



Food

with feeling

For your mind, body & soul
Served from 10am - 9pm



Wellbeing

Food with feeling

Here at QUAD we want to provide you with the full wellbeing package; a healthy boost from the selection available from our Café Bar, plus stimulation for your mind in our Gallery, Cinema, and activity experiences. Our Wellbeing menu contains a key that will help you decide on which dish may benefit you the most.

The Menu

How it works

Use the key below to see which dishes contain ingredients that are good for when you need a boost to your mood, metabolism or all round wellbeing.

- S Skin
- D Digestion & Gut
- JB Joints & Bones
- MT Metabolism
- HC Heart & Circulation
- M Mood
- IS Immune System
- A All Round Wellbeing

Guacamole, hummus & pickles S D JB MT IS V £4.95

Served with toasted bloomer bread, or pitta.

Glow Bowl A V £8.95

Avocado, falafel, carrots, chickpeas, broccoli, chopped spring onion, roast veg, bulgur wheat, pickled red cabbage, beetroot and pitta bread. Add cajun chicken for £1.00

Chicken teriyaki D MT M £8.95

Served with sticky boiled rice and prawn crackers.

Mediterranean chicken kebabs S D MT M IS £7.95

Chicken, pepper and onion kebabs served with sweet potato fries and tzatziki.

Hearty beef goulash MT M IS £8.95

Served with tenderstem broccoli, buttery new potatoes and bread.

Roasted veg terrine A V £6.95

Served with crusty bread and a selection of pickles and chutneys.

V Vegan

Warming sweet potatoes A V £7.95

Spiced sweet potatoes with spinach and almonds on a bed of rice.

Beetroot, pea & mint risotto D MT HC M IS V £8.95

Delicious risotto flavoured with veg stock and earthy beetroot served with garlic bread. Add goat's cheese for £0.75

Five bean bolognese D MT M IS V £8.95

Served on gluten free pasta with garlic bread.

Sides

Sweet potato fries V £2.95
(add cheese £0.75)

Skin on potato fries V £2.50
(add cheese £0.75)

Halloumi fries £3.50

Mixed leaf side salad V £2.50

Pitta breads V £2.50

Garlic bread V £2.50
(add cheese £0.75)

Sweet chilli chicken tenders £4.95

The Wellbeing Menu is designed to contain ingredients that can benefit your mood and health. Potential benefits of each of the dishes are labelled with a colour key, these were attributed with the help of Rupert Aikman, a nutritionist and food safety trainer from Healthy Eating Solutions Ltd. While the dishes are designed to improve certain areas of mood and health they are not intended to cure any physical or mental illness or injury. If you are suffering with any form of illness or injury we highly recommend that you seek the advice of a health professional such as a doctor or general practitioner.

All day

Brunch

Gluten free options available.

Eggs on toast £3.95

Poached, scrambled or fried eggs on white or wholemeal toasted bloomer.

Smoked salmon & scrambled egg £5.95

Smoked salmon served on toast with scrambled eggs and hollandaise.

Breakfast sandwich £4.50

Sausage, bacon (or both) on white or brown bread. Plant based sausages available.

Poached egg & avocado breakfast salad £5.95

Quinoa, bulgur wheat, cherry tomato, and lettuce topped with avocado and a poached egg.

Greek yogurt honey & granola £3.95

A light start to your day.

Toast or teacakes £1.95

Served with butter, jam or marmalade.

Add a little extra to your morning - you deserve it!

Individual breakfast items £0.95 each

Sausage, bacon, smashed avocado, egg, beans, mushrooms, plant based sausage, grilled tomato.

Add smoked salmon for £2.00

Sandwiches

Served with skin on fries and salad. Gluten free options available.

QUAD Club sandwich £8.95

Triple stacked and filled with bacon, lettuce, tomato and cajun chicken with spicy mayo.

Roasted veg & hummus V £7.95

Delicious roasted onions, courgettes, sweet potato and butternut squash held together with bloomer bread smothered in hummus.

Jumbo fish finger sandwich £8.95

Battered pollock and dill mayonnaise on white or brown bloomer.

Beef burger sub £8.95

Local Owen Taylor beef burger served in a light and fluffy sub roll with caramelised red onion and cheddar cheese.

Falafel & hummus wrap V £7.95

A floury tortilla wrap stuffed with aromatic falafel, mango chutney and hummus.

Cajun chicken sandwich £8.95

Sliced cajun chicken breast with melted cheddar and spicy mayo.

Tuna mayonnaise £7.95

Tuna mixed with spring onion, celery, oregano, sunflower seeds and a lemon infused mayo on white or brown bloomer.

Jackets

Fluffy jacket potato served with either cheese, beans, coleslaw, chicken curry, tuna mayo, vegetable curry, five bean chilli or cheese and bacon. £5.50

Add more fillings for £1.25. Butter is served separately, plant based spreads are available.

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Allergies & intolerances

Please speak to a member of staff about the ingredients in your meal. Where possible we can cater for your needs.

Pizza

Freshly baked pizza dough base topped with homemade tomato sauce. **Gluten free bases available.**

Margherita £8.95

Mozzarella, tomato sauce and cheddar cheese. Plant based cheese option available.

Cajun chicken £9.50

Chilli, roasted red pepper, mozzarella and red onion.

Meat feast £9.95

Chorizo, chicken, pepperoni, parma ham and bacon.

Roast veg & pesto (V) £9.25

Garlic and paprika seasoned mixed peppers, courgette, red and white onion topped with mozzarella or plant based cheese and pesto.

Pepperoni £9.50

Spicy pepperoni and melted mozzarella cheese.

Build your own

Start with a base of cheese, sauce and two toppings. Add as much as you like for £0.75 per topping.

Cajun chicken, chillies, peppers, anchovies, plant based cheese, sweetcorn, onion, olives, pork sausage, serrano ham, roast veg, bacon, goat's cheese, caramelised onion, jalapeno peppers or pineapple.

£8.95

Burgers

QUAD burger £9.95

Local Owen Taylor beef burger served in a brioche bun with a mixed leaf salad, tomato and mayonnaise, accompanied by crispy seasoned skin on fries and coleslaw.

Plant based burger (V) £9.95

Eyebrow-raising plant based burger with plant based cheese, mixed salad, tomato and burger sauce.

How you like it...

Add cheese, bacon, mushrooms, halloumi or a fried egg. £0.75 per item.

Kids

Fish fingers, chips and beans £4.95

Beef burger £5.95

Chicken burger £5.95

Pasta with bolognese sauce £4.95

Margherita pizza £4.95

Half a jacket potato with beans, cheese, or tuna £3.95

Egg on toast £3.50

Cheese on toast £2.95

Chicken nuggets with chips and beans £4.95

A percentage of all revenue from the children's menu is donated directly to QClub, for a wide variety of arts, crafts, and activities including photography, animation and Minecraft. QClub is aimed at children on the autistic spectrum, children with additional support needs or who are socially excluded, have disabilities, are young carers, looked after or bereaved children.

See website for more information.



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