

# 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 7:30 am to 6pm Monday to Friday, 9am to 6pm on Saturdays and 9am to 5pm on Sundays. Please place last food orders from the kitchen 30 minutes before closing.

## BREADS

### Selection of breads with your choice of:

- Fresh butter & homemade jam

contains: dairy, gluten\*

- Aged balsamic vinegar & Duchess Farm raw rapeseed oil

contains: gluten\*

Out £4.50 / In £5.50

## BREAKFAST BOWLS

### Rhubarb & Rose Granola Bowl

With rhubarb & rose compote, Greek yoghurt & buckwheat granola

Out £3.95 / In £4.80

contains: dairy\*\*

### Cacao & Hazelnut Bircher Muesli

Out £4.95 / In £6.00

contains: dairy\*\*, nuts

### Gooseberry-whipped Yoghurt

With raspberries & candied nuts

Out £4.25 / In £5.10

contains: dairy, nuts\*\*

### Seasonal Fruit Salad

Out £3.75 / In £4.50

### Oat & British Quinoa Porridge

With blueberry compote, almond butter, Greek yoghurt

Full portion: Out £6.25 / In £7.50

Half portion: Out £3.45 / In £4.20

contains: dairy\*\*, nuts

## ON TOAST

All of our On Toast plates can be served with:

A **Free-range Poached Egg**

Out £0.80 / In £1.00

Our **Tea-cured British Chalk-stream Trout**

Out £3.25 / In £3.90

### Not Avocado On Toast

Smashed broad beans, parmesan & rocket with courgette, feta & urfa chilli flakes

Out £6.95 / In £8.40

Contains: gluten\*, dairy

### Herb-roasted Tomatoes

With smoked babaganoush & fresh heritage tomatoes

Out £7.95 / In £9.50

contains: gluten\*, sesame\*\*

### Balsamic Baby Leeks

With homemade smoked ricotta, raisins & pine nuts

Out £7.25 / In £8.70

Contains: gluten\*, dairy\*\*, sesame\*\*, nuts

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Some of our food and drink may contain nuts and other allergens. If you have a special dietary requirement please speak to a member of our team who can advise you on your choice. \*gluten-free option available \*\*can be removed from the dish

## BRUNCH

### Spiced Chickpea Shakshuka & Free-range Baked Egg

With organic bread & either butter or Duchess Farm raw rapeseed oil

Out £8.65 / In £10.40

contains: dairy\*\*, gluten\*, egg

### Warm Garlic Yoghurt, Free-range Poached Eggs

#### Herb-roasted Tomatoes & Baby Spinach

With organic bread & either butter or Duchess Farm raw rapeseed oil

Out £8.85 / In £10.60

contains: dairy, gluten\*, egg

### Scrambled Free-range Eggs & Tea-cured River Trout

With organic bread & either butter or Duchess Farm raw rapeseed oil

Out £9.40 / In £11.25

contains: dairy, gluten\*, egg, fish

## HOT BOWLS

### Ox Cheek Slow-roasted in Black Pepper & Wholegrain Mustard

With seasonal vegetables & organic bread & either butter or Duchess Farm raw rapeseed oil

Out £14.10 / In £16.95

contains: dairy\*\*, gluten\*, mustard

### Chickpea & Market Vegetable Stew With your choice of either:

#### Feta & Free-range Poached Egg OR Seasonal Homemade Chutney

With organic bread & either butter or Duchess Farm raw rapeseed oil

Out £8.95 / In £10.75

contains: dairy\*\*, gluten\*, eggs\*\*

### Soup of the Week

With organic bread & either butter or Duchess Farm raw rapeseed oil

Out £5.80 / In £7.00

contains: dairy\*\*, gluten\*

## LIGHT LUNCH

### Sea Bream Ceviche

With coriander yoghurt & red vein sorrel

Out £9.95 / In £12.00

contains: fish, dairy\*\*

### Tea-cured Trout Tartare

With pickled shimeji mushrooms & smoked leek mayonnaise

Out £9.45 / In £11.40

contains: fish, egg\*\*, mustard\*\*

### Roasted Purple-sprouting Broccoli

With smoked leek mayonnaise

Out £4.20 / In £5.00

contains: egg\*\*, mustard\*\*

### Gazpacho of the Week

With organic bread & either butter or Duchess Farm raw rapeseed oil

Please see our specials on the blackboard

contains: gluten\*

## SANDWICHES

Sandwiches can be served with a Side Salad of your choice from our selection of fresh, seasonal salads on our counter table.

Out £1.30 / In £1.60

### Lemon-roasted Chicken Sandwich

With carrot top pesto, herb-roasted tomatoes & rocket

Out £4.95 / In £5.95

contains: gluten\*

### Free-range Egg & Cress Sandwich

With smoked leek mayonnaise & watercress

Out £3.95 / In £4.75

contains: gluten\*, egg, mustard\*\*

### Rosemary-roasted Portobello Mushroom Sandwich

With goat's curd, baby spinach and radicchio

Out £4.85 / In £5.85

contains: gluten\*, dairy\*\*

## SALADS

### Salad Bowls

Fresh, seasonal salads. Please help yourself to a selection from our counter table or ask a member of our team to prepare for you.

Medium bowl: Out £5.50 / In £6.50

Large bowl: Out £9.50 / In £11.50

### Charred Trout & Spring Green Salad

With asparagus, fresh peas & watercress dressing

Out £7.85 / In £9.50

contains: fish, dairy\*\*, mustard\*\*

### Free-range Egg & New Potato Salad

With herb-roasted tomatoes & green beans

Out £5.45 / In £6.60

contains: egg, mustard\*\*

### Spice-roasted Cauliflower Salad

With toasted almonds, beetroot chutney & Greek yoghurt

Out £4.95 / In £6.00

contains: dairy\*\*, nuts\*\*

## COLD DRINKS

### FRESHLY-PRESSED JUICE

Orange  
Grapefruit  
Out £3.95 / In £4.80

### SMOOTHIES

Rhubarb & Orange Blossom Lassi  
contains: dairy  
Cacao & Quinoa Smoothie  
contains: nuts  
Honeydew Melon & Pear Smoothie  
Out £5.65 / In £6.80

### ORGANIC, RAW COLD-PRESSED JUICES

Romaine, Celery, Spinach, Kale, Parsley & Lemon  
contains: celery  
Cucumber, Apple, Mint & Lemon  
250ml: Out £5.80 / In £6.20  
750ml: Out £16.50

### LUSCOMBE SPARKLING DRINKS

Elderflower  
Ginger Beer  
St Clements  
£1.75

### WATER

Belu Still & Sparking Mineral Water  
£1.20

Rosemary Water  
£2.95

Jax Coconut Water  
£2.99

### JARR KOMBUCHA

Original  
Passionfruit  
Ginger  
£3.50

### KEFIR

Biomel Coconut Milk Kefir  
£1.65

## 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

Hot Chocolate made with Estate Dairy Whole Milk  
£3.00

## TEA

### CANTON TEA

English Breakfast  
Earl Grey  
Jade Tips, Green  
£2.60

Jasmine Pearls, Green  
Silver Needle, White  
£2.80

### CANTON TEA INFUSIONS

Lemongrass & Ginger  
Berry & Hibiscus  
Chamomile  
Triple Mint  
£2.50

### FRESH INFUSIONS

Fresh Mint  
Fresh Lemon  
£2.50

### LALANI & CO. SINGLE BATCH TEA

Mountain Green 2017, Green  
Assam Malt 2nd Flush 2016, Black  
Spring Smoke 2017, Oolong  
Premium Earl Grey  
£3.60