

Local & Co.

E S P R E S S O B A R

BREAKFAST MENU

VEGAN COCONUT PORRIDGE

Oats and coconut porridge topped with mixed berry compote, coconut flakes, candied walnuts and smashed banana, **16**

HAM & CHEESE TOASTED SANDWICH

With Champagne ham and aged cheddar, served on white or wholemeal bread **9.5**

TOAST WITH BUTTER & CONDIMENTS

Your choice of sourdough, rye or multigrain **7.5** Fruit toast or Banana bread **8.5**

VEGGIE STACK

Sautéed spinach, roasted sweet potato, cauliflower, marinated portobello mushrooms, sliced avocado, tomato relish, crispy kale & dukkah **17** + (1 egg 2.5)

BOSTON BEANS

Four mixed beans, chorizo, mozzarella, poached eggs, served with toasted sourdough, **18**

STUFFED PORTOBELLO MUSHROOMS

Filled with goats cheese, spinach, parmesan cheese topped with roasted walnuts, served with poached eggs & light rye toast **19.5**

OMELETTE

Filled with mushrooms, red onion, zucchini, fetta cheese & cherry tomatoes and a slice of sourdough **18**

EGGS YOUR WAY ON TOAST

Eggs your way: poached, sunny side up or scrambled with grilled tomato on sourdough **10**
add bacon + **5**

BREAKY BURGER

Crispy bacon, soft fried egg, beetroot relish, truffle aioli, cheese, served on a warm brioche bun **17**

ACAI BOWL (available all day)

Acai, banana and coconut water smoothie on a bed of house made granola topped with seasonal fruits and shaved coconut **14.5**

FRUIT SALAD

Seasonal fruits served with vanilla yoghurt, honey and house made granola **17**

BANANA PANCAKES

Fresh pancakes with banana, salted caramel sauce, macadamia crumble, vanilla mascarpone and strawberries **17**

CRUSHED AVO

Toasted sourdough with crushed avocado, Danish feta, lime, seeds, spiced nuts and 2 poached eggs **17.5**

ZUCCHINI FRITTERS

House made zucchini & quinoa fritters with baby spinach, poached eggs and tomato chutney (v) (gf) **17.5**

SUPER GREEN BREAKFAST BOWL

Mixed quinoa, sauteed kale, broccolini, fresh spinach, Danish feta, dukkah, smashed avo and free range poached eggs on lime vinaigrette **22**

HEALTHY START

Roasted sweet potato, zucchini & quinoa fritter, beetroot labneh, sliced avocado, poached eggs, dukkah and rye toast (v) **20**

EGGS BENEDICT

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

BREKKIE BRUSCHETTA

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

LOCAL & CO BIG BREAKY

Two eggs your way, bacon, chorizo sausage, mushrooms, grilled tomato, baked beans, hash brown and sourdough toast **22**

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 10

Kids pancake with maple syrup / banana & vanilla ice cream / Kids bacon & egg with toast