

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

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

Plant-Based Soup of the Day (ve) (gfo) 6.45

Mediterranean vegan soup served with toasted bread

Spiced Butternut Squash & Lentil Soup (ve) (gfo) 7.00

Served with toasted bread

Whitebait 8.45

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

Garlic Mushrooms (v) 8.45

Pan fried creamy mushrooms, fresh garlic & thyme, on toasted bread

Beef Sujuk (gf) 9.00

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

Homemade Spinach & Feta Filo Parcels (v) 9.45

Filo parcels deep fried with Q Hummus

Grilled Warm Halloumi Salad (v) (gf) 9.00

With grilled peppers, courgettes, secret zesty sauce

Lamb Kibbeh 9.45

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

Prawn & Avocado Cocktail (gf) 11.45

Baby prawns, seafood sauce, avocado

Calamari 10.45 starter / 17.45 main

Deep fried calamari, mixed leaves & tartar sauce

Steamed Mussels (gfo) 10.45 starter / 16.45 main

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

Homemade Crispy Duck Rolls 10.40

With cranberry and mango sauce

Hot Butterflied Tiger Prawns (gfo) 12.45

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) 14.95

Spicy marinated chicken steak, chips

Marinated Zesty Chicken Steak (gf) 14.95

Lemon & Lime marinated chicken steak, mashed potato

Marinated Lamb Steak (8oz) (gfo) 22.95

Marinated in Q Kitchen's secret ingredients, chips

Q Kitchen's Steak Duo (gfo) 27.95

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

Prime McKenna Farm Sirloin Steak (10oz) (gfo) 29.95

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

Add Garlic King Prawns to any dish plus 12.45

MEAT

Spicy Chicken Chops (gfo) 14.95

Peri peri marinated chicken thighs, chips

Farmer's Favourite Chicken (gfo) 17.95

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

Homemade Lamb Moussaka 19.95

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

Roast Crispy Duck Leg (gf) 22.95

Sweet potato mash, French beans, orange sauce

Tender Lamb Cutlets (gfo) 27.95

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

Char-grilled Mixed Mezze (gfo) 32.95

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

Slow Cooked Lamb Shank 22.95

Slow cooked in tomato sauce with mashed potato, peas, carrots

SEAFOOD

Fresh Salmon Fillet (gfo) 19.95

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) 20.95

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

Spicy Fish Pot (gfo) 19.95

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

Mediterranean Baked Cod (gf) 20.95

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, in a traditional Balkan clay pot with Q rice

Mediterranean Casserole (ve) (gfo) 13.95

Aubergine, courgette, peppers, red onion, oregano, garlic & tomato casserole, 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) 13.95

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

Grilled Zesty Chicken Burger 14.95

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

Bacon Cheeseburger 14.95

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

Buttermilk Fried Chicken Burger 14.95

Fried chicken fillets, chilli mayonnaise, lettuce, 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) 13.95

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 15.95 **Chicken** 15.95

Halloumi & Chicken 17.95 **King Prawns** 18.75

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

Monday to Friday, 11.30am to 4pm

Saturday, Sunday, Bank Holidays, 10am to 4pm

TRADITIONAL DISHES

Full English 11.95

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

Vegetarian Breakfast (v) 11.95

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

Mediterranean Breakfast (v) (gfo) 11.95

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

Vegan Breakfast (gfo) 10.95

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

EGGS

Eggs Benedict 10.95

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

Eggs Royale 11.95

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

Scrambled Eggs with Smoked Salmon (gfo) 11.95

Scrambled hen's eggs, oak smoked salmon

Ham & Cheese Omelette (gf) 10.95

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

Avocado & Spinach Benedict (v) 11.95

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

Two Poached Hen's Eggs & Avocado (v) (gfo) 9.95

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