

# Q Bar & Kitchen

## NIBBLES & DIPS

**Toasted Bread with Olive Oil & Balsamic Vinegar (ve)** 3.25

**Smokehouse Mixed Nuts (ve) (gf)** 3.25

**Mediterranean Olives (ve) (gf)** 4.50

**Saksuka (ve) (gfo)** 5.50

Chickpeas, aubergine, courgette & golden syrup dip, toasted bread

**Q Hummus (ve) (gfo)** 6.50

Middle eastern dip with chickpeas, tahini, lemon juice & garlic, toasted bread

**Meze Trio Dips (v)** 7.50

Q Hummus, Tzatziki & Saksuka, toasted bread

## STARTERS

**Whitebait** 7.95

Dusted in seasoned flour, deep fried, served with tabbouleh & tartar sauce

**Bruschetta with Plum Tomatoes & Pesto (v)** 7.95

Grilled ciabatta bread, pine nut pesto, chopped tomatoes, onion & basil

**Beef Sujuk (gf)** 8.50

Spicy beef sausage with garlic, red pepper flakes, tomatoes, mushrooms & peppers

**Homemade Spinach & Feta Filo Parcels (v)** 8.95

Filo parcels deep fried with Q Hummus

**Grilled Warm Halloumi Salad (v) (gf)** 8.50

With grilled peppers, courgettes, secret zesty sauce

**Lamb Kibbeh** 8.95

Flavourful Levantine dish made of minced lamb, cracked wheat, onions & herbs, with tzatziki

**Prawn & Avocado Cocktail (gf)** 10.95

Baby prawns, seafood sauce, avocado

**Calamari** 9.95 starter / 16.95 main

Deep fried calamari, mixed leaves & tartar sauce

**Steamed Mussels (gfo)** 9.95 starter / 15.95 main

Steamed mussels, creamy white wine, garlic & herb sauce, toasted bread

**Homemade Crispy Duck Rolls** 9.90

With cranberry and mango sauce

**Hot Butterflied Tiger Prawns (gfo)** 11.95

Sautéed prawns, mild spices, garlic butter, toasted bread

## SHARING MEZZE PLATTERS (ideal for two)

**Cold Mezze (gfo)** 16.95

Q hummus, tzatziki, taramasalata & saksuka, toasted bread

**Vegan Mezze (gfo)** 17.95

Tomato & garlic mushrooms, Q hummus, saksuka, smashed avocado, toasted bread

**Hot Mezze** 19.95

Calamari, Feta Filo Parcels, Beef Sujuk and Grilled Halloumi, toasted bread

(v) vegetarian - (ve) vegan - (gf) gluten free - (gfo) gluten free option

## ALL DAY MENU

12 noon until Close

## STEAKS

**Peri Peri Chicken Steak (gfo)** 15.95

Spicy marinated chicken steak, chips

**Marinated Zesty Chicken Steak (gf)** 15.95

Lemon & Lime marinated chicken steak, mashed potato

**Marinated Lamb Steak (8oz) (gfo)** 21.95

Marinated in Q Kitchen's secret ingredients, chips

**Q Kitchen's Steak Duo (gfo)** 26.95

Combination of lamb steak and chicken steak, peppercorn sauce, chips

**Prime McKenna Farm Sirloin Steak (10oz) (gfo)** 28.95

Our 28-day aged British beef, special seasoning, choice of peppercorn sauce or garlic butter, chips

**Add Garlic King Prawns to any dish** plus 11.95

## MEAT

**Spicy Chicken Chops (gfo)** 14.95

Peri peri marinated chicken thighs, chips

**Farmer's Favourite Chicken (gfo)** 16.95

Packed with heaps of authentic flavour served in a traditional Balkan clay pot with Q rice

**Homemade Lamb Moussaka** 18.95

A well-loved Classic Greek dish, minced lamb, baked potatoes & vegetables, cheesy béchamel and tomato sauce, with Q rice

**Roast Crispy Duck Leg (gf)** 21.95

Sweet potato mash, French beans, orange sauce

**Tender Lamb Cutlets (gfo)** 26.95

4 pieces of best end lamb marinated in eastern flavours, chips

**Char-grilled Mixed Mezze (gfo)** 31.95

Lamb steak, peri peri chicken chops, sujuk - spicy beef sausage, zesty chicken steak, chips

## SEAFOOD

**Fresh Salmon Fillet (gfo)** 18.95

Marinated in olive oil, fresh rosemary and lemon juice with mashed potato, tabbouleh, basil oil, fondue sauce on the side

**Fresh Sea Bass Fillet (gfo)** 19.95

Marinated in olive oil, fresh rosemary and lemon juice with mashed potato, tabbouleh, basil oil

**Spicy Fish Pot (gfo)** 18.95

Mediterranean dish with prawns, squid, mussels, salmon, mixed vegetables, spicy tomato sauce, served in a traditional Balkan clay pot with Q rice

**Mediterranean Baked Cod (gf)** 19.95

Baked fillet of cod, chickpea, spinach & tomato stew, rosemary salted crispy new potatoes

## VEGETARIAN & VEGAN SPECIALS

**Spinach Stew with Halloumi Cheese (v) (gfo)** 13.95

Fresh sautéed spinach, chickpea & tomato stew, grilled halloumi, served in a traditional Balkan clay pot with Q rice

**Mediterranean Casserole (ve) (gfo)** 13.95

Aubergine, courgette, peppers, red onion, oregano, garlic & tomato casserole, served in a traditional Balkan clay pot with Q rice

**Homemade Vegetable Moussaka (v)** 15.95

A well-loved Classic Greek dish of baked potatoes & vegetables, cheesy béchamel and tomato sauce, with Q rice

**Stuffed Aubergine (ve) (gf)** 15.95

Baked aubergine stuffed with Q rice, spinach, chickpea, garlic, tomato & onion stew with rosemary salted crispy new potatoes

## BURGERS & WRAPS

**Halloumi & Falafel Burger (v)** 12.95

Crispy hot falafel, grilled halloumi, Q Hummus, tabbouleh, chips

**Grilled Zesty Chicken Burger** 13.95

Grilled zesty chicken steak, lettuce, tomatoes, onions, gherkins, chips

**Bacon Cheeseburger** 13.95

Grilled beef burger, crispy bacon, cheddar cheese, lettuce, tomatoes, onions, gherkins, chips

**Grilled Halloumi Wrap (v)** 12.95

Chunky Cypriot grilled goats cheese, roasted vegetables, cheddar cheese, chips

**Marinated Chicken Wrap** 12.95

Grilled chicken, roasted vegetables, cheddar cheese, chips

**Add Extras:**

**Crispy Bacon** 1.95 **Cheddar Cheese** 1.95

**Smashed Avocado** 1.95 **Halloumi** 1.95

## PASTA

**Cherry Tomatoes & Mozzarella (v)** 14.95

Penne, cherry tomatoes, fresh basil, homemade tomato sauce, mozzarella

**Chicken Arrabbiata** 15.95

Penne, grilled chicken, homemade tomato sauce, spices

**Mixed Seafood** 18.95

Penne, salmon, mussels, prawns with white wine, cream & saffron sauce

**King Prawns, Chilli & Garlic** 18.95

Penne, king prawns pan fried in olive oil, chilli, garlic, homemade tomato sauce

## SALADS

**House Avocado Salad (ve) (gf)** 11.95

Mixed leaves, sweetcorn, cherry tomatoes, cucumber, onion, olives, avocado, mixed peppers, house dressing on the side

**Add Grilled:**

**Halloumi** 14.95 **Chicken** 14.95

**Halloumi & Chicken** 16.95 **King Prawns** 17.75

## SIDES

**Chips (ve)** 3.95

**Mashed Potato (v) (gf)** 3.50

**Rice (v) (gfo)** 3.50

**French Beans (ve) (gf)** 3.50

**Seasonal Vegetables (ve) (gf)** 3.95

**Sweet Potato Fries (ve)** 4.50

**Spinach (ve) (gf)** 4.50

**Mixed Salad (ve) (gf)** 4.50

**Feta Salad (gf)** 5.50

**Crispy Onion Rings (v)** 4.50

## HOMEMADE SUNDAY ROAST

Available on Sundays, 12 noon until Close

**ALL DAY HOMEMADE ROAST** 16.95

chicken / beef / lamb

Roast potatoes, Yorkshire pudding, mixed vegetables and homemade gravy

**ALL DAY HOMEMADE VEGAN NUT ROAST** 14.95

Roast potatoes, mixed vegetables and homemade tomato gravy

## BREAKFAST / BRUNCH MENU

9am - 4pm

## TRADITIONAL DISHES

**Full English** 10.95

Two free range hen's eggs, streaky bacon, Cumberland sausage, beans, roast plum tomato, mushrooms and toast

**Vegetarian Breakfast (v)** 10.95

Two free range hen's eggs, vegetarian sausage, mushrooms, roast plum tomato, avocado, baby spinach and toast

**Mediterranean Breakfast (v) (gfo)** 10.95

Two free range hen's eggs, spinach, halloumi, roast plum tomato, avocado, mushrooms and toast

**Vegan Breakfast (gfo)** 9.95

Toasted sourdough with hummus, smashed avocado, spinach, roasted plum tomato, mushrooms and mixed seeds

## EGGS

**Eggs Benedict** 9.95

Honey roast ham on toasted English muffins, two poached hen's eggs with hollandaise sauce

**Eggs Royale** 10.95

Oak smoked salmon, two poached hen's eggs on toasted English muffins with hollandaise sauce

**Scrambled Eggs with Smoked Salmon (gfo)** 10.95

Scrambled hen's eggs, oak smoked salmon

**Ham & Cheese Omelette (gf)** 9.95

Honey roast ham, grated cheddar with wild rocket and roast plum tomato

**Avocado & Spinach Benedict (v)** 10.95

Avocado, fresh spinach, two poached hen's eggs on toasted English muffins, with hollandaise sauce

**Two Poached Hen's Eggs & Avocado (v) (gfo)** 8.95

Granary toast, crumbled feta, chia seeds

## PANCAKES

**Pancakes and Fruits (v)** 8.95

Pancakes, fruit compote and maple syrup

**Pancakes with Nutella & Banana (v)** 9.95

Pancakes, Nutella sauce, sliced banana and maple syrup

**Pancakes & Buttermilk Fried Chicken** 11.95

Pancakes, buttermilk fried chicken fillets, two free range fried hen's eggs and maple syrup

**All American Pancakes** 11.95

Pancakes, two free range fried hen's eggs, streaky bacon, Cumberland sausage, baked beans and maple syrup

**OMG Q Pancakes** 11.95

Pancakes, scrambled eggs, streaky bacon, Cumberland sausage, hash browns, baked beans and maple syrup

## LIGHTER OPTIONS until 12 noon

**French Toast (v)** 8.95

French toast with fruit compote and maple syrup

**Porridge (v) (alternative milks available)** 4.95

With fresh fruit, honey and cinnamon

**Organic Oat & Nut Granola (V)** 4.95

with Greek yogurt, honey and fresh fruit

**Bacon, Sausage or Fried Egg Ciabatta** 6.95

Grilled bacon, sausage or fried egg in ciabatta

**Full English Ciabatta** 8.95

Grilled bacon, sausage and fried egg in ciabatta