



---

## Morning Plates

---

**The Local** **8.5**

Two poached omega 3 eggs on toast, creamy asiago melted cheddar cheese, roasted potatoes, Local's veggie sausage

**Two Eggs and Toast** **7**

poached omega 3's, artisan bread, fresh salsa, choice of seasonal fruit salad or roasted potatoes

**Breakfast Wrap** **7.5**

\*cheesy egg with seasonal goodies in an organic sundried tomato wrap, fruit salad

**Local Quiche** **7.5**

fluffy eggs in hand rolled short crust or phyllo layered with seasonal offerings, served with side roasted veggies or fruit salad

**Himalayan Cracked Wheat** **6**

roasted fruit, nuts and seeds, cream

**From the Bakery**

muffin **2.5**

\*daily selection

breakfast cookie **2.5**

with nuts, seeds, fruit, chocolate

**Smoothie** **5.5**

pineapple, banana, berry, probiotic yogurt or cream, emergen-C vitamin pack

add hemp protein powder **1**

---



---

## Midday Plates

---

<b>Local Soup</b>	<b>5</b>
dahl with ginger or leek and potato, both with homemade bread and spread	
<b>Salad</b>	<b>6</b>
* Local deli salad creation	
<b>Soup and Salad Combo</b>	<b>8</b>
our soup with bread and spread with Local's deli salad creation	
<b>Sandwiches</b>	
	<b>8</b>
jalapeno havarti, sliced tomato green onion and salsa	
<b>create-your-own sandwich</b>	<b>8</b>
selection of breads, fillings, and spreads	
<b>Local veggie burger</b>	<b>8</b>
handmade patties, fresh veggies, grainy mustard pickle, artisan bun, served with a Local side salad	
<b>phyllos</b>	<b>7.5</b>
hand folded sheets of golden pastry, with chef's choice of fresh ingredients, served with dipping sauce and greens	
<b>Soup and Sandwich Combo</b>	<b>10</b>
our soup with bread and spread plus a sandwich from above	
<b>Local Cauldron</b>	<b>9</b>
southwest white chili, Canadian wild rice, with Local's side salad	
<b>Featured baked dish</b>	<b>9</b>
eggplant parmesan and grilled garlic bread, served with Local's side salad	

---