

## COCKTAILS

CAMPARI GIN & TONIC	6
APEROL SPRITZ	8.5
GIN ( <i>The Botanist or Bombay</i> ) & TONIC	8.5
PROSECCO	8.5
MIMOSA ( <i>Prosecco, orange juice</i> )	8.5
BLOODY PEACH BELLINI	8.5
BLOODY MARY	8.5
HUGO ( <i>Prosecco, Elderflower, fresh mint</i> )	9
GLASS OF HOUSE RED/WHITE WINE	8.5
GLASS OF HOUSE ROSE WINE	8.5
ESPRESSO MARTINI	9

## NON ALCOHOLIC COCKTAIL 6

CRODINO (*Bittersweet orange and grapefruit with quinine aromatic herbal infusion*)

## HOT COFFEE

ESPRESSO/LONG ESPRESSO	2.5
AMERICANO	3
LATTE/CAPPUCCINO/FLAT WHITE	3.5
MACCHIATO	3
MOCHA COFFEE	3.5
<i>go VEGAN with Almond, Oat, Soya OR Coconut Milk</i>	0.5

## SPECIAL COFFEE

ROSE CAPPUCCINO	4
ROSE LATTE	4

## HOT DRINKS

MATCHA LATTE (ORGANIC)	4.5
TURMERIC LATTE (ORGANIC)	4.5
CHAI LATTE	2.8
HOT CHOCOLATE	3.5
BABYCCINO	1.5
<i>Whipped milk with marshmallow and taste of: Bubblegum, Vanilla or Chocolate</i>	

## ICED COFFEE & DRINKS

MATCHA FRAPPUCCINO	4.5
FREDDO CAPPUCCINO	4.5
FREDDO ESPRESSO	3.5
FRAPPUCCINO	4.5

## ORGANIC TEA IN A POT 3

ENGLISH BREAKFAST	EARL GREY
GREEN TEA	DETOX
JASMINE GREEN	

## BEERS

HEINEKEN	4.5
BIRRA MORETTI	4
LEFFE	5.5

## SPECIAL TEA 4

ROSE PETAL TEA ORGANIC  
LEMON AND GOJI BERRIES  
FRESH LEMON AND GINGER  
FRESH MINT TEA

## ICED TEA 4

LEMON	RASPBERRY
PEACH	MINT & CUCUMBER
PASSION FRUIT	MANGO

## HOMEMADE LEMONADE 5.5

ROSE PETAL CLASSIC	BLUEBERRY AND LIME
MIXED BERRIES	LAVENDER
	MOJITO

## FRESH JUICES 5/7.5

275ml/500ml

MORNING SPLASH <i>orange juice</i>	
APPLECARE <i>apple juice</i>	
DETOX <i>Green apple, celery, spinach</i>	
DRINK YOUR SALAD ( <b>100% veggy</b> ) <i>cucumber, celery, baby spinach, broccoli, lettuce, lime</i>	
A LITTLE BEET <i>beetroot, carrot, apple, lemon, ginger</i>	
GREEN GLOW <i>cucumber, apple, baby spinach, lemon, parsley</i>	
SUMMER SKIN <i>Carrot &amp; Orange</i>	
ENERGY KICK	5.5/8.0
<i>orange, lemon, turmeric root, ginger</i>	
IMMUNE BOOSTER	5.5/8.0
<i>orange, turmeric root, ginger, lemon, bell pepper</i>	

## SHOTS 5.5

TURMERIC & LEMON	GINGER
CELERY	BEETROOT
CUCUMBER & CELERY	LEMON & GINGER
CELERY & SPINACH	

## WINE BY GLASS

	Glass 125
<b>Prosecco, Vino Spumante</b> Italy, NV	8.5
<b>White wine, Pinot Grigio, Cavatina</b> Italy, 2020	8.5
<b>Red wine, Malbec, Trivento</b> Argentina, 2019	8.5
<b>Rose, Le Jaja</b> France, 2020	8.5

## SPARKLING WINE

	Bottle
<b>Rouxuale, Sparkling Rose</b> South Africa, 2019	21
<b>Molmenti &amp; Celot, Extra Dry Prosecco</b> Italy, 2019	29
<b>Blanc de Noirs, Cabernet Franc</b> France, 2015	30
<b>Vitteaut Alberti, Sparkling Rose</b> Italy, NV	32

## CHAMPAGNES

	Bottle
<b>Vina Eden, Champenoise</b> Uruguay, NV	49
<b>Billecart-Salmon, Blanc de Blancs</b> France, NV	86

## ROSE WINES

	Bottle
<b>Le Jaja, Rose</b> France, 2020	18
<b>Rosato Cab Franc, Channing Daughters</b> USA, 2019	28

## WHITE WINES

	Bottle
<b>Liberte, Grenache Sauvignon Blanc</b> France, 2019	19.5
<b>Polvanera, Bianco, Organic wine</b> Italy, 2021	21
<b>Chenin Blanc, Babylonstoren</b> South Africa, NV	21.5
<b>Molmenti &amp; Celot, Friulano</b> Italy, 2019	22
<b>Pandora Pandra, Verdejo</b> Spain, 2019	22
<b>T-Reix, Treixadura</b> Spain, NV	24
<b>Fiano, Oliver's Taranga</b> Australia, 2016	26
<b>Panoramico, White Rioja, Malvasia</b> Spain, 2017	29
<b>Lieu Dit, Sauvignon Blanc</b> California, 2018	31
<b>Channing Daughters, Pinot Grigio</b> New York, 2018	32
<b>Lieu Dit, Chenin Blanc</b> California, 2017	32.5

## RED WINES

	Bottle
<b>Liberte, Caladoc Grenache</b> France, 2019	19.5
<b>Fontaine du Clos, Cotes du Rhone</b> France, 2019	23
<b>Molmenti &amp; Celot, Cabernet</b> Italy, 2019	23.5
<b>Chateau La Hourcade, Medoc</b> France, 2018	25
<b>Free to Be, Cabernet Sauvignon</b> South Africa, 2019	26
<b>Arraiano Tinto</b> Spain, 2019	26
<b>Babylonstoren, Cabernet Sauvignon</b> South Africa, 2019	27
<b>Fontaine du Clos, Vacqueyras</b> France, 2018	28
<b>Tokaji Harslevelo, Birtok</b> Hungary, 2019	28
<b>St George, Nemea, Agiorgitiko</b> Greece, 2017	28
<b>Babylonstoren, Shiraz</b> South Africa, 2018	28.5
<b>The King's Wrath, Pinot Noir</b> New Zealand, 2018	29
<b>Dagon Clan, Jar Sr</b> Romania, 2016	29.5
<b>Le Grappin, Beaujolais Villages</b> France, 2018	31
<b>Polvanera, Gioia Del Colle</b> Italy, 2014	36
<b>Lava Tinto</b> Spain, 2019	36
<b>Ikewen, Grenache</b> Spain, 2019	36
<b>Paros Reserve, Moraitis</b> Greece, 2017	36
<b>Lieu Dit, Cabernet</b> California, 2018	38
<b>Sagrantino, Oliver's Taranga</b> Australia, 2015	38
<b>Blaufrankish, Channing Daughters</b> USA, 2015	39
<b>Hautes Cotes de Nuits, Pinot Noir</b> France, 2018	39
<b>Nebukadnesar, Babylonstoren</b> South Africa, 2017	39
<b>Baxter Montepulciano</b> USA, 2014	43
<b>Remhoogte Reserve Syrah</b> South Africa, 2017	44
<b>Vina Eden, Cerro Negro</b> Uruguay, 2017	47
<b>Musso Barbaresco, Pora</b> Italy, 2017	48

*the Locals*

# FREE RANGE EGGS & MORE

Available all day

EGGS YOUR WAY (VEG) 7.0

Poached, folded or fried eggs on sourdough toast

## BOOST 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 14.5

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

LOCALS FULL HEALTHY 15.5

Kale, spinach, courgette & cucumber raw salad, poached eggs, smoked salmon, avocado, tomatoes, toasted dark rye, tzatziki, activated omega seeds

VEGETARIAN FULL HEALTHY (VEG) 14.5

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 26

Brioche bun, freshly cooked lobster, avocado, king prawn, rich yolk eggs, The Locals Hollandaise

EGGS BENEDICT 13

Brioche bun, Italian parma ham, rich yolk eggs, Hollandaise

EGGS ROYALE 13.5

Brioche bun, smoked salmon, rich yolk eggs, Hollandaise

SHAKSHUKA 12.5

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

FOLDED EGGS ON SOURDOUGH TOAST

- Tomato, chilli, Feta eggs 10.8
- Chorizo eggs 10.5
- Truffle & wild mushroom eggs 12.5
- Spinach and sun-dried tomatoes eggs 11

# TOASTS & SANDWICHES

Available all day

GRILLED CHICKEN SANDWICH **best seller** half / whole 8 / 14.5

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

CHEESE & TOMATO TOASTIE 6.5

Sourdough multigrain toasts, comte cheese, tomato

HAM & CHEESE TOASTIE 7.5

Sourdough multigrain toasts, comte cheese, ham

ROASTED VEGETABLES AND FETA TARTINE (VEG) **new** 7.5

- Add poached egg 1.5
- Smoked salmon 4.5
- Grilled halloumi 3.5

SMOKED BURRATA AND HERITAGE TOMATO TARTINE **new** 7.5

Recommended:

- glass of cold and crispy Italian Pinot Grigio

AVOCADO TOAST (VEGAN) 8.5

Smashed avocado, crispy radish, roasted pumpkin seeds, coriander, multigrain cress, toasted sourdough

- add poached/scrambled egg 1.5
- add smoked salmon 4.5
- add greek feta 3.0

FETA AVO TOAST (VEG) 10.5

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

# BRUNCH FAVORITES

Available all day

LOBSTER BENEDICT 26

Brioche bun, freshly cooked lobster, avocado, king prawn, rich yolk eggs, The Locals Hollandaise

AÇAI SMOOTHIE BOWL (GF, VEGAN) 12.5

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

MATCHA PANCAKES (GF, VEG) 13.5

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

PUMPKIN PANCAKES ( VEG) 12.5

Pumpkin purée, almond biscuits, caramel and pumpkin crisps

SWEET POTATO FRIES ( VEG) 6.0

# STARTERS & SALADS

Available all day

GRILLED HALLOUMI CHEESE (VEG) 6.5

Thyme and honey glazed, sourdough bread

GOAT CHEESE CROQUETTES 7

Goat cheese crispy croquettes, citrus-marinated heritage beetroots

HEALTHY SALAD (VEGAN) 8.5

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

HERITAGE TOMATOES AND FETA (VEG) **new** 9.5

Capers, red onion, basil dressing

SCENTED LENTIL SALAD (VEGAN) 9.0

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

AVOGREEN SALAD (VEG) **new** 10.75

Freeze, rocket, red apples, avocado, candied walnut

## 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
CHICKEN SAUSAGE	3	HALF AVOCADO	3

# MAINS

Available from 12pm

CRISPY POACHED EGG NOODLES BOWL **new** 14.5

Asian style soba noodles, bok choy, crispy poached egg, yuzu dressing

CHICKEN BURGER 15

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

THE LOCALS CHEESEBURGER 15.5

100z British beef, baby gem, comte cheese, pickled cucumber, harissa aioli, caramelised onion

LARGE GRILLED CHICKEN SANDWICH 14.5

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

- Add bacon 3

TERIYAKI SALMON STIR-FRY 16.5

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

# SIDES

GRILLED BROCCOLI (VEG)	4.5	SKIN-ON FRIES	5.0
PARMESAN & TRUFFLE FRIES	6.5	SWEET POTATO FRIES	6.0
GREEN COLESLAW (VEG)	4.5		

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

A discretionary 12.5% service charge will be added to your bill.