



MAIN MENU

Breakfast. Served until 11:30am

HQ Full Welsh Breakfast

Sausage, bacon, egg, smoky beans, roasted vine tomatoes, mushrooms, black pudding, laverbread cake, and toast. 13.95

HQ Full Veggie Breakfast

Polenta, spinach and caramelised onion sausage, egg, hashbrowns, smoky beans, roasted vine tomatoes, mushrooms, laverbread cake and toast. (V) 13.95

Brunch. Served all day until 3:00pm

Coconut and Raspberry Overnight Oats

With coconut milk and chia seeds topped with raspberry compote, banana and toasted coconut flakes. (V) (G.F.) 9.95

Add Matcha 1.00

Summer Hash

Crushed potatoes, smoky paprika beans, avocado, peppers, red onions and rocket, topped with a poached egg. (V) (G.F.) 10.95

Add chorizo 2.50

Eggs Your Way

Poached, fried or scrambled eggs on your choice of rustic brown, white or sourdough. (V) 7.50

Smashed Avocado

Smashed avocado, pico de gallo and rocket on toasted sourdough. (V) 9.95

Welsh Butter and Homemade Jam on Toast

Choice of rustic brown, white or sourdough. (V) 4.25

Penclawdd Laver bread and Cockles

Locally sourced laver bread and cockles on sourdough toast with a lemon, leek butter sauce, topped with a poached egg. 11.95

Classic Butty on rustic brown, sourdough or farmhouse white. 8.50

Choice of:

Thick cut bacon.

Pork and leek sausage.

HQ Polenta Sausage - Polenta, spinach, and caramelised onion sausage (V)

Extras.

Mushroom, Spinach, Egg 1.50

Bacon, Sausage, Vegan Sausage 2.50

Please see over for our lunch menu →

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Don't forget to check our

Daily Specials board!

Shout out to all our amazing local producers and suppliers, bringing us the best quality, locally sourced ingredients so we can bring you freshly cooked homemade dishes daily!

Any allergies?

Please inform staff and ask for detailed information about ingredients in each dish.

Ask for GF bread (+75p)



MAIN MENU

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

King Prawn, Mango, and Chili Tostada

Chilli and lime marinated prawns on an open tortilla with baby gem, mango salsa, cucumber, tomatoes and avocado topped with a mango and chilli dressing. 13.95

Salsa Verde Chicken Pasta

Handmade pasta with chicken, leeks, sugar snap peas, petit pois and salsa verde topped with ricotta & charred lemon. 13.95. (Available GF).

Falafel Bowl

Falafel served with hummus, olives, pink hibiscus radish, pickled cabbage, toasted seeds and a house salad. (V) (G.F) 9.95

Homemade Seasonal Soup

Homemade seasonal soup, served with toasted artisan bread. (V) 8.50 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

Swap your tortilla shells for baby gem boats for a lighter lunch.

Upgrade to chips or sweet potato fries (+2.95)

Pork Carnitas with chipotle mayo. 12.95

Cajun Chicken with chipotle mayo. 11.95

Crispy Haddock with lime and coriander mayo. 12.95

Smashed Moroccan Falafel with avocado and lime & coriander mayo. (V) 11.95

Pulled Mushroom and Tofu with chipotle mayo. (V) 11.95

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) 10.95

HQ Triple Club

Triple stack chicken, bacon, lettuce and tomato with chipotle mayo on rustic brown or farmhouse white bread. 11.95

Crackling Reuben

Pulled pork on toasted sourdough with Russian dressing, sauerkraut, gherkins, grilled cheese, topped with pork crackling. 11.95

BBQ Pulled Mushroom and Tofu

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

Fish Finger

Homemade fish fingers with tartar sauce and baby gem lettuce on rustic brown or farmhouse white bread. 11.95

Sides.

Triple Cooked Chips (V) 4.95

Sweet Potato Fries (V) 4.95

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