



URBAN KITCHEN

Vegan Menu

Any allergies or dietary requirements? Please tell us at the counter when you order.

Ask for GF bread (+75p)

Breakfast.

Served until 11:30am

The Legendary 12.50

HQ Full Vegan Breakfast

Polenta, spinach, and caramelised onion sausages, hashbrowns, mushrooms, laverbread cake, cherry tomatoes, smoky beans and toast.

Brunch.

Served until 3:00pm

The Original HQ Vegan Polenta 7.00

Sausage Butty

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

Smashed Avocado 9.50

Smashed avocado, pico de gallo, and pea shoots on toasted sourdough, malted or farmhouse white.

Jam and Spread on Toast 3.95

Choice of sourdough, malted or farmhouse white.

Vegan Winter Hash 9.50

Crispy potatoes, smoky paprika beans, mushrooms, onions and kale with smoked Applewood "cheese".

HQ Muesli Bowl 5.50

Mixed berry and toasted seed muesli with vegan yoghurt and a spiced cherry compote.

Bowls.

Served 11:30am to 3:00pm

Aloo Chaat 12.50

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

Falafel Bowl 9.50

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

Chestnut Mushroom, Kale and Fennel Linguine 11.50

Creamy chestnut mushrooms with fennel & kale. Add vegan chicken 2

Seasonal Soup 7.00

Homemade seasonal soup, served with toasted artisan bread. See special's board.

Rose Harissa Couscous 12.50

Rose harissa vegan chicken with roasted beetroot and wilted spinach couscous.

Tacos.

Served 11:30am to 3:00pm

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)

Cajun Vegan Chicken 10.50

With chipotle mayo.

Pulled Mushroom and Tofu 10.50

With chipotle mayo.

Sandwiches.

Served 11:30am to 3:00pm

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

Falafel 8.50

With pickled cabbage, spinach and houmous.

BBQ Pulled Mushroom and Tofu 9.50

With spinach, fried onions and gherkins.

Sides. Triple Cooked Chips (GF) 4.50 Sweet Potato Fries (GF) 4.50