

The Locals

ALL DAY BREAKFAST

LOBSTER BENEDICT

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

34.9

EGG BENEDICT

Charcoal brioche, Italian parma ham, homemade hollandaise

16.5

EGGS ROYALE

Charcoal brioche, smoked salmon, homemade hollandaise

16.5

BRAISED OX CHEEKS BENEDICT

Poached eggs, hollandaise, multigrain sourdough

14.9

TURKISH EGGS (VEG)

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

13.5

RICH YOLK EGGS

Poached, or fried eggs on multigrain sourdough toast

6.5

BOOST YOUR EGGS

Baked beans	2.5	Half avocado	3.8
Chicken sausage	3.0	Smoked salmon	5.5
Crispy Bacon	3.0	Sauteed mushrooms	3.5

SHAKSHUKA (VEG)

Rich yolk eggs baked in spicy tomato sauce, multigrain sourdough

15.5

ADD ON

Feta cheese	3.0	Chorizo	3.0
Crispy bacon	3.0	Chicken sausage	3.5

OUR SPECIALS

FOLDED EGGS

Four rich yolk eggs on multigrain sourdough
Add hollandaise 1.0

10.5

TRUFFLE & WILD MUSHROOM FOLDED EGGS (VEG)

15.5

CHORIZO FOLDED EGGS

12.5

TOMATO, CHILL, FETA FOLDED EGGS (VEG)

13.5

ENGLISH BREAKFAST

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

18.5

ADD ON

Extra egg	2.0	Grilled halloumi	3.5
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VEGETERIAN BREAKFAST (VEG)

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

18.5

THE LOCALS FULL HEALTHY

Mixed leaves, salad with omega seeds, poached eggs, avocado, coriander dressing, smoked salmon, toasted dark rye, coriander dressing

17.0

VEGETERIAN FULL HEALTHY

Mixed leaves, salad with omega seeds, coriander dressing, poached eggs, avocado, sauteed mushrooms, toasted dark rye, coriander dressing

16.9

BRUNCH FAVOURITES

CRISPY SWEET POTATO PANCAKE (VEG) 15.0

Smashed avocado, poached egg,

Smoked salmon	5.5	Ox Cheeks	8.0
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FLATBREAD WITH PARMA HAM 13.5

Poached egg, avocado, hollandaise

FLATBREAD WITH WHIPPED FETA (VEG) 10.5

Poached egg, tomatoes

GREEK YOGHURT & GRANOLA (VEG)(GF) 9.5

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 (VEG) 12.5

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

Add bacon 3.0 Add seasonal fruits 3.5

MATCHA PANCAKES (VEG) (GF) 14.5

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

FRENCH TOAST 13.5

Vanilla custard brioche, berries, vanilla butter, maple syrup

Add bacon 3.0

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

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

SOUP OF THE DAY (VEG) 7.5

Ask waiter for today's speciality.

Add multigrain sourdough toast with butter 1.5

LOBSTER SOUP 12.0

GRILLED HALLOUMI CHEESE (VEG) 6.5

CRISPY CAULIFLOWER (V) 5.5

Vegan mayo

MAIN COURSE

available
from 11 am

THE LOCALS CHEESEBURGER (H) 16.5

100% beef patty, tomatoes, cheddar cheese, baby gem, caramelised onions, harrisa aioli, mixed leaf

ADD ON

Fried egg 2.0 *Skin on fries* 5.5
Bacon 3.0 *halloumi* 5.5

TERIYAKI SALMON STIR-FRY 25.5

Stir-fry soba noodles, broccoli, bok choy, beansprouts, yuzu sauce

SIDES

GRILLED BROCCOLI 5.5

SKIN-ON FRIES 5.5

PARMESAN & TRUFFLE FRIES 6.5

SWEET POTATO FRIES 6.5

DESSERTS

Ask waiter for today's speciality.

SALADS & SANDWICHES

HEALTHY SALAD (V) 11.9

Mixed leaves, baby spinach, courgette, cucumber, parsley, coriander, tomatoes, avocado, coriander dressing, omega seeds

CHARRED BABY GEM WITH HOMEMADE CAESAR SAUCE 13.0

Anchovies, parmesan cheese, crispy capers

BOOST YOUR SALAD

Grilled halloumi 5.5 *Grilled salmon* 5.5
Grilled chicken 5.5 *Half avocado* 3.8

BURRATA MISO AUBERGINE 12.5

CARPACCIO (VEG)

Black garlic aioli, pomegranate seeds, basil oil

Add multigrain sourdough toast 1.0

CAESAR CHICKEN SANDWICH half / whole

Chicken, bacon, caesar dressing, baby gem salad, tomato, parmesan, multigrain sourdough, served with salad

9.0 / 18.0

GRILLED CHICKEN SANDWICH (H) half / whole

Tomatoes, pickles, caramelised onions, harrisa aioli, multigrain sourdough, served with salad.

9.0 / 18.0

HAM & CHEESE TOASTIE 8.5

Served with salad

CHEESE & TOMATO TOASTIE (VEG) 7.5

Served with salad

AVOCADO TOAST (V) 11.5

Crispy radish, roasted pumpkin seeds, micro coriander, multigrain sourdough

FETA AVOCADO TOAST (VEG) 13.5

Smashed avocado, feta, roasted red bell pepper, basil dressing, baby leaves salad, multigrain sourdough

ADD ON

Extra egg 2.0 *Smoked salmon* 5.5
Bacon 3.0 *Feta cheese* 3.0

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ADDRESS

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CONTACT

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VISIT US

OPENING HOURS

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



thelocals_cafe



Wi - Fi : THE LOCALS GUEST
Password: avotoast69