

# BREAKFAST

(Served 9am - 12pm)

<b>ORGANIC OAT PORRIDGE</b> made with your choice of Milk or Coconut Milk, served with Organic Jam or Wildflower Honey.....	3.5
<b>SUPERFOOD ORGANIC OAT PORRIDGE</b> with Berries & Seeds.....	4
<b>RED SMOOTHIE BOWL</b> Raspberries, Banana, Vanilla, Ginger, Cardamon, Nutmeg, Chia seeds and Coconut Milk.....	5
Boost your bowl with an added 20g shot of Pea Protein Powder.....	6.5
<b>GREEN SMOOTHIE BOWL</b> Avocado, Spinach, Fennel, Banana, Ginger, Chia seeds, Pineapple and Coconut Milk.....	5
Boost your bowl with an added 20g shot of Pea Protein Powder.....	6.5
<b>SKANDI BREAKFAST BOARD</b> A platter of locally Smoked Salmon, Rye Bread, Purple Pickled Free Range Egg, Hoogah Pickled Vegetables, Cream Cheese, a warm Cinnamon Bun and an Organic Coconut Yoghurt and Granola pot.....	9
<b>APPLE AND CINNAMON GRANOLA JAR</b> Organic Coconut Yoghurt layered with Fresh Fruit, Compote and Granola.....	4.75
<b>MANGO AND RED BERRY GRANOLA JAR</b> Organic Coconut Yoghurt layered with Fresh Fruit, Compote and Granola.....	4.75
<b>HOT HYGGE CINNAMON BUN</b> a warmed cinnamon bun served with mixed berry compote and fresh mascarpone cream.....	5
<b>AEBLESKIVER</b> 4 homemade Danish Pancake Balls served with Organic Jam or Nutella.....	4.5
<b>LITTLE VALLEY BAKERY SOURDOUGH TOAST</b> Slices of toasted Sourdough with your choice of Organic Jam, Nutella or Marmalade...3	

# BRUNCH

(Served 10am - 2pm)

<b>THE FULL HOOGAH</b> Local Dry Cured Bacon, Free Range Egg, Avocado and Hoogah Spiced Mixed Beans served on toasted Sourdough and Rye Bread.....	8.5
<b>THE FULL VEGAN HOOGAH</b> Miso Wild Mushrooms, Organic Scrambled Tofu, Avocado and Hoogah Spiced Mixed Beans served on toasted Sourdough and Rye Bread.....	8.5
<b>BRUNCH PRETZEL</b> Local Dry Cured Bacon, Free Range Egg, Avocado and Sriracha sauce in a warm soft Pretzel.....	6.5
<b>GOATS CHEESE, PICKLED BLACKBERRIES AND HONEY</b> served on a slice of Sourdough Toast.....	5
<b>ALMOND RICOTTA, DUKKAH SPICE AND POMEGRANATE</b> served on a slice of Sourdough or Rye Toast.....	5.5
<b>SHAKSHUKA</b> A skillet of baked Free Range Eggs in Hoogah's Tomato Sauce served with Chilli, Mixed Peppers, Fresh Spinach and Sourdough toast.....	7
- Add Welsh Soft Chorizo to your Shakshuka for.....	+1.5
- Add Feta Cheese to your Shakshuka for.....	+1
- Add Organic Mixed Beans to your Shakshuka for.....	+1
<b>VEGAN SHAKSHUKA</b> A skillet of Organic Mixed Beans baked into Hoogah's Tomato Sauce served with Chilli, Mixed Peppers, Fresh Spinach and Sourdough Toast.....	7
<b>BUILD YOUR OWN BRUNCH</b> Start your build with a choice of toasted Sourdough or toasted Rye Bread.....	2
Then choose from any of the below items for.....	+2 each
2 rashes of Local Dry Cured Bacon, 2 Free Range Eggs (scrambled or skillet baked), Scrambled Organic Tofu, Welsh Soft Chorizo, Miso Wild Mushrooms, Avocado, Hoogah Tomato Salsa, Goats Cheese, Hoogah Spiced Mixed Beans, Almond Ricotta, Hoogah Pickled Blackberries, Hoogah Pickled Chillies	

# SOURDOUGH PIZZA

(Served 12pm - 10pm)

<b>TOMATO, MOZZARELLA AND BASIL</b> Hoogah's Tomato Sauce with fresh Mozzarella and Basil Oil.....	9
<b>GOATS CHEESE AND SPINACH</b> Rich and creamy Goats Cheese with fresh Spinach on Hoogah's Tomato base.....	10
<b>VEGAN PESTO AND SUNDRIED TOMATO</b> Our own Vegan Pesto, Sundried Tomato and fresh Spinach on Hoogah's Tomato Base. No cheese needed here !.....	10
<b>PICKLED CHILLI AND NDUJA SOFT WELSH CHORIZO</b> Hoogah Pickled Chillies and fresh Mozzarella on Hoogah's Tomato Base....	12
<b>HAM AND MUSHROOM</b> Welsh Free Range Dried Ham, Wild Miso Mushrooms, fresh Mozzarella on Hoogah's Tomato Base.....	12
<b>PER LAS AND PICKLED BERRIES</b> Creamy Blue Cheese, Pickled Blackberries and fresh Mozzarella on Hoogah's tomato base....	12
<b>SALAMI, PICKLED FENNEL, AND HONEY</b> Wild Boar and Red Wine Salami, our own Pickled Fennel, a drizzle of Wildflower Honey and fresh Mozzarella on Hoogah's Tomato Base.....	12
<b>COURGETTE, BLACK OLIVE, ARCHITOKO AND TABASCO</b> Pickled Architoke, Grilled Courgette, Black Olives and fresh Mozzarella with a dash of Tabasco Sauce on Hoogah's Tomato Base.....	12
<b>INDIAN SPICED DHAL</b> Back by popular demand! Hoogah's Lentil Dahl on a Naan Bread style Sourdough base, topped with Corriander, Mint Yoghurt, Pickled Onions and fresh Chillies.....	12
<b>ADD EXTRA PIZZA TOPPINGS</b> Salt Beef, Pork Belly, Crackling, Ndjua, Serrano Ham, Vegan Cheese, Per Las (Blue Chesse), Aubergine, Miso Wild Mushroom, Free Range Egg, Locally Smoked Salmon.....	+2 each
<b>ADD EXTRA PIZZA TOPPINGS</b> Mozzarella, Spinach, Vegan Pesto, Sundried Tomatoes, Pineapple, Olives, Almond Ricotta, Dukkah, Pickled Blackberries, Pickled Chillies.....	+1.5 each

# ARTISAN SANDWICH

(Served 12pm - 10pm)

<b>CUBANO PRETZEL</b> Pork belly, Spicy Mayo, Pickle, Smoked Cheese and Pork Crackling served in a soft warm Pretzel.....	7.5
<b>THREE CLIFFS RUBEN PRETZEL</b> Salt Beef, Mustard, Sauerkraut, Gherkin, Spicy Mayo Smoked Cheese served in a warm soft Pretzel.....	7.5
<b>HOOGAH VEGGIE PRETZEL</b> Spinach, Pesto, Sundried Tomato and Mozzarella served in a warm soft Pretzel.....	6
<b>HAM AND CHEESE SOURDOUGH TOASTIE</b> Welsh Free Range Air dried ham, Welsh Cheddar and Sundried Tomato.....	5.5
<b>MEDITERRANEAN SOURDOUGH TOASTIE</b> Grilled Courgette, Black Olive Tapanade, Mozzarella and Basil Oil.....	5.5
<b>THE VEGAN SOURDOUGH TOASTIE</b> Hoogah Hummus, fresh Spinach and Sundried Tomatoes.....	5.5
<b>VEGAN RYE</b> Avocado, Hoogah Pesto and Beetroot Slaw served open on Rye Bread.....	6
<b>SALMON RYE</b> Locally Smoked Salmon, Cream Cheese and Sauerkraut served open on Rye Bread.....	7

# KEEP IT LIGHT

(Served 12pm - 10pm)

**SOUP OF THE DAY** Always Fresh and always Vegan. Please ask your server what Today's special is.....5.5  
Load up your Soup by adding half of a Sourdough Toastie on the side .....8.5

**ORGANIC LENTIL SOUP** a Hoogah favourite. Lentil, Tumeric and Coconut Soup.....5.5  
Load up your Soup by adding half of a Sourdough Toastie on the side .....8.5

**CHANA DHAL** Hoogah's Indian style Dhal cooked with spinach and served with toasted Sourdough Bread.....4.5

**CARAMALISED GOATS CHEESE AND WALNUT SALAD** Gower grown Organic salad leaves topped with Caramalised Goats Cheese chunks, Toasted, Walnuts, Red grapes, Balsamic Glaze and Seeds.....8.5

**SALMON, TAPANADE AND CUCUMBER SALAD** Locally Smoked Salmon on a plate of Hoogah's Black Olive Tapanade, dressed Spinach, Cucumber ribbons and fresh Lemon served with crunchy Sourdough Croutons.....8.5

**BETROOT AND AVOCADO SALAD** Gower grown Organic salad topped with Hoogah's crunchy Beetroot Slaw, Olives, Cucumber, sliced Avocado, Balsamic Glaze and toasted Seeds.....7.5

**ALMOND RICOTTA AND CUCUMBER SALAD** Dressed Cucumber Ribbons, fresh Mint, Spinach, Dukkah Spice Mix, and Sun Dried Tomatoes on a plate of Hoogah's Vegan Ricotta served with crunchy Sourdough Crutons.....7.5

**SKANDI BOWL** A skillet of hot Wild Rice topped with Spinach, locally Smoked Salmon, Sauerkraut and a Purple Pickled Free Range Egg.....8

# FOOD FOR SHARING

(Served 12pm - 10pm)

**CHEESE FONDUE** (Cooked with White Wine) Served with Little Valley Bakery Bread Basket, Pickles and 2 Glasses of 175ml Organic House Wine .....24

**VEGAN 'CHEESE' FONDUE** (Cooked with White Wine) Served with Little Valley Bakery Bread Basket, Pickles and 2 Glasses of 175ml Organic House Wine .....24

**MEAT PLATTER** A selection of Welsh Cured Meats served with Pickles and Little Valley Bakery Bread selection.....12

**CHEESE PLATTER** A selection of Artisan Cheeses, served with Crackers, Hoogah Pickles and Little Valley Bakery Breads.....10

**VEGAN PLATTER** Avocado, Aubergine, Mixed Bean and Hummus dips served with Crudites and Bakery Bread selection.....10

**PIZZA WITH A FRIEND** Choose one of our Pizza's from above and accompany it with Hoogah Wedges, a Side Salad and 2 bottles of Beer (Ask your server for drink details).....20

# SMALL PLATES

(Served 12pm - 10pm)

<b>BLACK OLIVE TAPENADE</b> Hoogah's freshly made Vegan Tapande served on toasted Sourdough.....	3
<b>OLIVES</b> Pitted green Halkidiki Olives in Hoogah's Chilli and Garlic marinade.....	3
<b>HOOGAH WEDGES</b> Skillet baked Potato Wedges with a choice of Mayo, Vegan Mayo, Spicy Mayo or Organic Ketchup.....	3
<b>LOADED WEDGES</b> Hoogah Wedges topped with Cheddar Cheese and Hoogah Salsa (Chilli Flakes optional).....	5
<b>ROSEMARY GARLIC BREAD</b> Toasted Sourdough grilled with Hoogah's Rosemary & Garlic Vinaigrette.....	3
<b>HOT PORK CRACKLING</b> Fresh and crispy Pork Crackling cooked with Fennel.....	3
<b>WELSH FREE RANGE CHARCUTERIE MEATS</b> Slices of Trealy Fram Air Dried Ham, Beef and Wild Boar & Red Wine Salami.....	5
<b>SIDE SALAD</b> Gower grown Organic Salad Leaves with Sundried Tomatoes, Balsmaic Glaze and Toasted Seeds.....	3
<b>BETROOT SLAW</b> Hoogah's fresh and crunchy Vegan Slaw (no Mayo).....	3
<b>BREAD AND OIL</b> Toasted Sourdough served with Extra Virgin Olive Oil and Organic Balsamic vinegar.....	3
<b>ALMOND RICOTTA</b> Hooagh's Vegan Ricotta served with a choice of Toasted Sourdough or Crudete Vegetables.....	3
<b>HOOGAH HUMMUS</b> Hooagh's Vegan Hummus made with Organic Chickpeas served with a choice of Toasted Sourdough or Crudete Vegetable.....	3
<b>SPICED MIXED BEAN DIP</b> Hooagh's Vegan Bean Dip made with Organic Mixed Beans and served with a choice of Toasted Sourdough or Crudete Vegetables.....	3
<b>CARAMALISED GOATS CHEESE</b> Baked Goats Cheese served with Red Grapes and Balsamic Glaze on a Gower Leaf bed.....	4

# SWEET TREATS

(Served 12pm - 10pm)

<b>CHOCOLATE FONDUE</b> Yes your heard that right, choose from Milk, Dark or White Chocolate Fondue served with a warmed Cinnamon Bun, Soft Pretzel bites, Fesh Fruit and Marshmallows.....	14
Booze up your Chocolate Fondue with a shot of Cointreau, Baileys or Frangelico for and extra.....	+2.50
<b>WARM LITTLE VALLEY BAKERY BROWNIE</b> Goey warm Brownie served with Welsh Double Cream.....	4.5
<b>HYGGE CRUMBLE</b> Hoogah's Apple and Cinnamon Crumble served hot with Double Cream.....	4.5
<b>SWEET SHARING PIZZA</b> Fresh Sourghdough Pizza topped with Mixed Berry Compote, Mascapone Cream and Fresh Fruit.....	12
<b>COALTOWN TIRAMISU JAR</b> Hoogah's special mix of fresh Welshcake soaked in Coaltown Coffee, Barti Ddu Spiced Rum and Mascapone Cream served in a jam jar.....	5.5
<b>SWEET COUNTER</b> Please visit our display of Sweet Treats located at our bar, offering a selection of baked goods from Naturally Kind (Vegan), Little Valley Bakery and The Raspberry Cakery.....	(ask server)