

FREE RANGE EGGS

Available all day

EGGS YOUR WAY (VEG)

Poached, folded or fried eggs on sourdough toast

7

BOOST YOUR EGGS

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

ALMOST FULL ENGLISH

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

14.5

LOCALS FULL HEALTHY

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

15.5

VEGETARIAN FULL HEALTHY (VEG)

Baby kale, spinach, tomatoes, spiralized courgette & cucumber raw salad, parsley & coriander herbs, poached eggs, avocado, tomatoes, sautéed mushrooms, toasted rye bread, tzatziki, omega seeds

14.5

LOBSTER BENEDICT

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

28.5

EGGS BENEDICT

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

13

EGGS ROYALE

Brioche bun, smoked salmon, rich yolk eggs, Hollandaise

13.5

SHAKSHUKA

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

12.5

SKINNY EGGS

Oven roast portobello mushroom, poached egg, cured goat cheese, cherry tomatoes

11.5

FOLDED EGGS ON SOURDOUGH TOAST

- Tomato, chilli, feta eggs
- Chorizo eggs
- Truffle & wild mushroom eggs

10.8

10.5

12.5

TOASTS & SANDWICHES

Available all day

GRILLED CHICKEN SANDWICH **best seller**

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

whole/half
8/14.5

CHEESE & TOMATO TOASTIE

Sourdough multigrain toast, comte cheese, tomato

6.5

HAM & CHEESE TOASTIE

Sourdough multigrain toast, comte cheese, ham

7.5

AVOCADO TOAST (VEGAN)

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

9.75

- 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**

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

28.5

AÇAÍ SMOOTHIE BOWL (GF, VEGAN)

Açaí berries, homemade gluten free granola, seasonal berries, coconut yogurt, chia seeds

12.5

MATCHA PANCAKES (GF, VEG)

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

13.5

PUMPKIN PANCAKES (VEG)

Pumpkin purée, almond biscuits, caramel and pumpkin crisps

12.5

SWEET POTATO FRIES (VEG)

6

STARTERS & SALADS

Available all day

GRILLED HALLOUMI CHEESE (VEG)

Thyme and honey glazed, sourdough bread

6.5

GOAT CHEESE CROQUETTES

Goat cheese crispy croquettes, citrus-marinated heritage beetroots

7

HEALTHY SALAD (VEGAN)

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

9.5

SCENTED LENTIL SALAD (VEGAN)

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

10.5

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 BOWL **new**

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

14.5

CHICKEN BURGER

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

15

THE LOCALS CHEESEBURGER

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

15.5

LARGE GRILLED CHICKEN SANDWICH

Grilled chicken, baby gem, pickled cucumber, tomatoes, caramelised onion, harissa aioli
- Add bacon 3

14.5

TERIYAKI SALMON STIR-FRY

Stir-fry soba noodles, broccoli, bok chow, beansprout, yuzu sauce

17.5

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