

# Menu

## Breakfast

*served 9am-4pm Mon-Sat & Sun 9-11.45am*

### Steak and Eggs

£17.95

Grilled flat iron steak served pink with two fried eggs and fries E/S

### Vanilla Yoghurt

£8.95

Vanilla yoghurt, fruit compote, granola and honey. D/GL/N

### Bacon or Sausage Sandwich

£6.95

Make the sandwich your own and add an egg, cheese, mushrooms or spinach for £1.50 each GL/GFA/D/E

### Toast

£2.95

With jam or marmalade GL/GFA/D

### Teacake

£2.95

GL/D

### Eggs On Toast

£6.50

Two eggs poached, scrambled or fried GL/GFA/E/D

## SQ COMPLETE BREAKFAST

A hot Breakfast below with your choice of cold juice and hot drink! Only £16.95! Mon-Sat 9am-4pm / Sun 9am-11:30am.

### Full or Half Westcountry Breakfast

£10.95/£13.95

Two rashers of bacon, two sausages, grilled flat mushroom, grilled tomatoes, baked beans, hash browns, two eggs either poached, fried or scrambled (D) and a slice of brown or white toast GL/GFA/D/E/S

### Full or Half Veggie Breakfast

£10.95/£13.95

Two Moving Mountain vegan sausages, halloumi, grilled flat mushroom, grilled tomatoes, baked beans, hash browns, two eggs either poached, fried or scrambled (D) and a slice of brown or white toast GL/GFA/D/E/S

### Eggs Florentine (wilted spinach)

£11.75

D/S/GL/E

### Eggs Benedict (Westcountry ham)

£12.95

D/S/GL/E

### Eggs Royale (award winning smoked salmon)

£13.95

D/S/GL/F/E

### Breakfast Brioche Roll

£12.50

Two sausages, two rashers of bacon, fried egg, cheese, spiced tomato chutney in a toasted brioche roll  
M/D/GL

|                                                                                                                             |                     |
|-----------------------------------------------------------------------------------------------------------------------------|---------------------|
| <b>Avocado on Toast</b>                                                                                                     | <b>£10.95</b>       |
| Crushed avocado with feta on toasted bloomer bread with two poached eggs, grilled tomatoe and chilli flakes<br>GL/GFA/S/E/D |                     |
| <b>Smoked Salmon &amp; Scrambled Eggs</b>                                                                                   | <b>£13.95</b>       |
| Award winning smoked salmon served with scrambled eggs on brown toast D/GL/GFA/F/E                                          |                     |
| <b>SQ American Pancakes</b>                                                                                                 |                     |
| Our American style Pancakes served with either: ( <i>choose small or large</i> )                                            |                     |
| <b>Maple Syrup GL/E</b>                                                                                                     | <b>£7.95/£11.50</b> |
| <b>Smoked Streaky Bacon and Maple Syrup GL/E</b>                                                                            | <b>£8.50/£11.95</b> |
| <b>Fruit Compote, Chantilly Cream and Maple Syrup GL/E/D</b>                                                                | <b>£8.50/£11.95</b> |
| <b>Speculoos Biscuit, Chantilly Cream and Biscoff Sauce GL/E/D</b>                                                          | <b>£8.50/£11.95</b> |
| <b>French Toast</b>                                                                                                         | <b>£8.50/£11.95</b> |
| French toast served with Smoked Streaky Bacon and Maple Syrup GL/E/D                                                        |                     |

## Starters & Sharers

|                                                                                                                                                                                                    |                     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| <b>Pulled Pork Nachos</b>                                                                                                                                                                          | <b>£9.95/£16.95</b> |
| Slow cooked pulled pork with melted cheese, tortilla chips, guacamole, sour cream, salsa and jalapeno peppers<br>S/D (sour cream)/M                                                                |                     |
| <b>Mussels Marinière</b>                                                                                                                                                                           | <b>£11.50</b>       |
| Served with fresh crusty bread MO/D/S/GL/GFA                                                                                                                                                       |                     |
| <b>Baked Camembert</b>                                                                                                                                                                             | <b>£16.95</b>       |
| Whole baked Camembert studded with garlic and rosemary served with crusty bread and caramelized onion chutney<br>GL/D                                                                              |                     |
| <b>Sweet Chilli Hummus</b>                                                                                                                                                                         | <b>£8.50</b>        |
| Sweet chilli hummus, herb infused olives, focaccia and salad GL/M/SE                                                                                                                               |                     |
| <b>Buffalo Burrata</b>                                                                                                                                                                             | <b>£8.95</b>        |
| With pesto, olives, cherry tomatoes, croutons, pomegranate, vinaigrette D/GL/S/M                                                                                                                   |                     |
| <b>Seafood Platter</b>                                                                                                                                                                             | <b>£26.95</b>       |
| Garlic butter king prawns, smoked salmon, moules mariniere, scampi, crusty bread, salad and garlic aioli<br>MO/F/GL/D/S/M/MO                                                                       |                     |
| <b>House Soup</b>                                                                                                                                                                                  | <b>£7.50</b>        |
| Today's house soup served with crusty bread. GL/GFA                                                                                                                                                |                     |
| <b>Crispy Duck Salad</b>                                                                                                                                                                           | <b>£8.95</b>        |
| Confit duck leg with a spinach, pomegranate, orange and sesame salad. M/SE/S                                                                                                                       |                     |
| <b>Vegetarian Mezze Board</b>                                                                                                                                                                      | <b>£16.95</b>       |
| A Mediterranean inspired platter of herb infused olives, housemade sweet chilli hummus, marinated feta, crispy halloumi.<br>Served with homemade charred focaccia and a side salad. D/GL/GFA/S/M/E |                     |
| <b>Tempura Prawns</b>                                                                                                                                                                              | <b>£8.95</b>        |
| Tempura Prawns with soy and hot honey dressing. CR/M/S                                                                                                                                             |                     |
| <b>Antipasti</b>                                                                                                                                                                                   | <b>£8.95/£16.95</b> |
| Selection of cured meats, olives, shaved parmesan with salad, crusty bread and balsamic oil to dip S/D/GL/GFA/M                                                                                    |                     |
| <b>Crusty Bread and Oils GL/S</b>                                                                                                                                                                  | <b>£4.50</b>        |
| <b>Garlic Pizza</b>                                                                                                                                                                                | <b>£8.95</b>        |
| Add cheese for £1.50. GL/D                                                                                                                                                                         |                     |
| <b>Garlic &amp; Basil Olives</b>                                                                                                                                                                   | <b>£4.50</b>        |

## Mains

**SQ Signature Calves Liver & Bacon** £17.95  
Pan fried calves liver, smoked streaky bacon, creamy mash, caramelized onion gravy and seasonal vegetables. Served pink or well done D/S/SO

**Thai Curry** £11.95/£15.95  
Authentic Thai curry made with fresh Thai ingredients served with coconut jasmine rice. Choose from tofu, chicken, prawn (CR) or beef SO  
Add a spring roll for £1.50 D/GL

**Luxury Fish Pie** £12.95/£17.95  
Cod, hake, smoked salmon and prawns served in a creamy sauce topped with cheese glazed mashed potato with seasonal vegetables F/D/CR/GL

**BBQ Ribs** £24.95  
Tender slow cooked full rack of Pork ribs marinated in our house BBQ sauce served with fries or chips, salad and coleslaw M/S

**Seafood Linguine** £19.50  
King prawns, mussels and squid tossed in a lemon cream linguine served with focaccia F/M/CR/D/S/GL/E

**Chicken Schnitzel** £18.50  
Deep fried, panko breadcrumb Chicken breast with garlic butter, salad, and fries or hand cut chips M/S/D

**Moules Marinere** £19.50  
Local Mussels with a traditional marinere sauce served with fries and freshly baked bread MO/D/S/GL/GFA

**North Devon Sausages and Mash** £11.50/£15.95  
Served with seasonal vegetables, mash and a wholegrain mustard gravy D/M/S/C

**Vegetarian Linguine** £15.95  
Sauteed summer vegetables, olives and garlic tossed in a slow cooked tomato linguine served with focaccia E/GL/S

## From the Grill

Select your meat/fish, served with fries or handcut chips, salad or seasonal vegetables and bernaïse, peppercorn or garlic butter. Upgrade to Parmesan and Truffle fries £2.50

**7oz Flat Iron Steak (D/M)** £18.95  
**10oz Sirloin (D/M)** £29.95  
**7oz Beef Fillet (D/M)** £30.95  
**Fish Of The Day (F/D/M)** £MP

Add garlic prawns to your meal for (CR/D) £5.50

**Beef Or Spiced Chicken Burger** £15.50  
Choose beef or spiced chicken with burger relish, rocket, beef tomato, in a toasted bun with fries or chips and coleslaw  
Add bacon, cheese or grilled field mushrooms for £1.50 each. Pulled pork £2.50 GL/GFA/M

**Vegan Burger** £14.95  
Moving Mountain patty served with burger relish, rocket, beef tomato, in a toasted bun with fries or chips and coleslaw  
Add guacamole, mushrooms or vegan smoked applewood cheese for £1 each GL/M

## Stone Baked Pizza

**Margherita** £12.95  
Mozzarella served with fresh basil GL/D

**Pepperoni** £13.95  
With nduja sausage and mozzarella GL/D

**Meatfeast** £15.50  
With pulled pork, chicken, bacon and pepperoni GL/D/S

**King Prawn** £15.50  
With chorizo sausage and mozzarella GL/D/CR

|                                                                                   |               |
|-----------------------------------------------------------------------------------|---------------|
| <b>Caprese</b>                                                                    | <b>£13.95</b> |
| Sweet and spiced tomato base, marinated tomatoes, mozzarella and pesto GL/D/M/S   |               |
| <b>Duck</b>                                                                       | <b>£15.95</b> |
| Hoi sin base, shredded confit duck with spring onions and mozzarella GL/SE/SO/D/S |               |

## Sandwiches & Salads

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|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| <b>Crispy Halloumi Wrap</b>                                                                                                                                                                                             | <b>£13.95</b> |
| Crispy Breaded Halloumi with rocket, sun dried tomato, cucumber and sriracha mayonnaise with coleslaw and fries or chips GL/D/E                                                                                         |               |
| <b>Steak Sandwich</b>                                                                                                                                                                                                   | <b>£15.95</b> |
| 4oz Sirloin steak cooked pink or well done in a freshly baked ciabatta, rocket, sunblush tomatoes, crispy shallots and onion chutney served with either fries or chips GL/GFA/D/S                                       |               |
| <b>Fish Finger Sandwich</b>                                                                                                                                                                                             | <b>£14.50</b> |
| Breaded cod fillet, served with tartar sauce and rocket in a toasted bun with coleslaw and fries or handcut chips F/E/GL/GFA                                                                                            |               |
| <b>Super Salad</b>                                                                                                                                                                                                      | <b>£15.50</b> |
| Fresh seasonal vegetables, pickled cabbage, toasted seeds, marinated in a sweet and spicy soy dressing topped with toasted nuts <i>Add Marinated Tofu £2.50. Cajun Chicken Breast £4.00. Smoked Salmon £4.00 S/SO/N</i> |               |
| <b>Club Sandwich</b>                                                                                                                                                                                                    | <b>£15.95</b> |
| Grilled Chicken, crispy streaky bacon, egg mayonnaise, lettuce and tomato in toasted bread served with fries or chips and coleslaw GL/E/S                                                                               |               |

## Small Appetite

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|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| <b>SQ Bitesize Burger</b>                                                                                                                                                            | <b>£9.50</b>  |
| Beer battered served with fries GL/D/E<br><i>Add cheese for £1</i>                                                                                                                   |               |
| <b>Breaded Cod</b>                                                                                                                                                                   | <b>£10.95</b> |
| Served with fries, peas or baked beans F/E                                                                                                                                           |               |
| <b>Thai Curry</b>                                                                                                                                                                    | <b>£11.50</b> |
| Authentic Thai curry made with fresh Thai ingredients served with coconut jasmine rice D/GL<br>Choose Tofu, Chicken, Prawns (CR), or Beef (SO)<br><i>Add a spring roll for £1.50</i> |               |
| <b>Margherita Pizza (GL/D)</b>                                                                                                                                                       | <b>£9.95</b>  |
| <b>Pepperoni Pizza (GL/D)</b>                                                                                                                                                        | <b>£10.50</b> |
| <b>Sausages</b>                                                                                                                                                                      | <b>£9.95</b>  |
| Served with fries, peas or baked beans                                                                                                                                               |               |
| <b>Moules Mariniere</b>                                                                                                                                                              | <b>£14.95</b> |
| Local Mussels with a traditional mariniere sauce with fries and freshly baked bread MO/D/S/GL/GFA                                                                                    |               |
| <b>Meatballs</b>                                                                                                                                                                     | <b>£9.95</b>  |
| Pork and Beef Meatballs in a marinara sauce with linguine topped with parmesan and served with garlic bread GL/E/D                                                                   |               |

## Sides

|                              |              |
|------------------------------|--------------|
| Crusty Bread (GL/D)          | <b>£2.95</b> |
| Seasonal Veg (D)             | <b>£4.50</b> |
| Fries/Chips                  | <b>£3.95</b> |
| Add Cheese (D)               | <b>£1.50</b> |
| Coleslaw                     | <b>£2.50</b> |
| Creamy Mash (D)              | <b>£4.50</b> |
| Pulled Pork Cheese Fries (D) | <b>£7.95</b> |
| Parmesan & Truffle Fries (D) | <b>£4.95</b> |
| Sweet Potato Fries           | <b>£4.95</b> |
| Mixed Salad (M)              | <b>£4.95</b> |
| Garlic Pizza (GL/D)          | <b>£8.95</b> |
| <i>Add cheese for £1.50</i>  |              |

## Desserts

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|-----------------------------------------------------------------------------------------------------------------------------|-------|
| <b>Hocking's Vanilla Ice-cream</b>                                                                                          | £6.75 |
| Two scoops topped with crushed chocolate flake D                                                                            |       |
| <b>Pistachio Creme Brulee</b>                                                                                               | £8.50 |
| D/E/N                                                                                                                       |       |
| <b>Sticky Toffee Pudding</b>                                                                                                | £8.50 |
| Homemade sticky toffee pudding with toffee sauce and Hockings ice cream GL/D/E                                              |       |
| <b>Cheesecake of the Day</b>                                                                                                | £8.50 |
| Please ask for today's flavour served with clotted cream GL/D                                                               |       |
| <b>SQ Sundae</b>                                                                                                            | £8.50 |
| A refreshing layered mix of fresh strawberries, clotted cream, whipped cream, shards of meringue and Hockings Ice Cream D/E |       |
| <b>Chocolate Brownie</b>                                                                                                    | £8.50 |
| Served warm with Hocking's ice cream GL/E/D                                                                                 |       |
| <b>Sorbet</b>                                                                                                               | £6.75 |
| <b>Affogato</b>                                                                                                             | £6.75 |
| Double espresso served with local Hocking's ice-cream D                                                                     |       |
| <b>Ice Cream Of The Day</b> D                                                                                               | £6.75 |
| <b>Kid Size Brownie</b> GL/E/D                                                                                              | £5.95 |

## Aftermeal Cocktails

|                                                                                                                                   |        |
|-----------------------------------------------------------------------------------------------------------------------------------|--------|
| <b>Caramel Amaretto White Russian</b>                                                                                             | £10.50 |
| Salted caramel, disaronno, Kahlua, milk and cream. D                                                                              |        |
| <b>Espresso Martini</b>                                                                                                           | £10.50 |
| ILLY Espresso, Vodka, Kahlua, and Salted Caramel<br>Or Choose: Baileys (Substituting Kahlua) / Classic Espresso Martini available |        |
| <b>Calypso Coffee</b>                                                                                                             | £7.50  |
| Double espresso, Tia Maria and cream D                                                                                            |        |
| <b>Hazelnut Coffee</b>                                                                                                            | £7.50  |
| Double espresso, Frangelico and cream D                                                                                           |        |
| <b>Irish Coffee</b>                                                                                                               | £7.50  |
| Double espresso, whiskey and cream D                                                                                              |        |