

Local & Co.

BREAKFAST MENU

TOAST WITH BUTTER & CONDIMENTS

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

VEGAN VEGGIE STACK

Sautéed spinach, roasted sweet potato, cauliflower, mushrooms, sliced avocado, tomato relish
chili jam, crispy kale & dukkha 17 + (+ 1 egg 2.5)

OMELETTE

Filled with mushrooms, red onion, zucchini, feta 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 ROLL

Crispy bacon, fried egg, aged cheddar cheese, burger sauce & tomato chutney served on a warm brioche bun 14

ACAI BOWL (available all day)

Acai, banana & coconut water smoothie on a bed of house made granola topped with seasonal fruits and shaved coconut 14.5
peanut butter +1 Nutella +2

MANGO BOWL

Fresh seasonal mango and banana blended with coconut water smoothie on a bed of house made granola topped with
seasonal fruits and shaved coconut 15

FRUIT PLATTER

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

MAPLE PANCAKES

Pancakes served with fresh fruits, macadamia crumble, maple syrup & vanilla mascarpone 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

HEALTHY START

Multigrain toast, beetroot labneh, sliced avocado, zucchini fritters, sweet potato cubes & poached eggs 20

EGGS BENEDICT

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

BREAKY TACO BOWL

Smashed avocado, house made beans, corn, feta on tomato bruschetta with fried egg 18
slow cooked pulled pork +5

LOCAL & CO BIG BREAKY

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

TRUFFLED SCRAMBLE EGGS

Served with roasted cauliflower, crispy sweet potato, feta cheese & sourdough toast 20

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 / Slow Cooked Pulled Pork 5 / Tomato 3.5 / Avocado 4 / Free Range Egg 2.5

KIDS

Bacon & Eggs 10 / Pancakes 10