

# HQ

# URBAN KITCHEN

## Menu



All menu items  
(including brunch & lunch) available:  
9am to 2:30pm on weekdays  
10am to 2:30pm on Saturday

**VE** = VEGAN      **GF** = GLUTEN FREE

### Brunch menu

|                                                                                                           |             |
|-----------------------------------------------------------------------------------------------------------|-------------|
| <b>Eggs Benedict</b>                                                                                      | <b>6.95</b> |
| 2 poached eggs with bacon, guacamole and salsa on an English muffin and a dressed side salad              |             |
| <b>Eggs Royal</b>                                                                                         | <b>7.50</b> |
| 2 poached eggs with smoked salmon, guacamole and salsa on an English muffin and a dressed side salad      |             |
| <b>Omelette</b>                                                                                           | <b>5.50</b> |
| 2 egg omelette with bacon, chives and grilled vine tomatoes, toasted focaccia and a dressed side salad    |             |
| <b>Bacon butty</b>                                                                                        | <b>4.50</b> |
| Classic no-frills bacon butty with your choice of brown or tomato sauce                                   |             |
| <b>2 pieces of toast</b> <b>VE</b>                                                                        | <b>3.50</b> |
| choose from toast, sourdough or focaccia (served with Tiptree jam & Welsh butter or ask for vegan butter) |             |
| <b>Acai bowl</b> <b>VE</b>                                                                                | <b>7.50</b> |
| Acai and red berries mix with oatmeal topped with fresh fruits and your choice of plant based milk        |             |
| <b>Tropica bowl</b> <b>GF</b> <b>VE</b>                                                                   | <b>7</b>    |
| Tropical fruits mix topped with fresh fruits and coconut flakes                                           |             |

### Lunch menu

#### Bowls

|                                                                                         |          |
|-----------------------------------------------------------------------------------------|----------|
| <b>Spinach, falafel and houmous bowl</b> <b>GF</b> <b>VE</b>                            | <b>7</b> |
| 2 falafels, dressed fresh spinach, cucumber, red onion, mixed olives with houmous       |          |
| <b>Soup of the month</b> <b>VE</b>                                                      | <b>5</b> |
| With sourdough bread                                                                    |          |
| <b>Caesar salad</b>                                                                     | <b>6</b> |
| Fresh dressed salad with bread croutons, parmesan cheese & chicken breast               |          |
| <b>Mexican salad</b> <b>VE</b>                                                          | <b>6</b> |
| Fresh dressed salad with coriander, avocado, pinto beans, sweetcorn and tortilla slices |          |

#### Wraps

|                                                          |          |
|----------------------------------------------------------|----------|
|                                                          | <b>6</b> |
| (served with crisps and a dressed side salad)            |          |
| Tuna sweetcorn & salad                                   |          |
| Chicken mayo & salad                                     |          |
| Marinated vegan "chicken" with houmous & salad <b>VE</b> |          |

#### Bagels

|                                               |          |
|-----------------------------------------------|----------|
|                                               | <b>6</b> |
| (served with crisps and a dressed side salad) |          |
| Smoked salmon with cream cheese & chives      |          |
| BLT                                           |          |
| Houmous & falafel <b>VE</b>                   |          |

#### Fajitas

|                                                                                    |             |
|------------------------------------------------------------------------------------|-------------|
|                                                                                    |             |
| (served in a toasted tortilla with nachos and a dressed salad)                     |             |
| <b>Pulled Beef</b>                                                                 | <b>9.95</b> |
| with mixed red peppers & red onion                                                 |             |
| <b>Chicken</b>                                                                     | <b>9.95</b> |
| with mixed peppers & red onion                                                     |             |
| <b>Vegan "Chicken"</b> <b>VE</b>                                                   | <b>9.95</b> |
| with mixed peppers and red onion                                                   |             |
| <b>Tacos</b>                                                                       |             |
| (all served with nachos and a dressed salad)                                       |             |
| <b>Beef</b>                                                                        | <b>6.75</b> |
| 3 soft wheat tacos with pulled beef, salsa & guacamole                             |             |
| <b>Cajun Salmon</b>                                                                | <b>7.25</b> |
| 3 soft corn tacos with cajun spiced salmon, salsa & guacamole                      |             |
| <b>Vegan "Chicken"</b> <b>VE</b>                                                   | <b>7</b>    |
| 3 soft corn tacos with smoked paprika marinated vegan "chicken", salsa & guacamole |             |

## Jacket potatoes

5

(served with butter or chive butter & dressed side salad)

Ask for vegan butter or vegan chive butter 

### Choose extra toppings:

per topping **1.75**

Cheddar, blue stilton, Baked beans , salsa ,  
vegan "cheese" 

per topping **2.25**

Chicken, bacon, pulled beef, vegan "chicken" 

## Burgers

(all served with chips, onion rings & a dressed side salad)

### The HQ burger **11.25**

7oz Homemade beef patty, fresh salad, bacon, red onion relish, cheese sauce in a toasted orange brioche styled bun

### The HQ friendly burger **11.25**

5oz Oumph "beef" patty, fresh salad, red onion relish, vegan "cheese" in a red toasted brioche styled bun

## Mac & cheese

### Plain mac & cheese **7.50**

(ask for vegan cheese) 

### Choose extra toppings:

per topping **1.75**

Cheddar, blue stilton, "bacon" crumbles , crushed nachos , vine tomatoes , sundried tomatoes , jalapenos 

per topping **2.25**

Chicken, bacon, pulled beef, vegan "chicken" 

## Sharing Plates

### Loaded nachos **6.50**

Large portion of nachos loaded with cheese sauce, salsa, guacamole, sour cream, jalapenos and pulled beef

### Loaded chips **6.50**

Large portion of chips/sweet potato chips loaded with cheese sauce, salsa & pulled beef

### Chicken wings

Hot and smoky glazed chicken wings with cheese sauce & Jerk BBQ dips

**Small** (6 Wings) **4**

**Regular** (12 Wings) **8**

**Large** (18 Wings) **12**

## Sides

Nachos   **2.25**

Chips   **2.25**

Sweet potato chips   **2.25**

Onion rings   **1.75**

3 Hot and smoky chicken wings  **3**

## Free sauces & dips

Ketchup  

Mayonnaise 

Vegan Mayonnaise 

Garlic Mayonnaise

Chipotle Mayonnaise

Mustard

Brown sauce 

Buffalo Sauce

BBQ sauce

Please visit our counter for our fresh selection of cakes & bakes (including vegan options).

## Kids menu

### Mac & Cheese **3.50**

(Add toppings from main menu)

### The HQ burger **6**

3.5oz Homemade beef patty, fresh dressed salad, onions, cheese sauce in an orange toasted brioche styled bun, with chips & onion rings

### The HQ friendly burger **6**

3.5oz Oumph "beef" patty, fresh dressed salad, vegan "cheese" in a red toasted brioche styled bun with chips & onion rings

### Buttered jacket potato with cheddar cheese **3**

(Add toppings from main menu)

We are more than happy to replace & swap items (where possible), please ask us when ordering.

For any allergen information please speak to the team

Order using our QR code or at the till!



Tag us



@HQurbankitchen