

SQ COMPLETE BREAKFAST

A hot Breakfast with your choice of cold juice and hot drink! Only £15.95! Served 9am-4pm Monday to Saturday

Eggs Florentine (wilted spinach) D/S/GL/E	£11.50
Eggs Benedict (Westcountry ham) D/S/GL/E	£12.50
Eggs Royale (award winning smoked salmon) D/S/GL/F/E	£13.50

SQ BREAKFAST

Steak and Eggs Grilled flat iron steak served pink with 2 fried eggs and fries. E	£16.95
Natural Yogurt Natural yogurt with berry compote, granola and honey. D/GL/N	£7.50

SQ STARTERS & SHARERS

Crusty Bread and oils (GL/S)	£4.50
SQ Signature Chilli Beef Brisket Nachos 12 hour slow cooked beef brisket chilli with melted cheese, tortilla chips, guacamole, sour cream, salsa and jalapeno peppers. S/D (sour cream)	£9.50/£16.50
Mussels Mariniere Served with fresh crusty bread. MO/D/S/GL/GFA	£10.50
Sweet Chilli Hummus & Olives Sweet chilli hummus, herb infused olives, focaccia and salad. GL/M	£7.95

Full or Half Westcountry Breakfast 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	£10.50/£13.50
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Full or Half Veggie Breakfast 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	£10.50/£13.50
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Avocado On Toast Crushed seasoned avocado on toasted bloomer bread with two poached eggs and grilled tomatoes. GL/GFA/S/E/D	£10.50
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Smoked Salmon & Scrambled Eggs Award winning smoked salmon served with scrambled eggs on granary toast. D/GL/GFA/F	£13.50
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Pancakes Light and fluffy pancakes served with the choice of: Berries and honey or streaky smoked bacon and maple syrup or yogurt with granola and berries. E/D/GL	£7.95/£9.95
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9am-4pm Mon-Sat & Sun 9-11:45am

Toast With jam or marmalade. GL/GFA/D	£2.95
Teacake GL/D	£2.95
Eggs On Toast Two eggs poached, scrambled or fried. GL/GFA/E/D	£6.50

Bacon or Sausage Sandwich Make the sandwich your own and add an egg, cheese, mushrooms or spinach for £1.00 each. GL/GFA/D/E	£6.95
Devon Cream Tea A pot of tea of your choice, 2 warm scones, clotted cream and jam. Make it sparkle with a glass of prosecco add £5. D/G	£8.95

SQ MAINS

SQ Signature Calves Liver & Bacon Pan fried calves liver, smoked streaky bacon, creamy mash, caramelized onion gravy and seasonal vegetables. Served pink or well done. D/S/C	£15.95
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Teriyaki Pork and Orzo Salad Teriyaki Glazed Pork Belly served with a warm Orzo salad, shitake mushrooms, spring onions and toasted sesame seeds. SO/GL/SE/S	£16.95
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Thai Curry Authentic Thai curry made with fresh Thai ingredients served with coconut jasmine rice. SO. Add a spring roll for £1.50. D/GL	Tofu £9.50/£11.50 Chicken £10.50/£13.95 Prawns £10.95/£14.95 (CR) Beef £10.95/£14.95
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Luxury Fish Pie Cod, hake, smoked salmon and prawns served in a creamy sauce topped with cheese glazed mashed potato with seasonal vegetables. F/D/CR/GL	£10.95/£15.50
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Pad Thai Stir Fried rice noodles in a sweet, sour and spicy sauce with egg and vegetables. Topped with roasted peanuts. Add tofu, chicken or prawns for £2.50. E/S/N/GL	£13.95
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Smoked Salmon Salad Citrus and dill dressed salad, avocado, cucumber, cherry tomatoes topped with smoked salmon and cream cheese. F/S/D	£16.50
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From 12pm

Garlic Prawns (CR/D)	£6.95
Antipasti Selection of cured meats, olives, shaved parmesan with salad, crusty bread and balsamic oil to dip. S/D/GL/GFA/M	£8.95/£16.95

Vegetarian Mezze Board A Mediterranean inspired platter of herb infused olives, housemade sweet chilli hummus, marinated feta, crispy halloumi. Served with homemade charred focaccia and a side salad. D/GL/GFA/S/M	£16.95
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From 12pm

Moules Mariniere Local Mussels with a traditional marinere sauce with fries and freshly baked bread. MO/D/S/GL/GFA	£18.50
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North Devon Sausages & Mash Served with seasonal vegetables, mash and a wholegrain mustard gravy. D/M/S/C	£10.50/£14.50
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SQ Supersalad Fresh Seasonal Vegetables, pickled cabbage, toasted seeds all marinated in a sweet and spicy soy dressing topped with toasted nuts. Add Halloumi, Chicken or Prawns for £2.50. GL/S/N/SO	£14.95
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Mac & Cheese Classic mac & cheese in a rich, creamy cheese sauce finished with cheddar and confit tomato. Served with salad and crusty bread. Add Bacon £2.50, chorizo £2.50 or chicken £4.00. GL/D/M/S	£10.50/£14.50
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SQ STONE BAKED PIZZA Eat in & Takeaway

Margherita Mozzarella served with fresh basil. GL/D	£12.95
Pepperoni With nduja sausage and mozzarella. GL/D	£13.95
King Prawn With chorizo sausage and mozzarella. GL/D/CR	£14.95
Caprese Sweet and spiced tomato base, marinated tomatoes, mozzarella and pesto. GL/D	£13.95
Meatfeast With beef brisket, chicken, bacon and pepperoni. GL/D	£14.95

SQ FROM THE GRILL

From 12pm

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

8oz Flat Iron Steak (D/M)	£16.50
10oz Sirloin (D/M)	£26.95
7oz Beef Fillet (D/M)	£27.95
Fish Of The Day (F/D/M)	£MP

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

Beef Or Spiced Chicken Burger 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 each. Chilli beef brisket £2.50. GL/GFA/M	£14.95
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Vegan Burger 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	£13.95
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Pesto Chicken Skewers Pesto marinated chicken and vegetable skewer, served with fries, salad and pesto dip. D/S	£16.95
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SQ SMALL APPETITE

From 12pm

SQ Bitesize Burger Beef Burger served with fries. Add cheese for £1. GL/D	£9.50
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Breaded Cod Served with fries, peas or baked beans. F/E/GL	£9.95
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Thai Curry Authentic Thai curry made with fresh Thai ingredients served with coconut jasmine rice. Add a spring roll for £1.50. SO	Tofu £9.50 Chicken £10.50 Prawns £10.95 (CR) Beef £10.95
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Margherita Pizza (GL/D)	£9.50
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Mac & Cheese Served with salad and crusty bread. GL/D/M	£10.50
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Sausages Served with fries peas or baked beans.	£9.95
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Moules Mariniere Local Mussels with a traditional marinere sauce with fries and freshly baked bread. MO/D/S/GL/GFA	£12.95
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Pepperoni Pizza (GL/D)	£10.50
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SQ SANDWICHES & WRAPS

All sandwiches and wraps served with fries or chips. Swap for sweet potato fries for just £2.50

From 12pm

Crispy Halloumi Wrap Crispy Breaded Halloumi with rocket, sun dried tomato, cucumber and sriracha mayonnaise with coleslaw and fries or chips. GL/GFA	£13.50
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Fish Finger Sandwich Breaded cod fillet, served with tartar sauce and rocket in a toasted bun with coleslaw and fries or handcut chips. F/E/GL/GFA	£13.95
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Spiced Chicken Wrap Spiced grilled chicken with rocket, sun dried tomato, cucumber and sriracha mayonnaise with coleslaw and fries or chips. GL/E/GFA	£13.95
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Steak Sandwich 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	£15.50
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SQ SIDES

From 12pm

Crusty Bread (GL/D)	£2.95
Seasonal Veg (D)	£4.50
Fries/Chips Add Cheese £1.50 (D)	£3.95
Coleslaw	£2.50

Chilli Beef Cheese Fries (D)	£7.95.
Parmesan & Truffle Fries (D)	£4.95
Sweet Potato Fries	£4.95
Mixed Salad (M)	£4.95
Creamy Mash (D)	£4.50

2 & 3 Course Specials

Please see our delicious specials menu created by the fantastic SQ kitchen team

£10 Food Lunch Menu

Please ask our team about todays selections

Sunday Roast

Join us for a selection of delicious meats and vegetarian options every Sunday from 12pm

Bottomless Brunch £40pp

Every Saturday 12pm or 1pm for 2 hours (Sundays during Bank Holiday weekends).

Cocktails | Prosecco | Bottled Beer

ALLERGENS

GL: Gluten GFA: Gluten Free Available E: Egg D: Dairy S: Sulphites F: Fish CR: Crustaceans SO: Soya M: Mustard SE: Sesame MO: Molluscs N: Nuts

FOOD ALLERGIES & INTOLERANCE: Before you order your food & drinks, please speak to our staff if you want to know about our ingredients.