

HQ

URBAN KITCHEN

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.

Ask for GF bread (+75p).

Breakfast.

Served until 11:30am

Full Welsh Breakfast 12.95

Sausage, bacon, egg, smoky beans, roasted cherry tomatoes, mushrooms, black pudding, laverbread 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)

Brunch.

Served until 3:00pm

Eggs Benedict 9.50

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

Eggs Florentine 8.50

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

Classic Bacon or Sausage 7.00

Butty

Thick cut bacon or sausage on malted, sourdough or farmhouse white.

HQ Veggie Polenta Sausage 6.50

Butty

Polenta, spinach, and caramelised onion sausage on malted, sourdough or farmhouse white. (V)

Winter Hash 9.50

Crispy potatoes, smoky paprika beans, mushrooms, onions, and kale topped with a poached egg.
Add chorizo 2.

Eggs Your Way 7.00

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

Smashed Avocado 9.50

Smashed avocado, pico de gallo and pea shoots on toasted sourdough. (V)

Welsh Butter and 3.95

Homemade Jam on Toast

Choice of sourdough or malted bread. (V)

HQ Muesli Bowl 5.50

Mixed berry and toasted seed muesli with yoghurt and a spiced cherry compote. (V)

Extras

Mushroom, Spinach 1.50

Bacon, Sausage, 2x Eggs 2.00

Monday to Saturday
9:00am to 4:00pm

The Old Police Station,
Llys Glas, 37 Orchard St,
Swansea SA1 5AJ

<https://hqurbankitchen.co.uk/>

Lunch.

Served 11:30am to 3:00pm

Bowls

Welsh Lamb Cawl 12.50

Traditional lamb cawl topped with a savoury homemade welsh cake served with Caerphilly cheese and artisan bread.

Aloo Chaat 12.50

Pan fried potato in a lightly spiced tomato sauce with okra, onion and raita served with chapati & mango chutney.

Falafel Bowl 9.50

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

Rose Harissa Chicken Couscous 12.50

Rose harissa chicken with roasted beetroot, feta and wilted spinach couscous.

Ask for veggie chicken!

Chestnut Mushroom, Kale & Fennel Linguine 11.50

Creamy chestnut mushroom, Grand Levanto cheese, fennel seed and kale. (V)

Add bacon lardons or veggie chicken 2

Seasonal Soup 6.50

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

Tacos

Three soft shell tortillas with raw slaw and 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.

Pulled Mushroom and Tofu 10.50

With chipotle mayo.
(V)

Sandwiches

Served with side salad and tortilla chips.
(Upgrade to chips or sweet potato fries 2.75)
GF +75p

Welsh Rarebit Open Toast 8.50

Cheddar cheese, mustard and spring onions, served with chilli jam on sourdough (V)

Falafel 8.50

With pickled cabbage, spinach and houmous on sourdough bread. (V)

Fish Finger 9.50

With baby gem lettuce and tartare sauce on farmhouse white or malted bread.

HQ Club 9.50

Chicken, bacon, lettuce and tomato with chipotle mayo on farmhouse white or malted bread.

BBQ Pulled Pork 9.50

With spinach, gherkins and fried onions on sourdough bread.

(V) - Veggie - see our vegan menu in green

Sides.

Triple Cooked Chips (V, GF) 4.50

Sweet Potato Fries (V, GF) 4.50