



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

*Seasonal variations may occur.*

Allergens: If you have any allergies, please inform staff for detailed information about ingredients in each dish.

### **Breakfast. Served until 11:30am**

#### **Full Welsh Breakfast**

Sausage, bacon, egg, smoky beans, roasted cherry tomatoes, mushrooms, black pudding, laverbread cake, and toast. 13.50

#### **Full Veggie Breakfast**

Polenta, spinach and caramelised onion sausage, egg, hashbrowns, smoky beans, roasted cherry tomatoes, mushrooms, laverbread cake and toast. (V) 12.95

### **Brunch. Served all day until 3:00pm**

#### **Winter Hash**

Crushed potatoes, smoky paprika beans, mushrooms, red onions and kale, topped with a poached egg. (V) 9.95

Add chorizo 2.50

#### **Eggs Your Way**

Poached, fried or scrambled eggs on your choice of rustic brown, white or sourdough. (V) 7.00

#### **Eggs Benedict**

Avocado, bacon, poached eggs and hollandaise sauce on a toasted muffin. 9.75

#### **Eggs Florentine**

Spinach, poached eggs and hollandaise sauce on a toasted muffin. (V) 8.75

#### **Smashed Avocado**

Smashed avocado, pico de gallo and pea shoots on toasted sourdough. (V) 9.75

#### **Welsh Butter and Homemade Jam on Toast**

Choice of rustic brown, white or sourdough. (V) 3.95

### **Brunch. Served all day until 3:00pm**

#### **Classic Bacon OR Sausage Butty**

Thick cut bacon or pork and leek sausage on rustic brown, white or sourdough. 7.50

#### **HQ Veggie Polenta Sausage Butty**

Polenta, spinach, and caramelised onion sausage on rustic brown, white or sourdough. (V) 7.50

#### **Extras.**

Mushroom, Spinach, Egg 1.50

Bacon, Sausage, Vegan Sausage 2.50

### **LUNCH. Served 11:30am to 3:00pm**

#### **Bowls and Plates.**

#### **Lamb Cawl**

Traditional Welsh lamb Cawl, served with sourdough bread, Caerphilly cheese and savoury Welsh cakes. 14.50

#### **Homity Pie**

Smoked Applewood cheese, leek and potato pie in a shortcrust pastry served with seasonal vegetables and gravy. (V) 12.50

#### **Falafel Bowl**

Falafel served with hummus, olives, Moroccan beetroot dip, pickled cabbage, toasted seeds and a house salad. (V) 9.75



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## **LUNCH. Served 11:30am to 3:00pm**

### **Bowls.**

**Ras-el-hanout Chicken Couscous** Deboned chicken thighs with Ras-el-hanout couscous, caramelised onions, spinach and butternut squash puree, topped with toasted seeds and feta. 12.95

Ask for veggie 'chicken'

**Creamy Harissa Chicken Pasta** Creamy harissa chicken and tomato handmade pasta with tender stem broccoli and kale. 12.95

Ask for veggie 'chicken'

Available gluten free

### **Seasonal Soup**

Homemade seasonal soup, served with toasted artisan bread. (V) 7.50 See specials board.

### **Tacos.**

Three soft shell tortillas with raw slaw and pico de gallo, served with side salad and tortilla chips. Add guacamole for 2.00

(Upgrade to chips or sweet potato fries 2.95)

**Pork Carnitas** with chipotle mayo. 11.95

**Cajun Chicken** with chipotle mayo. 10.95

**Crispy Haddock** with lime and coriander mayo. 11.95

**Smashed Moroccan Falafel** with avocado and lime & coriander mayo. (V) 10.95

**Pulled Mushroom and Tofu** with chipotle mayo. (V) 10.95

### **Sandwiches and Open Toasties.**

Served with side salad and tortilla chips.

Ask for GF bread (+75p)

(Upgrade to chips or sweet potato fries 2.95)

### **Welsh Rarebit**

Cheddar cheese, mustard and spring onions with an ale roux on sourdough bread with chilli jam. (V) 9.25

### **Moroccan Beetroot**

Moroccan beetroot dip with feta, spinach and red onion open toastie. (V) 9.25

### **HQ Triple Club**

Triple stack chicken, bacon, lettuce and tomato with chipotle mayo on rustic brown or farmhouse white bread. 10.95

### **BBQ Pulled Pork**

With spinach, gherkins and fried onions on sourdough bread. 10.95

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

With spinach, gherkins and fried onions on sourdough bread. (V) 9.75

### **Fish Finger**

Homemade fish fingers with tartar sauce and baby gem lettuce on rustic brown or farmhouse white bread. 10.95

## **Sides.**

**Triple Cooked Chips** (V) 4.75

**Sweet Potato Fries** (V) 4.75