



We use the best quality locally sourced ingredients, to bring you freshly cooked homemade dishes daily.

Allergies and dietary requirements? Please tell us at the counter when you order.

Most of our dishes can be GF, please ask us at the counter!

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## Breakfast.

Served until 11:30am

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### Full Welsh Breakfast 12.95

Sausage, bacon, egg, smoky beans, roasted cherry tomatoes, mushrooms, black pudding, laver bread cake and toast.

### Full Veggie Breakfast 12.50

Polenta, spinach and caramelised onion sausage, egg, hashbrown, smoky beans, roasted cherry tomatoes, mushrooms, laverbread cake and toast.  
(V)

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## Brunch.

Served until 3:00pm

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### Eggs Benedict 9.00

Avocado, bacon, poached eggs and hollandaise sauce on a toasted muffin.

### Eggs Florentine 8.00

Spinach, poached eggs and hollandaise sauce on a toasted muffin.  
(V)

### Classic Bacon or Sausage 6.50

#### Butty

Thick cut bacon or sausage on malted, sourdough or GF bread.

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### HQ Veggie Polenta Sausage 6.50

#### Butty

Polenta, spinach, and caramelised onion sausage on malted, sourdough or GF bread.  
(V)

### Spanish Hash 9.50

Crispy potatoes, roasted red peppers, cherry tomatoes, smoky beans, avocado and a poached egg.  
Add chorizo 2.  
(GF & V)

### Eggs Your Way 6.95

Poached, fried or scrambled eggs on your choice of sourdough, malted or GF bread.  
(V)

### Smashed Avocado 8.95

Smashed avocado, pico de gallo and rocket on toasted sourdough, malted or GF bread.  
(V)

### Welsh Butter and 3.95

#### Homemade Jam on Toast

Choice of sourdough, malted or GF bread.  
(V)

## Extras

Mushroom, Cherry 1.50

Tomatoes, Spinach

Bacon, Sausage, Veggie 2.00

Sausage, 2x Eggs

## Lunch.

Served 11:30am to 3:00pm

### **Bowls**

#### **Teriyaki Chicken & Quinoa Bowl** 12.50

Edamame quinoa bowl with teriyaki chicken or vegan chicken and a miso dressing.

#### **HQ Club Salad** 12.50

Chicken, bacon, cherry tomatoes, baby gem lettuce, red pepper and croutons with chipotle mayo.

#### **Falafel Bowl** 9.50

Marinated olives, houmous, mixed leaf salad, pickled cabbage and tahini dressing.  
(V & GF)

#### **Grilled Halloumi & Butternut Squash Couscous Salad** 9.50

Ras el Hanout couscous with halloumi, butternut squash, caramelized onions, charred aubergine and mixed salad.  
(V)

#### **Chestnut Mushroom & Truffle Linguine** 11.50

Creamy chestnut mushroom, Grand Levanto cheese, and rocket with truffle oil.  
(V)  
Add chicken or vegan chicken 2.

#### **Seasonal Soup** 6.50

Homemade seasonal soup, served with toasted artisan bread.  
See specials board.  
(V)

## **Tacos**

Three soft shell tortillas served with raw slaw, pico de gallo. Served with side salad and tortilla chips.  
(Upgrade to chips or sweet potato fries 2.75)

#### **Pork Carnitas** 10.50

With chipotle mayo.

#### **Cajun Chicken** 10.50

With chipotle mayo.

#### **Crispy Haddock** 10.50

With lime and coriander mayo.

#### **Halloumi and Refried Beans** 10.50

(V)

#### **Pulled Mushroom and Tofu** 10.50

With chipotle mayo.  
(V)

## **Sandwiches**

Served with side salad and tortilla chips.  
Choose sourdough, malted or GF bread.  
(Upgrade to chips or sweet potato fries 2.75)

#### **Glamorgan Sausage** 8.50

Breaded leek, cheese and mustard sausage, with baby gem lettuce and chilli jam.  
(V)

#### **Falafel** 8.50

With pickled cabbage, spinach and houmous.  
(V)

#### **Fish Finger** 9.50

With baby gem lettuce and tartare sauce.

#### **HQ Club** 9.50

Chicken, bacon, lettuce and tomato with chipotle mayo.

#### **BBQ Pulled Pork** 9.50

With spinach, gherkins and fried onions.

#### **BBQ Pulled Mushroom and Tofu** 9.50

With spinach, gherkins and fried onions.  
(V)

## **Sides.**

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|---------------------------------|-------------|
| <b>Triple Cooked Chips (GF)</b> | <b>4.50</b> |
| <b>Sweet Potato Fries (GF)</b>  | <b>4.50</b> |