



SUN - MON
8AM - 3:30PM

OUR LOCAL

TUES - SAT
8AM - LATE

8 - 11
**MIMOSA
SPECIAL 65**
EVERYDAY :)

BREAKFAST TILL 12

CREAMY CHICKEN LIVERS ON TOAST	160
Free-range chicken livers and a poached egg on your choice of toast.	
ARNOLD BENNETT	150
An open-faced omelette with creamy poached haddock and parmesan with your choice of toast.	
EGGS FLORENTINE	150
Poached eggs on a bed of wilted baby spinach, topped with hollandaise on your choice of toast.	
ANCHOVY TOAST	120
Anchovy butter with two poached eggs on your choice of toast.	
MR RALPHS	135
Baby spinach and Danish feta folded into scrambled eggs topped with dukkah on your choice of toast.	
HEALTHY VIBES	140
Greek yoghurt, honey, fresh fruit, gluten-free quinoa granola and berry compote.	
PAPAYA PARTY	135
Half a papaya stuffed with fresh seasonal fruit and topped yogurt, honey and roast hazelnuts.	
QUINOA BREAKFAST BOWL	140
White quinoa, mushrooms, lemon yoghurt, hummus, one fried egg topped with spring onion, chilli crisp and petite greens.	



ADD ON'S

POACHED EGG	18	TOAST	12
BACON	30	GLUTEN FREE TOAST	25
AVOCADO	40	DOUBLE FRIED FRIES	55
DANISH FETA	25	SPINACH	45
MATURE CHEDDAR	25	SHAYNO'S CHILLI	15
BRIE	28	SHAYNO'S CHILLI MAYO	15
SMOKED TROUT	60	SMASH SAUCE	45
GRILLED CHICKEN	60	SIDE GREEN SALAD	45

TEA & COFFEE

SUB MESQUITE - NO CHARGE

AMERICANO	36 / 40
CAPPUCCINO	38 / 42
FLAT WHITE	38 / 42
LATTE	45
CHAI LATTE	52
IRISH COFFEE	85
ESPRESSO	34 / 40
ORANGE ESPRESSO	55
TONIC ESPRESSO	55
RED CAPPUCCINO	45
PLUNGER COFFEE	36 / 65
HOT CHOCOLATE	48
TEA SELECTION	30
NEW! SPANISH LATTE	70
NEW! CRÈME BRÛLÉE	70



BRUNCH TILL 3:30

OMEGA	160
Cream cheese topped with sliced avo, smoked trout ribbons, capers, red onion and a poached egg on your choice of toast.	
REUBEN TOASTIE	145
Pastrami, pickles, sauerkraut, whole-grain mustard and emmental, toasted on your choice of bread.	
EGG ROLL	130
Fried egg, bacon, and mature cheddar with smokey chilli crisp on a brioche bun.	

OL'S SHAKSHUKA

THE ORIGINAL / 160

Eggs poached in an aromatic tomato and chilli sauce with chunks of creamy feta, served with your choice of toast.

THE GREEN / 160

Eggs poached in lemony spinach, leeks, edamame plus other greens with chunks of creamy feta, served with your choice of toast. * Make it vegan

HAVE YOU SEEN OUR NEW
GROCCO & WINE
SHOPPIE IN THE FRONT?

PICK UP SNACKY BITS AND A BOTTLE OF WINE FOR TONIGHT, OR SOMETHING FRESH TO TAKE HOME. STOCKED DAILY WITH READY-MADE MEALS LIKE OUR FAMOUS MEATBALLS AND LASAGNE, DELI TUBS, SOUPS, AND BUILD-YOUR-OWN SALADS.

BACON TOASTIE	150
Bacon, brie and caramelised onion, toasted on your choice of bread.	
MUSHROOM TOASTIE	140
Mushroom ragu and mozzarella, toasted on your choice of bread.	
SNAZZY BEANS	125
Smokey tomato beans with chilli crisp, herb oil and micro greens, topped with a poached egg on your choice of toast.	
SMASHED AVO & HUMMUS	134
Roasted chickpeas & hummus served on two pieces of toast. (v.) + Add egg 18	
SMASHED AVO & TOMATO	140
Roasted and fresh tomatoes with toasted almonds served on two pieces of toast. (v.) + Add egg 18	
SMASHED AVO & DANISH FETA	135
Creamy Danish feta served on two pieces of toast. + Add egg 18	
CHEESE TOASTIE	105
Mature cheddar and tomato, toasted on your choice of bread. + top with fried egg 18	
EGG MAYO SLICE	90
Free-range eggs mayo topped with mixed leaves. + Make it spicy with Shayno's famous chilli. + Add Crispy Bacon 30	
CHICKEN MAYO SLICE	95
With chopped tomato and mixed leaves. + Make it spicy with Shayno's famous chilli. + Add Crispy Bacon 30	



SWEET CRÈME BRÛLÉE FRENCH TOAST 115 BRIOCHE, CRÈME PAT + ORANGE ZEST

LUNCH FROM 12

OL BABY ROOT SALAD

150

Lightly pickled Baby carrots, beets and radishes tossed with garden greens, heirloom tomatoes, Danish feta and toasted pumpkin seeds with a red wine vinaigrette. + Add Grilled Chicken 60

TROUT SALAD

190

Trout, baby gem, blanched broccoli, zucchini, pickled fennel, white wine vinegar and a Green Goddess dressing.

LA MED SALAD

145

Marinated bocconcini, slow roasted heirloom tomatoes, pickled fennel bulb, rocket topped with ciabatta croutons and our house dressing.
+ Add Crispy Bacon 30 / Add Grilled Chicken 60

CAESAR SALAD

155

Cos lettuce, croutons, a poached egg, bacon, parmesan shavings and our Caesar dressing. + Add Smoked Trout 60 / Add Grilled Chicken 60

GOLDEN SALAD

150

Turmeric quinoa with roasted butternut, carrots, yellow pepper and baby corn topped with roasted almonds and a tahini dressing.
+ Add Crispy Bacon 30

MEDITERRANEAN SCHNITZEL

165

Homemade chicken schnitzel topped with napolitana sauce, melted mozz, rosa tomatoes, capers, black olives, Danish feta, baby spinach and parmesan.

FILLET & CHIPS

255

Marinated & sliced fillet, with jus, wild mushroom sauce and chips.

FISH & CHIPS

190

Beer-battered hake, mushy peas, tartar sauce and chips.

CHICKEN LIMONE

155

Creamy lemon sauce, capers, white wine, garlic and parsley served on wilted baby spinach.

+ Make it spicy with Shayno's famous chilli 15.

BEEF RAGU LINGUINE

200

Slow-braised beef ragu, silky linguine, tomato sauce, parmesan - pure comfort.

CAPONATA LINGUINE

145

Tangy, salty-sweet tomato sauce with aubergine, tomatoes, capers and olives topped with Grant Padano and chopped parsley.

+ Add Grilled Chicken 60

PASTA LIMONE

160

Spaghetti with creamy lemon sauce, capers, white wine, garlic and parsley with parmesan crumbs.

+ Add Smoked Trout 60 / + Add Grilled Chicken 60

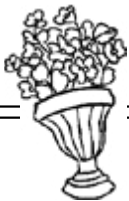
CAPRESE SCHNITZEL

165

Caprese - Homemade chicken schnitzel topped with napolitana sauce, melted mozz, rosa tomatoes, basil and parmesan.



LOCAL FAVE OSSO BUCO 210 SLOW-BRAISED BEEF SHIN IN TOMATO RAGU SERVED ON MASHED POTATO FINISHED WITH A GREMOLATA



OL'S FAMOUS BURGERS

- 2 FOR 200 -
EVERY WEDNESDAY FROM 5-7



OL'S BEEF BURGER / 170

Free-range beef burger with our homemade bourbon sauce, pickles and mature cheddar, brioche bun + fries.

TRUFFLE MUSHROOM BEEF BURGER / 190

Free-range beef burger with mature cheddar, truffle mushroom sauce, crispy onions, brioche bun + fries.

CHICKEN PREGO BURGER / 155

Prego-marinated chicken breast with fresh tomato, crisp iceberg, caramelised onions, brioche bun + fries.

KOREAN CHICKEN BURGER / 170

Crispy Korean fried chicken, sticky-sweet gochujang glaze, crunchy slaw, pickles, brioche bun.

OL'S VEGGIE BURGER / 160

Falafel burger with beetroot hummus, danish feta, pickles, iceberg lettuce, brioche bun + fries.

OUR SMASHIE / 135

Beef smash patty, pickles, cheese, sauce + fries

ADD ONS

DOUBLE UP THE PATTY 50 / CRISPY BACON 30 / DOUBLE FRIED FRIES 55 / FRIED EGG 18

SHAYNO'S CHILLI MAYO 15 / SMASH SAUCE 45 / EXTRA CHEESE 35 / SWOP FRIES FOR SALAD - NO CHARGE

SWEET TOOTH

HOT GOOEY CHOCOLATE BROWNIE

95

Served with a scoop of vanilla ice cream.

STICKY TOFFEE PUDDING

90

Warm sticky toffee pudding with vanilla ice cream.

HOT BANANA BREAD

95

Hot honey, brûléed banana.

WARM APPLE CRUMBLE

95

Homemade with vanilla ice cream. Rate it, we think it's a winner.

CAKES

ALMOND & ORANGE CAKE .70

LEMON DRIZZLE SLICE55

CARROT & GINGER CAKE...70

GOOEY CHOCOLATE

CHEESECAKE75

BROWNIE..... 65

FLOURLESS CHOCOLATE

BANANA BREAD 45

TORTE75

ICE CREAM SCOOP 20

CHECK OUT OUR CAKE DISPLAY FOR DAILY SPECIALS

HOMEMADE TEPACHE

A lightly sparkling fermented drink made from pineapple skins.
Naturally probiotic, alcohol-free and gently tangy, with a fresh, clean finish.

ELDERFLOWER & CUCUMBER Floral, crisp, refreshing	75
GRAPEFRUIT Zesty, bright, slightly bitter	65
GINGER, CINNAMON & ORANGE Spiced, warming, citrusy	70
LITCHI Delicate, tropical, lightly floral	70
LEMON Fresh and lemon packed	70
PASSIONFRUIT Fruity, citrusy	70



EARLY BIRDS

MIMOSAS Bubbly, OJ Pink - Rose bubbly, cranberry juice Sunrise - Bubbly, Olmeca Reposado, grenadine, pineapple juice	82
NEW! VELVET COCOA RUM Rich hot cocoa, spiced rum topped with fresh vanilla whipped cream	95
NEW! DARK & STORMY WINTER Dark rum & Ginger Tepache, lime	95
NEW! FIREBALL GINGER HEAT Fireball whisky, pineapple, ginger, chilli & lemon	110
THE LOCAL CRUSH MIMOSA Crushed grapes, elderflower, Bubbly	82
ROOIBOS G&T Twisted G&T with local rooibos, orange & tonic	95
OL BLOODY MARY Your favourite hangover cure * make it spicy	110
APEROL SPRITZ Aperol, bubbly, soda	120



OLD FAITHFULS

NEGRONI Beefeater Dry, Campari, sweet vermouth	115
MARGARITA'S Olmeca Silver, lime Pick your flavour - Watermelon / Peach & Orange / Passion fruit & Pineapple	130
MOJITO'S Havana 3yr rum, mint, lemon-lime Pick your flavour - Original / Apple pie / Strawberry & choc / Passion fruit & chilli	115
JUNGLE BIRD Pineapple, mango, Havana 7yr, lemon-lime & splash of campari	120
ESPRESSO MARTINI Absolute vodka, Kahlua, espresso	125
PALOMA Olmeca Reposado, grapefruit, F&L soda, lime	120
PASSION FRUIT MARTINI Passion fruit, vanilla vodka, lemon-lime, pineapple & bubbly	135



SIGNATURES

OL'S CHIPOTLE LEMON Absolut vodka, lemon juice, granadilla, chipotle, soda	125
AMARULA COLADA Amarula, Olmeca silver, strawberry, fresh cream & citrus, served over crushed ice	120
OL'S PINEAPPLE & CHILLI MAI TAI Havana Club 3YO, Cointreau, pineapple juice, chilli syrup	115
JELLY BABY Absolut vodka, vanilla, pomegranate, pineapple & lemon-lime	120
LEMON DROP SOUR Absolut Lime, Limoncello, Cointreau, lemon tea syrup, lemon juice, foam	125
GOLDEN HOUR RUSH Martell VS, Frangelico, grapefruit, lemon-lime & foam	125
POPSTAR MARTINI Stoli Vanilla vodka, Cherry, Cranberry, lemon-lime, & MCC	120
NEW PAL Inverroche Amber, Campari, elderflower, grapefruit juice	120
OL SOURS Jameson whisky, Bitters, lemon-lime & foam Pick your flavour - Litchi / Ginger Bread & Amaretto Sour / Mushroom & Honey	125
PAPRIKA WASHED WHISKEY SOUR Fat-washed bourbon whiskey, Lime & simple syrup	130



LIKE A VIRGIN

POMPALOMA / 95
Pomegranate & pineapple,
lemon-lime, grapefruit foam
& F&L tonic

CUCUMBER GIMLET / 80
Cucumber, pineapple, lime
juice, mint, foam
& F&L soda

BAR SNACKS

ROAST NUTS / 85 / OLIVES / 65
PARMESAN FRIES / 65

SPRITZ

POMEGRANATE & ELDERFLOWER Bubbly, F&L soda	115
PEACH & PASSION Bubbly, F&L soda	115
ROOIBOS & ORANGE Bubbly, F&L soda	115
LOCAL HUGOLELLO Bubbly, F&L soda	115

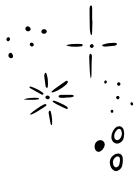
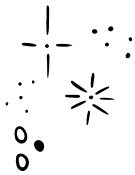


DRINKS

CULTURELAB KOMBUCHA	50
F&L SODAS 200ML (Dry Lemon, Ginger Ale, Soda, Tonic, Lemonade)	30
SODAS 350ML (Coca Cola, Coca Cola Zero, Sprite, Stoney)	35
APPLETISER / GRAPETISER	38
STILL & SPARKLING 500ML/1L	30 / 45

BUBBLY

KRONE BRUT	95 / 380
Winter melon, white peach, fresh pineapple. Sundowners, sorted.	
KRONE BRUT ROSÉ	95 / 380
Salmon-pink with pomegranate and crisp red apples.	
KLEINE ZALZE BRUT	400
Strawberry and blackberry fizz. Always a celebration.	



ROSÉ

LEEUVENKUIL ROSÉ	80 / 290
Seriously good. Dry, elegant, soft red berries, earthy. Swartland vibes.	
IONA SOPHIE ROSÉ	80 / 290
Strawberries, wild berries, a touch of sweet spice. Summer in a glass.	
BABYLONSTOREN ROSÉ	330
Raspberries and rose petals with creamy strawberry yoghurt notes. Basically a pink holiday.	

WHITE

DOOS WHITE	70 GLS
Stone fruit upfront, zesty on the finish. Easy-drinking.	
THE GOOSEBERRY BUSH (HOUSE WHITE)	70 GLS
Crisp, dry, passionfruit and tropical freshness.	
IONA ELGIN HIGHLANDS SAUV BLANC	280
Cool climate elegance—vibrant, mineral, perfectly balanced.	
SECATEURS CHENIN BLANC	75 / 250
Flinty, fruity, and perfect for pretending you're a wine snob.	
BABYLONSTOREN CHENIN	330
Dry and crisp with guava, pineapple, winter melon.	
LEEUVENKUIL CHENIN	80 / 295
Unoaked and wild—apple, pear, quince. Swartland simplicity.	
GLENELLY CHARDONNAY	80 / 290
Citrus peel, pear drop. Beautifully layered.	
LA BRI CHARDONNAY	260
Clean, precise, with a touch of summer rain on slate.	

RED

DOOS RED	75 GLS
Juicy berries and zero pretence. Because you came for a good time, not a wine lecture.	
THE MULBERRY BUSH (HOUSE RED)	75 GLS
Medium-bodied, plums and soft blackberry tones.	
THELEMA MOUNTAIN RED	80 / 280
Juicy mulberries, warm spice, smooth finish.	
SECATEURS RED BLEND	70 / 250
Perfume, spice, ripe red fruit. Everyday favourite.	
FAIRVIEW BUSHVINE CINSULT	85 / 340
Raspberries, cherries, and a hint of "I'll just have one glass" energy. (Sure you will.)	
ALLESVERLOREN CAB SAUV	285
Prune, blackcurrant, oak spice and cigar box.	
SUTHERLAND CAB SAUV	380
Dark berries, cassis, a whisper of spice.	
THELEMA MERLOT	360
Soft tannins, dark chocolate, classic elegance.	
BABYLONSTOREN BABEL	360
Black fruit with a savoury cigar twist.	
MR P KNOWS	320
Strawberries, raspberries, wild mushrooms—more interesting than your ex.	
IONA NEBBIOLO	380
Red cherry, raspberries, delicate spice. A little Italian swagger.	



BEERS

ON TAP

NEWLANDS SPRING	PINT 65 / HALF 50
STELLA ARTOIS	PINT 65 / HALF 50

BOTTLE

DEVILS PEAK FIRST LIGHT	48
JACK BLACK SKELETON COAST IPA	45
JACK BLACK ATLANTIC WEISS	48
CASTLE LITE	40
WINDHOEK DRAUGHT	50
TAFEL	40
SAVANNA DRY	45
CORONA / CORONA CERO	45



**HAPPY
HOURS**

TUES - SAT - 4PM - 6PM

GLS WINE 110 FOR 2
Selected wines

DRAUGHT 100 FOR 2
Newlands Spring,
Stella Artios

COCKTAILS TWO FOR ONE
Selected, obvs

EVERY DAY!
CORONA 60 FOR TWO
CORONA BUCKET 180 FOR SIX



FROM 4PM THURSDAY, FRIDAY
& SATURDAY :)

WINTER SPECIAL

STARTER + MAIN OR MAIN + DESSERT / R225

STARTER + MAIN + DESSERT / R295

STARTERS

BAKED CAMEMBERT

Roasted stonefruit, chilli honey, toasted sourdough melba

ROASTED TOMATO SOUP

Homemade with parmesan croutons

MAINS

OSSO BUCCO

Creamy mash, gremolata

BEEF RAGU

Slow braised beef, tomato, parmesan, herbs, silky pasta

ROASTED PUMPKIN

Creamy white bean purée, burnt sage, chilli crisp

CREAMY MUSHROOM ORZO

Parmesan, thyme

DESSERTS

HOT BANANA BREAD

Hot honey, brûléed banana.

STICKY TOFFEE PUDDING

vanilla ice cream

WARM APPLE CRUMBLE

Served with a scoop of vanilla ice cream

SMOOTHIES

THE NUT BUSTA98

Banana, peanut butter, dates, cinnamon, milk, honey & cocoa

BERRY BLISS105

Mixed berries, strawberry, banana, dates, milk, yoghurt & honey

COME ALIVE105

Banana, almond butter, espresso, milk & honey

GREEN BOOST120

Cucumber, pineapple, mint, avo, coconut water, apple & pear

SUPER GREEN STACK SMOOTHIE

ARABLE SUPERSONIC GREENS, FROZEN PINEAPPLE, BANANA, FRESH GINGER, MACADAMIA MILK, YOGHURT. 125

+ ADD-ONS - LION'S MANE 40 / HEMP PROTEIN 30 / SUPERSONIC GREENS 45

+ MILK ALTS - ALMOND 18 / OAT 16 / SOY 18 / MACADAMIA 18

HOME MADE ICED TEAS

CITRUS BURST70

Black tea with lemon, lime, orange, grapefruit & F&L lemonade

PASSION FRUIT65

Black tea with passion fruit, pineapple, vanilla, lemon & F&L soda

PEACH & ORANGE65

Black tea with peach, orange, lemon & F&L soda

APPLE & CINNAMON70

Black tea with apple, cinnamon, coconut water & F&L lemonade

WATERMELON80

Black tea, mint, lemon, watermelon, & F&L soda

MATCHA LEMONADE115

Matcha green tea, tart lemonade, cucumber & mint

FRESHLY SQUEEZED JUICES

SIMPLY ORANGE / 65 / CARROT & ORANGE / 65

CUCUMBER, PEAR, SPINACH & APPLE / 65 / GINGER SHOT / 30

MATCHA MAGIC

STRAWBERRY & VANILLA120

Matcha with vanilla cold foam & strawberry purée

LITCHI110

Matcha with litchi cold foam

GINGERBREAD125

Matcha topped with ginger cold foam

ROOIBOS MATCHA115

Matcha with orange & rooibos cold foam

ARABLE SUPERSONIC GREENS

A powerhouse blend of locally grown, pesticide-free microgreens, spirulina and lion's mane mushroom. Packed with antioxidants, vitamins and minerals, to boost energy, support immunity, aid digestion and sharpen focus.

EVERY
TUESDAY

LABIA SPECIAL 2 TOASTIES & 2 MOVIE TICKETS FOR R200

EVERY
WEDNESDAY

2 FOR 200 BURGERS BETWEEN 5 AND 7

EVENTS



Birthday? Dinner party? Wedding? Book club? Family meeting? “We’re celebrating something” drinks? Book with us.

From set menus and sharing feasts to canapé-style spreads, we’ve got options for every kind of moment. Scan the code, share a few details, and our team will get back to you.

DID YOU KNOW...

WE HAVE A LITTLE SISTER & A NEW BOJEE AUNT?

Our Local Sea Point is open 7 days a week from 8am for breakfast and lunch. Plus open - Thurs - Sat for dinner. Come visit @ 295 Sea Point Main Road.

Our Local V&A Waterfront is open 7 days a week for breakfast, lunch and dinner. Come visit us in the Alfred Mall.

Want to join the team - we are always looking out for new talent.
Send your CV to join@luckylocalsclub.com :)

10+ PAX

WE ADD 12% SERVICE CHARGE TO TABLES OF 10 AND MORE.