



## LUNCH MENU (served Mon-Fri 12pm-5pm)

### HQ SOUP €5.75

a warm hug in a bowl with a choice of sourdough, brown or gluten-free bread

- MICK'S CHUNKY SOUP - potato soup with naturally grown seasonal veggies
- HQ GARDEN SOUP - today's garden harvest, soup'd up (see specials)

### HQ SOUP / HALF TOASTED SOURDOUGH COMBO €9.00

choose your soup and sourdough sandwich with a side of seasonal slaw

### HQ TOASTED SOURDOUGH SANDWICH €8.50 | €11.50 with homemade chips & salad

award-winning sandwiches on seagull bakery sourdough:

- CLASSIC - crowe's farm dry cured ham, HQ scallions, smoked knockanore cheese & HQ leaves
- WEEKLY - butler's farm free range chicken, HQ green tomato chutney, kale & HQ leaves

### HQ BLAA €8 | €11 with homemade chips & salad

spiced beetroot & quinoa burger, spiced yoghurt dressing & sorrel, with HQ leaves #pureblaa

### HQ SALADS €10.00

a bowl of seasonal nutritiousness, freshly harvested from our veg patch with HQ salad leaves

- SPRING - spiced bulgur, carrots, asian slaw, apricots & ras el hanout dressing
- DAILY: today's garden harvest in a delicious salad (see specials)

### VEG PATCH QUICHE €10.50

homemade pastry of organic flour & free-range eggs

crowe's farm smoked bacon, kale & knockanore mature cheddar

### HQ VEG HERO PLATTER - CHARD - €12.50

this week's garden superstar prepared 5 ways:

- . baby red chard salad with ardsallagh goat's cheese & fennel dressing
- . chard & carrot stirfry
- . chard stem & potato rosti with cumin seeds
- . red chard root falafel
- . chard root crisps with green garlic & chard dip

### HQ SIDES

+ triple cooked HQ chips €3

+ just-picked HQ cooked veggies €3

psst... ask us about our home-made seasonal ketchups

+ HQ Veg Patch Salad €3

+ our daily slaw €2

ALL OUR DISHES AVAILABLE IN LITTLE GIYER SIZE FOR UNDER 12'S  
ASK US FOR A LIST OF ALLERGENS AND IRRITANTS, LIKE EGGS, MILK AND VERIFIED BY VISA  
GLUTEN FREE BREAD AVAILABLE

GROWHQ.ORG

