

# The Locals

## SUNRISE TO SUNSET BREAKFAST

We use only award-winning St. Ewe's Premium Rich Yolk eggs in all our dishes. Sourced from the family-run St. Ewe farm in Cornwall, these free-range eggs are renowned for their vibrant, deep orange yolks and their rich, distinctive flavor.



**RICH YOLK EGGS** 7.5

Poached or fried St. Ewe rich yolk eggs on multigrain sourdough toast

**FOLDED EGGS** 11.5

Four St. Ewe rich yolk eggs on multigrain sourdough toast

### CRANK UP THOSE EGGS!

BAKED BEANS	4.0	SMOKED SALMON	5.5
CHICKEN SAUSAGE	4.5	CHORIZO SAUSAGE	4.5
CRISPY BACON	4.5	AVOCADO HALF	3.8
OX CHEEKS	8.5	HASH BROWN	3.5

**LOBSTER BENEDICT** 34.9

Freshly cooked lobster, two poached St. Ewe rich yolk eggs, glazed brioche, avocado, king prawns, homemade hollandaise

**EGG BENEDICT** 16.9

Glazed brioche, two poached rich yolk St. Ewe eggs, Italian parma ham, homemade hollandaise

**EGG ROYALE** 16.9

Glazed brioche, two poached rich yolk St. Ewe eggs, smoked salmon, homemade hollandaise

**BRAISED OX CHEEKS BENEDICT** 17.9

6h slow oven-cooked beef, two poached St. Ewe rich yolk eggs, hollandaise, multigrain sourdough

**TURKISH EGGS (VEG)** 15.5

Poached St. Ewe rich yolk eggs, spiced yoghurt, chickpea croutons, beurre noisette, multigrain sourdough

**CRISPY SWEET POTATO PANCAKE (VEG)** 16.5

Smashed avocado, St. Ewe rich yolk poached egg, hollandaise

SMOKED SALMON 5.5 BACON 4.5 OX CHEEKS BEEF 8.5

**FLATBREAD WITH PARMA HAM** 14.5

Poached St. Ewe rich yolk egg, mashed avocado, hollandaise

**FLATBREAD WITH WHIPPED FETA (VEG)** 14.0

Poached St. Ewe rich yolk egg, roasted tomatoes, basil dressing, micro herbs

**GREEK YOGURT & GRANOLA (VEG) (GF)** 9.5

SPRINKLE IN SOME MIX BERRIES 4.5

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

## CHECK OUT OUR FABULOUS SPECIALS!

**SHAKSHUKA (VEG)** 16.5

St. Ewe rich yolk eggs baked in spicy tomato sauce, multigrain sourdough

### ADDS ON

FETA CHEESE	3.0	CHORIZO SAUSAGE	4.5
CRISPY BACON	4.5	CHICKEN SAUSAGE	4.5

**TRUFFLE & WILD MUSHROOM FOLDED EGGS (VEG)** 15.5

**CHORIZO FOLDED EGGS** 14.5

**TOMATO, CHILLI, FETA FOLDED EGGS (VEG)** 14.5

**ENGLISH BREAKFAST** 21.5

Choose your egg adventure: poached, fried, or folded St. Ewe rich yolk eggs! Comes with chicken sausage, bacon, baked beans, avocado, sautéed mushrooms, oven-roasted tomatoes, all served with a side of multigrain sourdough.

ADD BUTTER 1.0 ADD HASH BROWN 3.5

ADD CHORIZO SAUSAGE 4.5

**VEGETARIAN BREAKFAST (VEG)** 20.5

Pick your egg style - poached, fried, or fancily folded, St. Ewe rich yolk eggs along with halloumi cheese, creamy avocado, sizzling mushrooms, juicy oven-roasted tomatoes, baked beans, all served on multigrain sourdough. It's a brunch dream come true!

ADD HASH BROWN 3.5

**THE LOCALS FULL HEALTHY** 20.5

Mixed leaf salad with omega seeds, two poached St. Ewe rich yolk eggs, avocado, authentic herb dressing, smoked salmon and crunchy toasted dark rye!

**VEGETARIAN FULL HEALTHY (VEG)** 19.5

Mixed leaf greens with omega seeds, two gently poached St. Ewe rich yolk eggs, creamy avocado, coriander dressing, sautéed mushrooms and crunchy toasted dark rye.

## ALL DAY BRUNCH FIESTA!

**BUTTERMILK PANCAKES (VEG)** 13.9

Pick your dream duo from: Greek yogurt, coconut yogurt, mixed berry jam, homemade salty caramel, chocolate madness, maple magic, or Nutella!

BACON 4.5 MIX BERRIES 4.5

**MATCHA PANCAKES (VEG) (GF)** 15.5

Fresh berries, coconut yogurt, a swirl of mixed berry coulis, matcha caramel and delicate white chocolate curls

**AÇAI SMOOTHIE BOWL (V) (GF)** 14.5

Seasonal fruits, coconut yogurt, chia seeds, and a sprinkle of homemade gluten-free granola

If you have a food allergy or special dietary requirements, please inform your waiter before you order. A discretionary 13.5% service charge will be added to your bill.

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## STARTERS

- WARM SOURDOUGH BREAD WITH OLIVE OIL OR BUTTER** 4.5  
Swap for brioche or pitta bread
- OLIVES (V)** 3.5  
herbs and lemon
- SOUP OF THE DAY (VEG)** 8.5  
Ask waiter for today's speciality.
- ADD MULTIGRAIN SOURDOUGH, RYE OR GF TOAST** 1.3
- LOBSTER BISQUE SOUP** 12.0  
Ask waiter for availability
- ADD MULTIGRAIN SOURDOUGH, RYE OR GF TOAST** 1.3
- GRILLED HALLOUMI CHEESE (VEG)** 6.5  
**ADD MULTIGRAIN SOURDOUGH, RYE OR GF TOAST** 1.3
- CRISPY CAULIFLOWER (VEG)** 6.5  
Homemade aioli harrisa

## MAIN COURSE

- THE LOCALS CHEESEBURGER (H)** 18.5  
100% Angus beef patty on a brioche bun, tomato, cheddar cheese, crisp baby gem lettuce, caramelized onions, homemade harissa aioli, and side of mixed leaves salad *Pile it on!*
- |              |     |                     |     |
|--------------|-----|---------------------|-----|
| AVOCADO HALF | 3.8 | FRIED RICH YOLK EGG | 2.5 |
| BURGER PATTY | 8.0 | CRISPY BACON        | 4.5 |
- Pick your potato pals!*
- |               |     |                          |     |
|---------------|-----|--------------------------|-----|
| SKIN ON FRIES | 5.5 | SWEET POTATO FRIES       | 6.5 |
|               |     | PARMESAN & TRUFFLE FRIES | 6.5 |
- SKINNY BURGER (H)** 16.9  
100% Angus beef patty wrapped in crispy baby gem leaves, tomato, cheddar cheese, crisp baby gem lettuce, caramelized onions, homemade harissa aioli, and side of mixed leaves salad
- TERIYAKI SALMON STIR-FRY (VEG)** 26.5  
Whip up a wok of stir-fried soba noodles, broccoli, bok choy, bean sprouts and yuzu sauce!
- GRILLED BROCCOLI (VEG)** 5.5  
Fresh chilli, garlic
- GRILLED SALMON** 6.5
- OX CHEEKS (H)** 8.5  
Slow cooked shredded beef. Rich in collagen.
- MIXED LEAVES SALAD** 6.5  
house dressing

## SALADS & SANDWICHES

- HEALTHY SALAD (V)** 13.9  
Mixed leaves, baby spinach, courgette, cucumber, parsley, coriander, tomatoes, avocado, coriander dressing, omega seeds
- CHARRED BABY GEM WITH HOMEMADE CAESAR SAUCE (VEG)** 14.5  
Anchovies, parmesan cheese, crispy capers
- Boost your salad!*
- |                  |     |                |     |
|------------------|-----|----------------|-----|
| GRILLED HALLOUMI | 6.5 | GRILLED SALMON | 6.5 |
| GRILLED CHICKEN  | 5.5 | AVOCADO HALF   | 3.8 |
- BURRATA MISO AUBERGINE CARPACCIO (VEG)** 15.5  
Black garlic aioli, pomegranate seeds, basil oil
- ADD MULTIGRAIN SOURDOUGH, RYE OR GF TOAST** 1.3
- CAESAR CHICKEN SANDWICH** half / whole 11.0 / 22.0  
Bacon, Caesar dressing, baby gem salad, tomato, parmesan, multigrain sourdough, served with salad
- GRILLED CHICKEN SANDWICH (H)** 11.0 / 22.0  
Tomato, pickles, caramelized onions, harissa aioli, multigrain sourdough, served with side salad
- HAM & CHEESE TOASTY** 10.5  
Served with salad
- CHEESE & TOMATO TOASTY (VEG)** 9.5  
Served with salad
- AVOCADO TOAST (V)** 12.9  
Smashed avocado, crispy radish, roasted pumpkin seeds, micro coriander, multigrain sourdough
- FETA AVOCADO TOAST (VEG)** 15.5  
Heart shaped toasted sourdough, smashed avocado, greek feta, sweet peppers drops, pumpkin seeds & basil pesto, roasted omega seeds & micro salad leaves
- Add on!*
- |                       |     |               |     |
|-----------------------|-----|---------------|-----|
| RICH YOLK ST. EWE EGG | 2.5 | SMOKED SALMON | 5.5 |
| CRISPY BACON          | 4.5 | FETA CHEESE   | 3.0 |

## SIDES

- SWEET POTATO FRIES (VEG)** 6.5  
Homemade harissa aioli
- SKIN ON FRIES (V)** 5.5
- TRUFFLE & PARMESAN FRIES (VEG)** 6.9
- SMALL TOMATO SALAD (V)** 5.5  
house dressing

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