

# FOOD MENU



## BURGERS

Served with fries or side salad

**The Local Smash** R130

Two 100g smash burger patties, caramelized onions and our secret home made sauce on a brioche bun.

**Cheese Smash** R145

Two 100g smash burger patties, two slices of cheddar cheese, caramelized onions and our secret home made sauce on a brioche burger bun.

**Double Cheese Smash** R155

Two 100g smash burger patties, cheddar cheese, gouda cheese and caramelized onions on a brioche burger bun.

**Bacon & Avo Smash** R170

Two 100g smash burger patties, crispy bacon, smashed avo, caramelized onions and our secret home made sauce on a brioche burger bun.

**Swap Bacon for Macon** R30

**Huddle Smash** R145

Two 100g smash burger patties, crispy onion, jalapeno, garlic mayo and caramelized onions on a brioche burger bun.

**Falafel Burger** R150

Falafel patty, hummus, pickled onion, tomato, onion and lettuce served on a brioche bun.

**LFC Burger** R130

Panko crumbed chicken breast, slaw, sriracha mayo and red onion served on a brioche bun.

**The Local Grilled Chicken** R120

Classic grilled chicken breast, BBQ sauce and mayo served on a brioche bun.

**Mini Burger Trio** R165

Choose any 3 burgers and taste a trio of The Local burgers.

## PANINIS / WRAPS

Served with fries or a side salad

**Chicken BLT** R150

Grilled chicken breast, bacon, lettuce, tomato, crispy onions and garlic mayo.

**Swap Bacon for Macon** R30

**Creamy Peri-Peri Chicken** R145

Creamy chicken and our signature peri peri sauce. Served on a panini only.

**Roasted Veggie** R140

Grilled peppers, grilled courgette, baby spinach, red onion and hummus.

**Chicken Pesto** R160

Pesto chicken, bacon, avo, caramelized onion and roast peppers.

**Swap Bacon for Macon** R30

**Beef Meatball Sub** R160

Meatballs, napoletana sauce and mozzarella cheese. Served on a panini only.

**Pulled Beef** R155

Pulled beef, crispy onion, pickles and mozzarella.

## TOASTED SANDWICHES

White / Brown / Rye - Served with fries or a side salad

**Cheese & Tomato** R75

**Ham, Cheese & tomato** R90

**Halloumi & Tomato** R95

**Halloumi & Spicy Avo** R105

**Ham & Cheese** R85

**Chicken Mayo** R80

**Tuna Mayo** R80

**Bacon & Egg** R80

**Swap Bacon for Macon** R30

**Bacon, Egg & Cheese** R90

**Swap Bacon for Macon** R30

## SALADS

**Greek** R95

Classic Greek salad. Cherry tomato, cucumber, peppers, olives, feta and our home made dressing.

**Shelley's Chicken** R110

Grilled chicken, pineapple, spring onion, cucumber, peppers, sesame seeds, mixed greens & our secret soya peanut sauce.

**Crumbed Chicken** R110

Sliced crumbed chicken breast, cous cous, red and yellow pepper, coriander, cucumber, spring onion, toasted sunflower seeds, parsley and our home-made sriracha dressing.

**Halloumi** R120

Halloumi, roasted pumpkin and sunflower seeds, baby spinach, roast butternut, quinoa and our balsamic glaze.

**Tuna Salad** R115

Tuna, tomato, red onion, lettuce, cannellini beans, cucumber, peppers, roasted chickpeas, served with our house dressing.

**Roast Butternut** R110

Roasted butternut, mixed greens, cucumber, avo, feta, toasted sunflower seeds and our house dressing.

**Beef Steak** R150

Rump steak, fire-roasted cabbage, edemame beans, red peppers, sesame seeds, soya sauce and wasabi mayo.

**Grilled Chicken** R120

Chicken breast, lettuce, grilled corn, carrot, red onion, sunflower seeds and a coriander dressing.

## PIZZAS

**Gluten Free Base** R48

**Garlic & Herb Focaccia** R68

Focaccia base, olive oil, garlic and herbs.

**Cheese Focaccia** R85

Focaccia base, olive oil and cheese.

**Margherita** R100

Home made tomato base, mozzarella and herbs.

**Bacon, Avo & Feta** R140

Home-made tomatoe base, mozzarella, bacon, avo, feta.

**Vegetarian** R135

Home made tomato base, mozzarella, mushrooms, peppers, onion and garlic.

**BBQ Chicken** R135

Home made tomato base, mozzarella, BBQ chicken, onions and peppers.

**Chicken Mayo** R145

Home made tomato base, mozzarella, creamy mayonnaise and tender chicken.

**Mexicana** R135

Home made tomato base, mozzarella, beef mince, onion, green pepper, garlic and chili.

**Pepperoni** R130

Home made tomato base, mozzarella & spicy pepperoni.

**Regina** R130

Home made tomato base, mozzarella, country ham and mushrooms.

**Chicken Prego** R140

Home made tomato base, mozzarella, prego spiced chicken, peppadew and red onion.

**Nacho** R145

Home made tomato base, mozzarella, onion, jalapeno, guacamole, sour cream and tortilla chips.

**Add Grilled Chicken** R25 | **Add Mince** R25

**Hawaiian** R125

Home made tomato base, mozzarella, pineapple and ham.

**Meat Lover** R190

Home made tomato base, mozzarella, steak strips, grilled chicken, pepperoni, onion, peppers and BBQ sauce.

**Pulled Beef** R165

Home made tomato base, mozzarella, pulled beef and cheese sauce.

## MAINS

**Sirloin Steak** R225

300g sirloin steak served with your choice of two sides. Fries, sweet potato fries, onion rings, side salad, steamed vegetables and sauteed garlic or creamed spinach and butternut.

**Chicken Schnitzel** R155

Two panko crumbed chicken fillets served with your choice of two sides. Fries, sweet potato fries, onion rings, side salad, steamed vegetables and sauteed garlic or creamed spinach and butternut.

**Peri-Peri Chicken** R135

Two grilled chicken fillets cooked in our signature peri-peri sauce, served with regular or sweet potato fries and a side salad.

**Lemon & Herb Chicken** R135

Two grilled chicken fillets cooked in our signature lemon and herb sauce, served with regular or sweet potato fries and a side salad.

**Slow Braised Beef Tacos** R140

Braised beef, salsa, avo, crispy onions and cheese sauce served in soft tacos.

**Creamy Chicken & Peppers Pasta** R160

Grilled chicken, napolitana sauce, fresh cream, grilled peppers, peppadew, basil and parmesan.

**Fish & Chips** R135

Hake fillet, battered and fried. Served with fries.

**Thai Green Curry** R160

Tender chicken fillet pieces in a creamy Thai green curry, served with basmati rice, chutney, salsa and poppadom.

**Rare Beef Bowl** R155

Rare grilled beef steak, potato ragout and béarnaise sauce.

**Asian Chicken Bowl** R150

Teriyaki glazed chicken fillets, quinoa, garlic steamed broccoli and cauliflower.

**Chickpea & Cauliflower Korma** R165

Delicate chickpea and cauliflower korma served with basmati rice, chutney, salsa and poppadom.

## SIDES

**Fries** R30

**Sweet Potato Fries** R40

**Onion Rings** R30

**Side Salad** R40

**Steamed Veg & Sauteed Garlic** R45

**Creamed Spinach & Butternut** R65

## SMALL PLATES

**Philly Cheese Steak** R100

Traditional Philly style chopped steak, onion, peppers and cheese.

**Chicken Strips & Chips** R90

Served with a tangy dipping sauce.

**Cheese & Jalapeno Dirty Fries** R75

Jalapeno, crispy onion, bacon and our cheese sauce on a bed of fries.

**Swap Bacon for Macon** R30

**Bolognese Dirty Fries** R85

Bolognese, black bean salsa, caramelized onion, cheddar, jalapeno and our cheese sauce on fries.

**Grilled Chicken Dirty Fries** R85

Grilled chicken, spicy cheese sauce, cheddar, salsa, crispy onion and nachos on a bed of fries.

**Peri-Peri Livers** R90

Chicken livers, onions and garlic served in our signature peri-peri sauce. Served with a piece of toast.

**Jack Daniel's Hotwings** R155

500g wings, marinated and cooked in our secret Jack Daniel's hot sauce. Served with our cheesy smashed baby potatoes.

**Creamy Mustard Hotwings** R150

500g tender wings basted in our creamy mustard sauce. Served with our cheesy smashed baby potatoes.

**Asian Sticky Wings** R150

500g tender wings basted in our teriyaki Asian sauce. Served with our cheesy smashed baby potatoes.

**Southern Fried Wings** R150

500g crumbed wings, deep fried with cajun spice and our secret sauce. Served with our cheesy smashed baby potatoes.

**Panko Peri Wings** R150

500g panko crumbed wings basted in our signature peri-peri sauce. Served with our cheesy smashed baby potatoes.

## BREAKFAST

Served Until 11am

**Swap Macon for Bacon** R30

**Breakfast Bowl** R120

Granola, Greek-style plain yoghurt, fresh fruit (seasonal) and honey.

**Classic Breakfast** R95

Two eggs - your style, toast, tomato and bacon/macon (R30).

**The Local Breakfast** R120

Two eggs - your style, toast, tomato and bacon/macon (R30), herby mushrooms and beef / pork sausage.

**Classic Benedict** R120

Two poached eggs, gypsy ham and Hollandaise sauce served on an English muffin.

**Breakfast Wrap** R120

Two scrambled eggs, bacon, sauteed mushrooms, onion and mozzarella.

**Smashed Avo, Halloumi & Egg** R110

Served on your choice of white, brown or rye toast.

**Cheese & Tomato Omelette** R90

Omelette with cherry tomatoes and cheese. Served with a piece of white, brown or rye toast.

**Mushroom Omelette** R100

Omelette with mushroom, caramelized onion, mozzarella and cherry tomatoes. Served with a single piece of white, brown or rye toast.

**Grilled Chorizo Omelette** R125

Grilled chorizo, caramelized onions and peppers, crispy potato, mozzarella cheese and our secret sauce.

**Bacon & Avo Omelette** R125

Omelette with bacon, cheddar, mozzarella, avo and basil pesto. Served with a single piece of white, brown or rye toast.

**Steel Cut Oats** R75

Steel cut oats served with banana, almonds, cinnamon, milk and honey.

**Peri-Peri Livers** R90

Chicken livers and onions in our signature peri-peri sauce. Served with two pieces of white, brown or rye toast.

**Local Egg & Potatoes** R95

Crispy fried potato, sauteed onion, fresh tomato, hint of chilli, feta and two fried eggs.

**Breakfast Bun** R95

Egg, bacon and caramelized onion served on an English muffin and served with chips.

## KIDS MEALS

**Pizza** R100

Margherita pizza with two toppings.

**Naked Pasta** R45

Spaghetti or penne tossed in a touch of olive oil.

**Add Cheese Sauce** R15

**Add Bolognese** R25

**Hot Dog** R65

Chicken or Beef vienna served on a roll, with fries

**Chicken Burger** R85

Grilled chicken breast burger served with fries.

**Beef Burger** R90

100g beef patty burger served with fries.

**Quesadilla** R70

Shredded chicken and melted mozzarella quesadilla.

**Add Avocado** R25

**Chicken Strips** R70

Served with fries.

**Fruit Bowl** R60

Fresh cut seasonal fruit.

**Add Greek Yogurt** R25

**Scrambled Eggs & Toast** R50

Scrambled eggs served on your choice of white, brown or rye bread.

**French Toast** R75

Two pieces of french toast, garnished with fresh fruit and served with cream and syrup.

## DESSERT

**Chocolate Brownie & Ice Cream** R70

Chocolate brownie and vanilla ice cream.

**Ice Cream & Chocolate Sauce** R45

Vanilla ice cream and our home made chocolate sauce.

**Lotus Biscoff Sundae** R65

Caramel Biscoff ice cream with biscuit bits.

**Oreo & Ice-Cream Pancakes** R95

Stacked oreo pancakes and vanilla ice cream.

**Rolo, Banoffee Pizza** R65

15cm Pizza base covered in caramel, Rolo's and banana.

**Nutella-Mallow Pizza** R60

15cm Pizza base covered in Nutella, smarties and marshmallows.

**Cake of the Day** R65

Please ask your waiter what cake is available.

## DOGGIES

**Chicken Fillet** R35

**Beef Steak** R45

**Dog Biscuits (4)** R25

**WHERE FAMILIES AND SPORTS UNITE!**



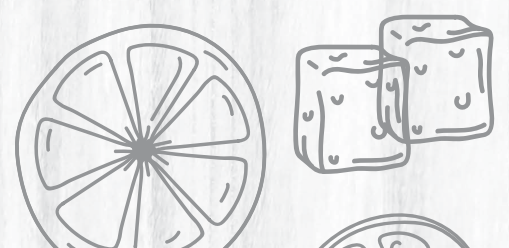


COLD BEVERAGES

Soft Drinks	R29
Coke, Coke Zero, Sprite, Sprite Zero, Fanta, Crème Soda, Stony.	
Liqui Fruit 300ml	R35
Cranberry Cooler, Apple	
Tiser's	R42
Appletiser, Grapetiser	
Red Bull	R45
Regular, Watermelon and Sugar Free	
Mixers	R28
Soda Water, Lemonade, Ginger Ale, Dry Lemon, assorted Tonic Waters	
Steel Works	R55
Rock Shandy	R36
Cordials	R9
Kola Tonic, Lime and Passion Fruit	
Lipton's Ice Tea	R40
Lemon and Peach	
Energade	R28
Assorted flavours	
Still / Sparkling Water 500ml	R20
Sparkling Water 1L	R38
Fruit Juice	R42
Assorted flavours	
Freezo's	R50
Coffee, Chocolate, Milky Bar, Chai, Caramel	
Classic Milkshakes	R43
Vanilla, Strawberry, Chocolate, Lime, Banana and Bubblegum	
Gourmet Milkshakes	R52
Salted Caramel, Chocolate Brownie, Peanut Butter, Oreo, Coffee	

HOT BEVERAGES

Americano	R32
Espresso	R22
Cappuccino	R36
Café Latte	R38
Cortado	R35
Macchiato	R35
Café Mocha	R45
Dirty Chai	R45
Teas	R26
English Breakfast, Rooibos, Earl Grey and Green.	
Red Cappuccino	R42
Red Latte	R44
Hot Chocolate	R42
Milky Bar Hot Chocolate	R52
Nutella Hot Chocolate	R52
White Hot chocolate	R45
Chai Latte	R42
Milk Alternatives	R14
Almond, Macadamia and Oat	
Syrups	R10
Hazelnut, Vanilla and Caramel	



BEERS

Castle Light	R37
Black Label	R37
Hansa	R37
Heineken	R42
Heineken 0	R42
Corona	R48
Corona Light	R48
Windhoek Draught	R48

ON TAP

Castle Lite	R49
Black Label	R49
Windhoek	R53
Heineken	R55
Stella Artois	R57

CIDERS

Savanna Dry	R47
Savanna Light	R47
Savanna 0	R47
Hunters Dry	R43
Hunters Gold	R43
Flying Fish	R40
Brutal Fruit	R40
Belgravia Gin and Dry Lemon	R47
Red Square	R49

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Hendrick's	R50
Belgravia	R29
Bombay	R24
Tanqueray	R34
Malfy Lemon	R44
Malfy Rosa	R44



TEQUILA

El Jimador Blanco	R40
El Jimador Reposado	R40
Jose Cuervo Gold	R34
Volcan Reposado	R88
Don Julio	R92

RUM

Bacardi Carta Blanca	R26
Captain Morgan Spiced Gold	R26
Captain Morgan Dark	R28

VODKA

Smirnoff 1818	R25
Absolut	R32
Skyy	R30

COGNAC / BRANDY

Hennessy Very Special	R62
Klipdrift	R26
Richelieu	R26

WHISKEY

Monkey Shoulder Scotch Whisky	R48
Tullamore D.E.W. Original	R36
Jack Daniel's Old No.7®	R36
Jack Daniel's Tennessee Apple®	R34
Jack Daniel's Tennessee Honey®	R34
Benriach The Twelve	R60
Glenmorangie The Original 12	R66
Bells	R30
Glenlivet 15	R115
J&B	R27
Jameson	R42
Johnnie Walker Black	R43

LIQUEUR & APERITIFS

Southern Comfort	R25
Amarula	R22
Kahlua	R30
Old Brown Sherry	R22
Jägermeister	R32
Strawberry Lips	R24



SHOOTERS

Jack Daniel's Tennessee Fire®	R34
Suitcase	R42
Cactus Jack	R25
Apple Sours	R22
Jager Bomb	R54
Hand Grenade	R89
Springbok	R28

COCKTAILS

Margarita	R98
El Jimador Blanco Tequila, lime, triple sec and salt	
Cosmopolitan	R85
Vodka, triple sec, cranberry juiceand lime	
Pina Colada	R89
Rum, pineapple juice and coconut cream	
Mojito	R95
Rum, fresh mint, sugar, lime and soda water	
Monkey Sour	R99
Monkey Shoulder, lime and syrup shaken with cellulose	
Hendrick's Perfect Serve	R99
Hendrick's Gin, tonic and cucumber	
Mimosa	R65
Sparkling wine and orange juice	
Aperol Spritz	R95
Prosecco, aperol and soda water	
Long Island	R88
Hendrick's Gin, El Jimador Blanco Tequila, Vodka, Rum, Triple Sec, Lemon Juice and Syrup topped with Coke	
Bloody Mary	R88
Vodka and spiced tomato cocktail	
Frozen Strawberry Daquiri	R85
Rum, strawberry juice, lemon and syrup	
Watermelon Gin Bull	R75
Hendrick's Original Gin and Watermelon Red Bull poured over crushed Ice	
Jelly Bean Slushie	R83
Vodka, slush and jelly beans	
Espresso Martini	R93
Espresso, vodka and Kahlua	



WINES  
PROSECCO

Glass   Bottle	
Da Luca	R440
Cinzano Pro Spritz	R60   R235

SAUVIGNON BLANC

Franschhoek Cellar	R65   R250
Warwick The First	R65   R250
Lady Sav Blanc	

CHENIN BLANC

Leopards Leap	R45   R175
Petit by Ken Forrester	R55   R200

CHARDONNAY

Franschhoek Cellar	R50   R190
Warwick The First Lady	R65   R250

ROSÉ

Franschhoek Cellar	R50   R190
Warwick The First Lady	R65   R250

CABERNET SAUVIGNON

Warwick The First Lady	R65   R250
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MERLOT

Franschhoek Cellar	R50   R190
Guardian Peak	R65   R250

PINOTAGE

Darling Cellars	R55   R210
Chocoholic	



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