



**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. Ask for GF bread (+75p).

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

#### **Full Welsh Breakfast**

Sausage, bacon, egg, smoky beans, roasted cherry tomatoes, mushrooms, black pudding, laverbread cake, and toast. 12.95

#### **Full Veggie Breakfast**

Polenta, spinach and caramelised onion sausage, egg, hashbrowns, smoky beans, roasted cherry tomatoes, mushrooms, laverbread cake and toast. (V) 12.50

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

#### **Spanish Hash**

Crispy potatoes, smoky paprika beans, roasted red peppers, red onions, avocado and rocket topped with a poached egg. (V) 9.75

Add chorizo 2.00

#### **Eggs Your Way**

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

#### **Smashed Avocado**

Smashed avocado, pico de gallo and rocket on toasted sourdough. (V) 9.50

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

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

#### **Eggs Benedict**

Avocado, bacon, poached eggs and hollandaise sauce on a toasted muffin. 9.50

#### **Eggs Florentine**

Spinach, poached eggs and hollandaise sauce on a toasted muffin. (V) 8.50

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

Thick cut bacon or sausage on rustic brown, white or sourdough. 7.00

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

Polenta, spinach, and caramelised onion sausage on rustic brown, white or sourdough. (V) 7.00

#### **Extras.**

Mushroom, Spinach, Egg 1.50

Bacon, Sausage 2.00

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

#### **Bowls.**

##### **King Prawn Tostadas**

Chilli and garlic King prawns on a large open tortilla with baby gem, avocado, radish, cherry tomatoes and red onions topped with lime and coriander mayo, served with tortilla chips. 11.50

##### **Lemon Chicken and Feta Quinoa Salad**

Tricoloured quinoa with sugar snap peas and minted petit pois, spring onions, rocket and toasted seeds topped with deboned chicken thighs and feta. 11.50

Ask for vegan "chicken!"

##### **Falafel Bowl**

Marinated olives, houmous, mixed leaf salad and pickled cabbage. (V) 9.50



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### **Harissa Chicken, Chickpea & Halloumi Salad**

Deboned grilled chicken thighs with halloumi, charred aubergine, courgette, chickpeas, spinach and red onions with a harissa and red pepper sauce. 12.50

Ask for vegan "chicken!"

### **Panzanella Linguine**

Linguine pasta in a light tomato sauce with capers, red onions, olives and basil topped with buffalo mozzarella and pangritata. (V) 11.50

### **Seasonal Soup**

Homemade seasonal soup, served with toasted artisan bread. (V) 7.00

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** with chipotle mayo. 10.75

**Cajun Chicken** with chipotle mayo. 10.75

**Crispy Haddock** with lime and coriander mayo. 11.00

**Pulled Mushroom and Tofu** with chipotle mayo. (V) 10.75

Add guacamole for 2.00

### **Sandwiches.**

Served with side salad and tortilla chips.

Ask for GF bread (+75p)

(Upgrade to chips or sweet potato fries 2.75)

### **Welsh Rarebit Open Toast**

Cheddar cheese, mustard and spring onions with an ale roux on sourdough bread with chilli jam. (V) 8.50

### **Falafel**

With roasted red pepper, spinach and houmous on sourdough bread. (V) 8.50

### **Fish Finger**

With baby gem lettuce and tartare sauce on rustic brown or farmhouse white. 9.50

### **HQ Club**

Chicken, bacon, lettuce and tomato with chipotle mayo on rustic brown or farmhouse white. 9.50

### **BBQ Pulled Pork**

With spinach, gherkins and fried onions on sourdough bread. 9.50

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

With spinach, gherkins and fried onions on sourdough bread. 9.50

### **Sides.**

**Triple Cooked Chips** (V) 4.50

**Sweet Potato Fries** (V) 4.50