

GREENSPEARES

All of our menu is available to be enjoyed as takeaway or eat in. Please place your order at the counter and help yourself to cutlery. Please ask a member of Team Greenspeares about our specials and any questions you have regarding the menu.

We are open 7am to 6pm Monday to Friday and 8am to 5pm on Saturday and Sunday. Please place last food orders from the kitchen 30 minutes before closing.

BREADS

Selection of homemade breads with your choice of:
In £4.50 / Out £4.00

· Fresh butter & homemade jam

contains: dairy, gluten*

· Aged balsamic vinegar & Duchess Farm raw rapeseed oil

contains: gluten*

BREAKFAST BOWLS

Homemade granola, Greek yoghurt, seasonal fruit compote & honey
£4.40

contains: dairy**

Buckwheat & walnut bircher muesli, apple, orange & cardamom

£4.10

contains: nuts

Fresh fruit salad of blood orange, red grape & purple basil

In £4.40 / Out £3.90

Oat & British quinoa porridge, blueberry compote, almond butter, Greek yoghurt

£7.00

contains: dairy**, nuts

ON TOAST

All of our On Toast plates can be served with:

A free-range poached egg

£1.00

Our tea-cured British chalk-stream trout

In £3.40 / Out £3.00

Honey and balsamic glazed figs on toast, homemade ricotta, caramelised shallot hummus & dukkah

£7.75

contains: gluten*, dairy**, sesame**, nuts**

Herb-roasted tomatoes on toast, fresh heirloom tomatoes & smoked aubergine babaganoush

£8.25

contains: gluten*, sesame**

Smashed broad-beans on toast, feta, shaved courgette & urfa chilli flakes

£8.25

Contains: gluten*, dairy

SANDWICHES

Sandwiches are served with a cavolo nero salad when eaten at Greenspeares. It can be added to a takeaway sandwich for an extra £1.50.

Herb-fed chicken sandwich, lemon-roasted, pumpkin seed pesto & confit tomatoes & rocket

In £5.80 / Out £4.95

contains: gluten*

Goat's cheese sandwich, roasted beetroot, toasted sunflower seeds, honey & watercress

In £5.80 / Out £4.95

contains: gluten*, dairy

Roasted red pepper sandwich, sun-dried tomato, walnut tapenade, whipped red lentils & chipotle chilli, rocket & alfalfa sprouts

In £4.80 / Out £3.95

contains: gluten*, nuts

SALADS

We have a selection of counter salads available over lunchtime. Please have a look and ask a team member to advise.

Medium bowl: In £7.00 / Out £6.50. Large bowl: In £12.50 / Out £11.50

Roasted squash, herb-roasted tomatoes, British quinoa, sumac red onion, lime yoghurt & dukkah

In £6.50 / Out £5.95

contains: dairy**, nuts**, sesame**

Maple & sherry vinegar beetroot, cumin spiced heritage carrots, blood orange & red lentils

In £5.50 / Out £4.95

contains: mustard**

Spiced sea-bream, Greek yoghurt, sultanas, roasted cauliflower leaves, brown rice & baby gem

In £7.75 / Out £6.95

contains: dairy, fish

SOUPS

Soups are served with your choice of homemade bread & butter or, for an extra £0.75, a savoury cheddar scone.

contains: gluten*, dairy**

Mushroom & chestnut soup, toasted pine nuts & caramelised miso powder

£7.75

contains: celery, nuts, soya**

Cauliflower & jerusalem artichoke soup, crispy artichoke, leek & onion skin powder, grated cured egg yolk

£8.00

contains: celery, egg**

HOT PLATES

Pulled ox cheek, smoked potato with fried capers & dulse butter, burnt tomato salsa

£14.80

contains: mustard, dairy

Roasted cauliflower, smoked ricotta, medjool dates, toasted walnut milk, homemade bread & fresh butter

£8.00

contains: gluten*, dairy**, nuts**

COUNTER CAKES

Aquafaba brownies
In £2.90 / Out £2.40

Quinoa banana bread
In £2.90 / Out £2.40
contains: eggs, nuts

Olive oil, thyme & almond cake, made with seasonal fruit
In £3.90 / Out £3.20
contains: eggs, nuts

Carrot cake
In £3.00 / Out £2.50
contains: dairy, eggs, nuts

Squash & ginger loaf
In £2.90 / Out £2.40
contains: dairy, eggs

Muffin of the week
In £2.25 / Out £1.85
contains: dairy, eggs

Savoury Cheddar scone
In £2.40 / Out £2.00
contains: gluten*, dairy, eggs

Salted Chocolate Granola Bar
£2.95
contains: dairy, nuts

COFFEE

ESPRESSO BASED COFFEE

Made with Clifton Coffee Espresso & Estate Dairy Whole Milk.
Oat, Almond & Soya alternatives available.

Double Espresso £2.50
Americano £2.50
Cortado £2.70
Macchiato £2.70
Flat White £2.90
Cappuccino £3.00
Latte £3.00
Mocha £3.00

+ AN EXTRA SHOT £0.50

HOT CHOCOLATE
£3.00

Hot Chocolate made with Estate Dairy Whole Milk

TEA

CANTON TEA CO.
£2.60

- English Breakfast
- Earl Grey
- Jade Tips, Green

£2.80
· Jasmine Pearls, Green
· Silver Needle, White

CANTON TEA CO. INFUSIONS
£2.50

- Lemongrass & Ginger
- Berry & Hibiscus
- Chamomile
- Triple Mint

FRESH INFUSIONS
£2.50

- Fresh Mint
- Fresh Lemon

LALANI & CO. SINGLE BATCH TEA
£3.60

- Mountain Green 2017, Green
- Assam Malt 2nd Flush 2016, Black
- Spring Smoke 2017, Oolong
- Premium Earl Grey

COLD DRINKS

FRESHLY-PRESSED ORANGE JUICE
£3.85

SMOOTHIES
£6.00

- Pear, maple & cinnamon
 - Forest berry, honey, lime & coconut
 - Cacao, dates & hazelnut
- contains: nuts

GREENSPEARES COLD-PRESSED JUICES
£5.85

- Beetroot, carrot, ginger & lemon
- Carrot, apple & ginger
- Cucumber, spinach & apple

GREENSPEARES COLD-PRESSED NUT
MYLK
£5.45

Cacao & Cashew
contains: nuts

FERMENTED RAW & SPARKLING TEA

Wild Fizz Kombucha
£3.60

Go Kombucha
£2.90
· China White
· Darjeeling Black

LUSCOMBE SPARKLING DRINKS

£1.65
· Elderflower
· Ginger Beer
· St Clements

WATER

Belu Still & Sparking Mineral Water
£1.20

Rosemary Water
£2.95