fresh lime	
HUGO	9.5
Prosecco, soda, elderflower, mojito syrup, fresh mint, sliced lime	
APEROL SPRITZ	9.0
Prosecco, soda, Aperol, a slice of orange	
MIMOSA	8.5
Prosecco, orange juice	
KIR ROYALE	8.0
Prosecco, Creme de cassis	
ESPRESSO MARTINI	9.5
Double shot of espresso, Kahlua, vodka	
BLOODY MARY	9.0
Spicy tomato juice, celery, lime, tabasco, vodka	

MOCKTAILS alcohol free

MOJITO	9.0
Lime juice, mint	
VIRGIN MARY	8.5
Spicy tomato juice, celery, lime, tabasco	

HOUSE WINE

Please ask your waiter for today's speciality	
WHITE / RED / ROSE / PROSECCO	8.5

BEERS

BIRRA MORETTI	5.5
HEINEKEN	5.5
LEFFE	6.0