



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