

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

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

Lunch menu

Bowls

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

Wraps

(served with crisps and a dressed side salad)	6
Tuna mayo sweetcorn & salad	
Chicken mayo & salad	
Marinated vegan "chicken" with houmous & salad	VE

Bagels

(served with crisps and a dressed side salad)	6
Smoked salmon with cream cheese & chives	
BLT	
Houmous & falafel	VE

Fajitas

(served in a toasted tortilla with nachos sour cream and a dressed salad)

Pulled Beef	9.95
with mixed red peppers & red onion	
Chicken	9.95
with mixed peppers & red onion	
Vegan "Chicken" VE	9.95
with mixed peppers and red onion	

Tacos


(all served with nachos and a dressed salad)

Beef	6.75
3 soft wheat tacos with pulled beef, salsa & guacamole	
Cajun Salmon	7.25
3 soft wheat tacos with cajun spiced salmon, salsa & guacamole	
Vegan "Chicken" VE	7
3 soft wheat 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

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 & buffalo dip

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  

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