

# 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 14.5

**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

**LOBSTER BENEDICT** 24.0

Charcoal bun, freshly cooked lobster, avocado, king prawns rich yolk eggs, The Locals Hollandaise

**EGGS BENEDICT** 12.5

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

**EGGS ROYALE** 13.5

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

**SHAKSHUKA** 12.5

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

### FOLDED EGGS ON SOURDOUGH TOAST

Please choose from:

- **Tomato, chilli, Feta eggs** 10.8
- **Chorizo eggs** 10.5
- **Truffle & wild mushroom eggs** 12.5
- **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, radish, 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 8.0 / 14.0

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

## SIDES

GRILLED BROCCOLI (VEG)	4.5	SKIN-ON FRIES (VEGAN)	4.5
PARMESAN & TRUFFLE FRIES	5.5	SWEET POTATO FRIES (VEGAN)	5.0
GREEN COLESLAW (VEG)	4.5	MEDITERRANEAN COLD ROAST VEGGIES (VEGAN)	4.0

## THE LOCALS' FAVORITES

Available all day

**LOBSTER BENEDICT** 24.0

Charcoal bun, freshly cooked lobster, avocado, king prawns rich yolk eggs, The Locals Hollandaise

**AÇAÏ SMOOTHIE BOWL (GF, VEGAN)** 12.5

Açaï 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

**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 ( VEG)** 5.0

**MEDITERRANEAN COLD ROAST VEGGIES (VEGAN)** 7.5

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

## 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

### BOOST YOUR SALAD

GRILLED HALLOUMI	5.5	POACHED EGG	1.5
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.