

Local & Co.

E S P R E S S O B A R

BREAKFAST MENU

(from 6am to 11.30 am - some items available all day)

TOAST WITH BUTTER & CONDIMENTS 7.5

Your choice of bread: sourdough, rye or multigrain / fruit toast gluten-free +
1 / banana bread +1 or

EGGS YOUR WAY ON TOAST 10 (available all day)

Eggs your way: poached, sunny side up or scrambled with grilled tomato your
choice of bread: sourdough, light rye, or mega grain / add bacon + 5

BREAKY SANDWICH 13

Toasted Turkish bread with bacon, fried egg, cheese and bbq sauce

ACAI BOWL 14.5 (available all day)

Acai, banana and coconut water smoothie on a bed of house made granola
topped with seasonal fruits and shaved coconut

FRUIT SALAD 17

Seasonal fruits served with vanilla yoghurt, honey and house made granola

BANANA PANCAKES 17

Fresh pancakes with banana, salted caramel sauce, macadamia crumble, vanilla
mascarpone and strawberries

CRUSHED AVO 18.5

Toasted croissant with crushed avocado, Danish feta, watercress, mint, lime, seeds,
spiced nuts and 2 poached eggs

ZUCCHINI FRITTERS 17.5

House made zucchini & quinoa fritters with baby spinach, poached eggs and tomato
chutney

SUPER GREEN BREAKFAST BOWL 22 (available all day)

Mixed quinoa, sauteed kale, asparagus, Danish feta, dukkah, smashed avo and free
range poached eggs on
lime vinaigrette / add smoked trout + 5

BREAKFAST MENU

(from 6am to 11.30 am - some items available all day)

HEALTHY START 20 (available all day)

Roasted sweet potato cubes, zucchini & quinoa fritter,
beetroot labneh, sliced avocado, free range poached eggs,
d dukkah and rye toast / add smoked trout + 5

EGGS BENEDICT

Two free range poached eggs on sourdough toast with hollandaise sauce / garlic
thyme mushrooms 18 / bacon 18 / smoked trout 20

BREKKIE BRUSCHETTA

Smashed avo with tomato salsa on sourdough bread with two poached eggs and
balsamic / grilled halloumi 19 /
bacon 19 / smoked trout 21

LOCAL & CO BIG BREAKY 22

Two free range eggs your way, bacon, chorizo sausage, mushrooms, grilled tomato,
baked beans, hash brown and sourdough toast

ON THE SIDE

Bacon 5 / Smoked Trout 5 / Chorizo Sausage 4 / Halloumi 4 / Hash Brown 3/
Baked Beans 3.5 / Mushrooms 4 / Grilled Tomato 3.5 / Avocado 4 / Free Range Egg
2.5

KIDS BREAKFAST MENU

Kids pancake with maple syrup, banana & vanilla ice cream 10

Kids bacon & egg with toast 10

Kids seasonal fruit salad 10