

# GREENSPEARES

ALL-DAY BREAKFAST 8AM - 4PM

## **Smashed Avocado on Toast** (Ve, DF, GF option) £9.5

Organic avocado & rocket w pistachio dukkah & pomegranate  
on toasted brown sourdough  
Contains gluten, nuts, sesame

+ ADD

**Smoked Salmon** 5

**Free-range Poached Egg** 1.5

**Free-range Scrambled Eggs** 4

**Roasted Tomatoes** 2.5

**24-Hour Oak Smoked Bacon** 4

## **Scrambled Eggs on Toast** (NF, GF option) £7

Contains gluten, dairy, eggs

## **Poached Eggs on Toast** (NF, GF option, DF option) £6.5

Free-range eggs on toasted brown sourdough w butter  
Contains gluten, dairy, eggs

+ ADD

**Smoked Salmon** 5

**Organic Avocado** 3.5

**Roasted Tomatoes** 2.5

**24-Hour Oak Smoked Bacon** 4

## **Eggs Benedict** £9.5

## **Eggs Royale** £9.5

## **Eggs Florentine** £9

(NF, DF, GF option)

Contains gluten, nuts, eggs, fish (Royale)

+ ADD

**Organic Avocado** 3.5

**Roasted Tomatoes** 2.5

## **Huevos Rancheros** (Ve, NF, DF, GF option) £10.5

Mexican-style baked eggs in a tomato-chilli sauce  
Served w homemade corn bread

+ ADD

**Organic Avocado** 3.5

## **Smoky Chickpeas on Toast** (Ve, DF, NF, GF option) £9.5

Chickpeas cooked in a spiced tomato sauce w smoked paprika & cumin  
on toasted brown sourdough  
Contains gluten

+ ADD

**Organic Avocado** 3.5

**Smoked Salmon** 5

**Free-range Poached Egg 1.5 / Free-range Scrambled Eggs 4**

**24-Hour Oak Smoked Bacon** 4

# GREENSPEARES

LUNCH 11.30 AM - 4 PM

## **Asian-style Salmon Bowl** (GF, DF) £16

Miso-glazed salmon fillet w soba noodles, carrots, red pepper, radish and spring onions w a lime & chili dressing

Garnished w mint, coriander and sesame seeds  
Contains fish, nuts, sesame

## **Greenspeares Detox Salad** (Ve, GF, DF) £11

Our vibrant green salad w seasonal spring vegetables

Asparagus, kale, courgetti, broccolini, peas and pistachio w a lemon vinaigrette

Contains nuts, mustard  
+ ADD

**Organic Avocado 3.5**

**Smoked Salmon 5**

**Hummus 2.5**

## **Jasmine-infused Chicken Salad** (GF, DF, NF) £14

Chicken fillet infused w jasmine tea w a crunchy Asian salad of carrots, haricots verts, pickled cucumber, radish and cabbage in a ginger & lime dressing

Garnished w pumpkin & sesame seeds, coriander and mint

Contains sesame  
+ ADD

**Organic Avocado 3.5**

**Hummus 2.5**

## **Watermelon Poke Bowl** (Ve, GF) £11

Marinated watermelon w black rice, pickled carrot & cucumber, kale, red cabbage, seaweed and edamame beans

Contains soy beans, sesame

+ ADD

**Organic Avocado 3.5**

## **Greenspeares Earth Bowl** (Ve, GF, DF, NF) £12

Grilled purple sprouting broccoli, baby heritage beetroot & enoki mushrooms

on brown & black rice and red quinoa w a carrot & ginger dressing

+ ADD

**Organic Avocado 3.5**

**Poached egg 1.5**

**Smoked Salmon 5**

**Hummus 2.5**

## **Soup of the Day** (GF option) £7

**Sandwich of the Day** £7

**Spring Tart of the Day** £7.5

+ ADD

**Side Salad 3.5**