

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

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