

## COCKTAILS

CAMPARI GIN & TONIC 6  
APEROL SPRITZ 8.5

GIN & TONIC 8.5  
*(The Botanist or Bombay)*

PROSECCO 8.5

MIMOSA 8.5  
*(Prosecco, orange juice)*

BLOODY PEACH BELLINI 8.5

BLOODY MARY 8.5

HUGO **best seller** 9  
*(Prosecco, ederflower, fresh mint)*

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)*

## BEERS

HEINEKEN 4.5

BIRRA MORETTI 4

LEFFE 5.5

## COFFEE

ESPRESSO/DOUBLE 2.5

AMERICANO 3

LATTE/CAPPUCCINO 3.5

FREDDO CAPPUCINO 4.5

FREDDO ESPRESSO 3.5

FLAT WHITE 3.5

MACCHIATO 3

MOCHA COFFEE 4

0.5  
*Go vegan with Almond, Oat Coconut milk*

## HOT DRINKS

MATCHA LATTE 4.5

TURMERIC LATTE 4.5

CHAI LATTE **best seller** 3.5

ROSE LATTE 4

ROSE CAPPUCINO 4

HOT CHOCOLATE 3.5

BABBYCINO 1.5  
*Whipped milk with marshmallow and taste of: Bubblegum, Vanilla or Chocolate*

ORGANIC TEA 3

GREEN DETOX CHAMOMILE  
BREAKFAST TEA EARL GREY JASMINE

SPECIAL TEA 4

ROSE PETAL LEMON & GINGER  
FRESH MINT LEMON & GOJI

ICED TEA 4.5

LEMON PEACH MANGO PASSION FRUIT  
MINT & CUCUMBER RASPBERRY

## FRESH JUICES

275ml/500ml

MORNING SPLASH

*Orange juice*

APPLECARE

*Apple juice*

DETOX

*Green apple, celery, spinach*

DRINK YOUR SALAD

*(100% veggy) cucumber, celery, baby spinach, broccoli, lettuce, lime*

A LITTLE BEET

*Beetroot, carrot, apple, lemon, ginger*

GREEN GLOW

*Cucumber, apple, baby spinach, lemon, parsley*

SUMMER SKIN

*Carrot & orange*

ENERGY KICK **best seller** 5.5/8

*Orange, lemon, turmeric root, ginger*

IMMUNE BOOSTER 5.5/8

*Orange, turmeric root, ginger, lemon, bell pepper*

HOMEMADE LEMONADE 5.5

ROSE PETAL CLASSIC MOJITO BLUEBERRY LIME  
LAVENDER MIXED BERRIES

SHOTS 5.5

BETROOT GINGER CELERY & SPINACH  
CELERY TURMERIC & CELELERY  
LEMON & GINGER

# the local

## WINE BY GLASS

|  |   |
|--|---|
| <b>Prosecco, Vino Spumante</b><br>Italy, NV              | 9 |
| <b>Babylonstoren, Chenin Blanc</b><br>South Africa, 2021 | 9 |
| <b>Red wine, Malbec, Trivento</b><br>Argentina, 2019     | 9 |
| <b>Rose, Liberte, Cinsault Grenache</b><br>France, 2019  | 9 |

## SPARKLING WINE

|   |    |
|---|----|
| <b>Rouxuale, Sparkling Rose</b><br>South Africa, 2019   | 21 |
| <b>Sensi, 18K Prosecco</b><br>Italy, NV                 | 26 |
| <b>Molmenti &amp; Celot Rose Prosecco</b><br>Italy, NV  | 29 |
| <b>De Miniere, Blanc de noirs</b><br>Loire Valley, 2015 | 30 |
| <b>Vitteaut Alberti, Rose</b><br>France, NV             | 32 |
| <b>Doe Eyed Queen Rose</b><br>Oxfordshire, NV           | 48 |
| <b>Doe Eyed Teen Brute</b><br>Oxfordshire, NV           | 48 |

## CHAMPAGNES

|   |     |
|---|-----|
| <b>Vina Eden, Champenoise</b><br>Uruguay, NV              | 49  |
| <b>Billecart-Salmon, Vintage</b><br>France, 2008          | 99  |
| <b>Billecart-Salmon, Blanc de Blancs</b><br>France, NV    | 108 |
| <b>Billecart-Salmon, Brut Reserve</b><br>France, NV       | 74  |
| <b>Billecart-Salmon, Nicolas Francois</b><br>France, 2002 | 285 |

## ROSE WINES

|   |      |
|---|------|
| <b>Liberte, Fontaine du Clos</b><br>France, NV        | 19.5 |
| <b>Babylonstoren, Mourvèdre</b><br>South Africa, 2019 | 26   |
| <b>Channing Doug, Rosato Cab Franc,</b><br>USA, 2019  | 28   |

## WHITE WINES

|  |      |
|--|------|
| <b>Liberte, Grenache Sauvignon Blanc</b><br>France, 2019   | 19.5 |
| <b>Molmenti &amp; Celot, Friulano</b><br>Italy, 2019       | 22   |
| <b>Pandora Pandra, Verdejo</b><br>Spain, 2019              | 22   |
| <b>Chateau De Jau, Cotes du Roussillon</b><br>France, 2020 | 23   |
| <b>T-Reix, Treixadura</b><br>Spain, NV                     | 24   |
| <b>Fiano, Oliver's Taranga</b><br>Australia, 2016          | 26   |
| <b>Panoramico, White Rioja, Malvasia</b><br>Spain, 2017    | 29   |
| <b>Lieu Dit, Sauvignon Blanc</b><br>California, 2018       | 31   |

|                    |   |      |
|--------------------|---|------|
| <b>Glas 125 ml</b> | <b>Channing Daughters, Pinot Grigio</b><br>New York, 2018     | 32   |
| 9                  | <b>Lieu Dit, Chenin Blanc</b><br>California, 2017             | 32.5 |
| 9                  | <b>Remhoogete, Honeybunch Chenin B.</b><br>South Africa, 2019 | 33   |
| 9                  | <b>Patric Baudouin, Effusion</b><br>France, 2018              | 37   |
| 9                  | <b>Chablis 1er Cru, Les Joyaux</b><br>France, 2020            | 45   |

## Bottle

## RED WINES

|        |  |        |      |
|--------|--|--------|------|
| 21     | <b>Liberte, Caladoc Grenache</b><br>France, 2019               | Bottle | 19.5 |
| 26     | <b>Fontaine du Clos, Cotes du Rhone</b><br>France, 2019        |        | 23   |
| 29     | <b>Molmenti &amp; Celot, Cabernet</b><br>Italy, 2019           |        | 23.5 |
| 30     | <b>Chateau La Hourcade, Medoc</b><br>France, 2018              |        | 25   |
| 32     | <b>Free to Be, Cabernet Sauvignon</b><br>South Africa, 2019    |        | 26   |
| 48     | <b>Arraiano Tinto</b><br>Spain, 2019                           |        | 26   |
| 48     | <b>Spell, Pinot Noir, Organic</b><br>California, 2017          |        | 52.5 |
| Bottle | <b>Babylonstoren, Cabernet Sauvignon</b><br>South Africa, 2019 |        | 27   |
| 49     | <b>Fontaine du Clos, Vacqueyras</b><br>France, 2018            |        | 28   |
| 99     | <b>Babylonstoren, Shiraz</b><br>South Africa, 2018             |        | 28.5 |
| 108    | <b>Remhoogte, Vintage Pinotage</b><br>South Africa, 2018       |        | 29   |
| 74     | <b>Panoramico, Red Rioja, Grenache</b><br>Spain, 2016          |        | 29   |
| 285    | <b>Le Grappin, Beaujolais Villages</b><br>France, 2018         |        | 31   |
| Bottle | <b>Sant'Orsola, Barolo</b><br>Italy, 2016                      |        | 32   |
| 19.5   | <b>Lala La Organic Malbec</b><br>Argentina, 2018               |        | 27   |
| 26     | <b>Polvanera, Gioia Del Colle</b><br>Italy, 2014               |        | 36   |
| 28     | <b>Lava Tinto</b><br>Spain, 2019                               |        | 36   |
| Bottle | <b>Ikewen, Grenache</b><br>Spain, 2019                         |        | 36   |
| 19.5   | <b>Lieu Dit, Cabernet</b><br>California, 2018                  |        | 38   |
| 22     | <b>Sagrantino, Oliver's Taranga</b><br>Australia, 2015         |        | 38   |
| 22     | <b>Blaufrankish, Channing Daughters</b><br>USA, 2015           |        | 39   |
| 23     | <b>Hautes Cotes de Nuits, Pinot Noir</b><br>France, 2018       |        | 39   |
| 24     | <b>Baxter Montepulciano</b><br>USA, 2014                       |        | 43   |
| 26     | <b>Remhoogte Reserve Syrah</b><br>South Africa, 2017           |        | 44   |
| 29     | <b>Vina Eden, Cerro Negro</b><br>Uruguay, 2017                 |        | 47   |
| 31     | <b>Musso Barbaresco, Pora</b><br>Italy, 2017                   |        | 48   |

*The Locals*

## FREE RANGE EGGS

Available all day

**EGGS YOUR WAY (VEG)** 8.5  
Poached, folded or fried eggs on sourdough toast

### BOOST YOUR EGGS

|                 |   |                   |     |
|-----------------|---|-------------------|-----|
| BAKED BEANS     | 3 | HALF AVOCADO      | 3   |
| CHICKEN SAUSAGE | 3 | SMOKED SALMON     | 4.5 |
| BACON           | 3 | SAUTÉED MUSHROOMS | 3   |

**BRAISED OX CHEEKS BENEDICT** new 16.5  
Sourdough toast, poached egg, the locals hollandaise, roasted cauliflower

**ALMOST FULL ENGLISH** 16.5  
Poached or scrambled eggs, chicken sausage, bacon, homemade baked beans, avocado, sautéed 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)** 16.5  
Baby kale, spinach, tomatoes, spiralized courgette & cucumber raw salad, parsley & coriander herbs, poached eggs, avocado, tomatoes, sautéed mushrooms, toasted rye bread, tzatziki, omega seeds

**LOBSTER BENEDICT** 32.5  
Brioche bun, freshly cooked lobster, avocado king prawn, rich yolk eggs, The Locals Hollandaise

**EGGS BENEDICT** 14  
Brioche bun, Italian parma ham, rich yolk eggs, Hollandaise

**EGGS ROYALE** 15.5  
Brioche bun, smoked salmon, rich yolk eggs, Hollandaise

**SHAKSHUKA** 13.5  
Two rich yolk eggs baked in spicy tomato sauce, sourdough toasts

**FOLDED EGGS ON SOURDOUGH TOAST**  
- Tomato, chilli, feta eggs 12.5  
- Chorizo eggs 10.5  
- Truffle & wild mushroom eggs 14

## TOASTS & SANDWICHES

Available all day

**GRILLED CHICKEN SANDWICH** best seller 8/16  
Grilled chicken, baby gem, pickled cucumber, tomatoes, caramelized onions, harissa aioli

**FETA AVOCADO TOAST** best seller 10.5  
Sourdough multigrain toasts, feta cheese, smashed avocado, oven roasted peppers, parsley pesto, baby basil

**AVOCADO TOAST (VEGAN)** 9.75  
Smashed avocado, crispy radish, roasted pumpkin seeds, coriander, multigrain bread, toasted sourdough  
- Add poached egg 1.5  
- Smoked salmon 4.5  
- Grilled halloumi 5.5

Please inform your waiter if you have any food intolerance or any special dietary requirements. A discretionary 12.5% service charge will be added to your bill.

## BRUNCH FAVOURITES

Available all day

**LOBSTER BENEDICT** best seller 32.5  
Brioche bun, freshly cooked lobster, avocado king prawn, rich yolk eggs, The Locals Hollandaise

**GREEK YOGHURT & GRANOLA (GF, VEGAN)** 9  
- Add berries

**AÇAÍ SMOOTHIE BOWL (GF, VEGAN)** 12.5  
Açaí berries, homemade gluten free granola, seasonal berries, coconut yogurt, chia seeds

**MATCHA PANCAKES (GF, VEG)** 15.5  
Fresh raspberries, mixed berries coulis, matcha caramel, white chocolate curls

**PUMPKIN PANCAKES (VEG)** 14.5  
Pumpkin purée, almond biscuits, caramel and pumpkin crisps

## 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

**CRISPY DUCK SALAD** new 14.5  
Watercress, baby kale, pickled bean sprout, sesame seeds

**HEALTHY SALAD (VEGAN)** 9.5  
Baby salad, spinach, spiralized courgette & cucumber, raw salad, parsley & coriander herbs, tomatoes, half avocado, yuzu dressing

### BOOST YOUR SALAD

|                  |     |                   |     |
|------------------|-----|-------------------|-----|
| GRILLED HALLOUMI | 5.5 | POACHED EGG       | 1.5 |
| GRILLED CHICKEN  | 4.5 | SMOKED SALMON     | 4.5 |
| GRILLED SALMON   | 4.5 | SAUTÉED MUSHROOMS | 3   |
| CHICKEN SAUSAGE  | 3   | HALF AVOCADO      | 3   |

## MAINS

Available from 12pm

**CRISPY POACHED EGG NOODLES** 14.5  
Asian style soba noodles, bok choy, crispy poached egg, yuzu dressing

**CHICKEN BURGER** 15  
Brioche bun, double crispy chicken fillet, baby gem, comte cheese, green slaw, pickled cucumber, harissa aioli

**THE LOCALS CHEESEBURGER** 17  
100g British beef, baby gem, comte cheese, pickled cucumber, harissa aioli, caramelised onion

**LARGE GRILLED CHICKEN SANDWICH** 16  
Grilled chicken, baby gem, pickled cucumber, tomatoes, caramelised onion, harissa aioli  
- Add bacon 3

**TERIYAKI SALMON STIR-FRY** new 19.5  
Stir-fry soba noodles, broccoli, bok choy, beansprout, yuzu sauce  
- Replace Salmon with **Crispy Duck**

### ADD A SIDE

|                          |     |                    |   |
|--------------------------|-----|--------------------|---|
| GRILLED BROCCOLI         | 4.5 | SKIN-ON FRIES      | 5 |
| PARMESAN & TRUFFLE FRIES | 6.5 | SWEET POTATO FRIES | 6 |
| GREEN COLESLAW           | 4.5 | HALF AVOCADO       | 3 |

# the Locals