



# VEGAN MENU

Any allergies? Please inform staff and ask 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, roasted vine tomatoes, smoky beans and toast. 13.95

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

### **Raspberry and Coconut Overnight Oats**

With coconut milk and chia seeds topped with raspberry compote, banana & toasted coconut flakes (GF) 9.95

Add Matcha 1.00

### **Vegan Summer Hash**

Crushed crispy potatoes, smoky beans, roasted red peppers, red onions and rocket topped with Applewood 'cheese'. 10.95

### **Smashed Avocado**

Smashed avocado, pico de gallo and pea shoots on toasted sourdough. 9.95

### **Jam and Vegan Spread on Toast**

Choice of sourdough, farmhouse white or rustic brown. 4.25

### **Penclawdd Laver Bread & Mushrooms**

Locally sourced laver bread and mushrooms on sourdough toast with a leek butter sauce 10.95

### **The Original HQ Vegan Polenta Sausage Butty**

Polenta, spinach, and caramelised onion sausage on sourdough, farmhouse white or rustic brown. 8.50

## **Lunch. Served 11.30am-3pm**

### **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)

**Cajun Vegan Chicken** with chipotle mayo. 11.95

**Pulled Mushroom and Tofu** with chipotle mayo. 11.95

**Smashed Moroccan Falafel** with avocado, lime and coriander mayo. 11.95

### **Mains.**

#### **Salsa Verde Pasta**

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

#### **Homemade Seasonal Soup**

Homemade seasonal soup, served with toasted artisan bread. See specials board. 8.50

#### **Falafel Bowl**

Served with humous, olives, pink hibiscus radish, pickled cabbage, toasted seeds and a house salad. 9.95

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

With spinach, fried onions and gherkins. 11.95

## **Sides.**

**Triple Cooked Chips** 4.95

**Sweet Potato Fries** 4.95