



VEGAN MENU

Allergens: If you have any allergies, please inform staff for detailed information about ingredients in each dish. *Ask for GF bread (+75p)*

Breakfast. Served until 11:30am

The Legendary

HQ Full Vegan Breakfast

Polenta, spinach, and caramelised onion sausages, hashbrowns, mushrooms, laverbread cake, cherry tomatoes, smoky beans and toast. 12.50

Brunch. Served until 3:00pm

The Original HQ Vegan Polenta Sausage Butty Polenta, spinach, and caramelised onion sausage on sourdough, farmhouse white or rustic brown. 7.00

Smashed Avocado Smashed avocado, pico de gallo, and rocket on toasted sourdough. 9.75

Vegan Summer Hash Crispy potatoes, smoky paprika beans, roasted peppers, red onions, avocado and rocket topped with smoked Applewood "cheese". 9.75

Jam and Spread on Toast Choice of sourdough, farmhouse white or rustic brown. 3.95

Lunch. Served 11.30am-3pm

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)

Cajun Vegan Chicken With chipotle mayo. 10.75

Pulled Mushroom and Tofu With chipotle mayo. 10.75

Add guacamole for 2.00

Sandwiches.

Served with side salad and tortilla chips.

(Upgrade to chips or sweet potato fries 2.75)

Falafel With roasted red pepper, spinach and houmous. 8.50

BBQ Pulled Mushroom and Tofu With spinach, fried onions and gherkins. 9.50

Bowls.

Lemon "Chicken" Quinoa Salad Lemon "chicken" with tricoloured quinoa, minted spring peas, spring onions, rocket and toasted seeds topped with "feta cheese." 11.50

Seasonal Soup Homemade seasonal soup, served with toasted artisan bread. See specials board. 7.00

Harissa "Chicken" and Chickpea Salad Grilled Aubergine, courgette, spinach, red onions and chickpeas topped with veggie "chicken", "feta cheese" and harissa sauce. 12.50

Falafel Bowl Marinated olives, houmous, mixed leaf salad and pickled cabbage. 9.50

Panzanella Linguine Linguine pasta in a light tomato sauce with capers, red onions, olives and basil topped with pangritata. 10.50

Sides.

Triple Cooked Chips 4.50

Sweet Potato Fries 4.50