

Please let us know at the counter if you have any specific dietary requirements or an allergy

### BREAKFAST

(Served until 11.30am)

**Full Welsh Breakfast** £12.95 (ask for gf)

Sausage, bacon, egg, homemade smoky beans, tomatoes, mushrooms, black pudding, laverbread cake and toast

**Full Veggie Breakfast** £12.50 v (ask for gf/ve)

Polenta, spinach and caramelised onion sausage, egg, hash brown, mushrooms, laverbread cake, roasted tomatoes, homemade smoky beans and toast

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### BRUNCH

(Served all day)

**HQ Eggs Benedict** £9.00 (ask for gf)

Avocado, bacon, poached egg, and hollandaise sauce on a toasted muffin

**Eggs Florentine** £8.00 v (ask for gf)

Spinach, poached egg and hollandaise sauce on a toasted muffin

**HQ Classic Bacon or Sausage Butty** £6.00 (ask for gf)

Thick cut bacon or sausage with tomato or brown sauce on malted granary, sourdough or gluten free bread

**HQ Classic Veggie Sausage Butty** £6.00 v (ask for gf/ve)

Polenta, spinach and caramelised onion sausage on malted granary, sourdough or gluten free bread

**Beetroot Hash** £8.50 v (ask for gf/ve)

Roasted beetroot, potato, Welsh goats' cheese, spinach and balsamic onion

### THINGS ON TOAST

Choose your bread - sourdough, malted granary or gluten free

**Welsh Butter and Jam** £3.75 v (ask for ve)

**Eggs your way** £6.95 v

**Smashed Avocado** £8.00 ve

Smashed avocado, with pico de gallo and rocket

**Homemade Smoky Beans** £8.00 v (ask for ve)

**Extras** - Mushroom, tomato, spinach £1.50 each

Bacon, 2x egg, sausage, homemade smoky beans £2.00  
each

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### **LUNCH**

(Served from 11.30am)

#### **BOWLS**

##### **Welsh Lamb Cawl £12.50**

Welsh Lamb Cawl with Caerphilly cheese and a savoury Welsh  
Cake

##### **Red Lentil and Spinach Dahl £10.00 ve**

Red lentil and spinach Dahl, served with naan bread

Add chicken or vegan 'chicken' £2

##### **Falafel Bowl £9.00 ve**

Marinated olives, houmous, mixed leaf seasonal salad,  
pickled cabbage and tahini dressing

##### **Butternut Squash and Ras el Hanout Couscous Salad**

£9.00 v (ask for ve)

Butternut squash and ras el hanout couscous with  
halloumi, grilled aubergine and mixed salad

##### **Wild Mushroom Linguine £10.00 v (ask for gf/ve)**

Creamy wild mushroom, parmesan and rocket, with  
truffle oil  
(+ chicken £2.00)

##### **Seasonal Soup £6.00 v (ask for ve)**

Homemade seasonal soup, served with toasted artisan  
bread

See specials board

#### **TACOS £9.50**

3 Soft tacos with fresh salad and tortilla chips  
(+chips £2.25; + guacamole £1.50)

##### **Pulled Pork**

Raw slaw, pico de gallo and chipotle mayo

##### **Cajun Chicken OR Cajun Vegan 'Chicken' ve**

Raw slaw, pico de gallo and chipotle mayo

##### **Crispy Haddock**

Breaded haddock, raw slaw, pico de gallo and lime  
coriander mayo

**Halloumi v**

Halloumi, smoky refried beans and mayo

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**SANDWICHES**

Choose from lightly toasted sourdough, malted granary or gluten free bread

Served with fresh salad and tortilla chips (upgrade to chips for £2.25)

Glamorgan sausage with baby gem lettuce and chilli jam  
£8.50 v

Falafel, houmous and pickled cabbage £8.50 ve

Fish fingers, baby gem with tartare sauce £9.50

HQ Club, Chicken, bacon, lettuce and tomato, with chipotle mayo £9.50

BBQ Pulled Pork, spinach, gherkins and fried onions  
£9.50

Prosciutto, buffalo mozzarella and basil pesto £8.50

Buffalo mozzarella, sundried tomato and pesto £8.50 v

Caerphilly cheese, spinach and onion marmalade £8.50 v

Charred aubergine, spinach and vegan smoked applewood cheese £8.50 ve

**SIDES**

Hand cut chips £3.50 gf; ve

Sweet potato fries £3.75 gf; ve

Side salad £3.00 gf

Bread and oil £3.00 (ask for gf)

Olives £4.50 gf

**OTHER**

A large selection of hot, cold and alcoholic beverages available to order at the counter. Please help yourself to tap water at the counter.

Please see our board near the serving area for daily specials and seasonal dishes.

If you have specific dietary requirements or have an allergy, please tell a member of staff. Please note that all food is prepared in a shared kitchen and cross contamination could occur despite following safe handling protocols.

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