

# GREENSPEARES

ALL-DAY BREAKFAST 8AM - 4PM

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

Organic avocado & rocket w hazelnut dukkah & pomegranate  
on toasted brown sourdough

Contains gluten, nuts, sesame

+ ADD

**Smoked Salmon** 5

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

**Roasted Tomatoes** 2.5

**24-Hour Oak Smoked Bacon** 4

## **Buckwheat Crepes** (Ve, DF, GF) £10.5

Served w coconut cream, seasonal berry compote & caramelised pecans

Contains nuts

## **Free-range Scrambled Eggs** £7

**Scrambled Tofu w Turmeric & Smoked Paprika** (Ve) £7

Contains mustard, soya

## **Free-range Poached Eggs** £6.5

Served w toasted brown sourdough & butter (GF option, DF option)

+ 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

(DF, GF option)

Contains gluten, nuts, eggs, fish (Royale)

+ ADD

**Organic Avocado** 3.5

**Roasted Tomatoes** 2.5

## **Turkish Eggs** (V, NF, GF option) £10.5

Turkish-style poached eggs in garlic yoghurt & chilli oil

Served w a cucumber & red onion salad & toasted brown sourdough

Contains gluten, dairy

## **Summer Vegetable Hash** (Ve, DF, NF, GF) £12

Sauteed summer garden vegetables, fresh herbs & nettle pesto

+ ADD

**Smoked Salmon** 5

**24-Hour Oak Smoked Bacon** 4

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

# GREENSPEARES

ALL-DAY BREAKFAST BOWLS 8AM - 4PM

## LARGE NOURISHING SUPERFOOD BOWLS

### **Matcha Breakfast Bowl** (V, GF) £12

Matcha yoghurt w blood orange, hazelnuts, cacao nibs, homemade granola, crystallised mint leaves & red amaranth

Contains dairy, nuts

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

Acai berry blended w banana & mixed berries

Choice of coconut or almond milk

Topped w homemade granola, toasted coconut flakes, chia seeds & banana

+ ADD

**Homemade Almond Butter 2.5**

### **Blueberry Smoothie Bowl** (Ve, GF, DF) £12

Blueberry, banana & almond smoothie topped w banana, blueberry powder, chia seeds, pistachios & fresh blueberries

Contains nuts

## GREENSPEARES CLASSICS

### **Apple Bircher Bowl** (V, GF) £6.5

Apple & cinnamon soaked oats w hazelnuts, Greek yoghurt, dried apricots, cacao nibs, pistachios, almonds, sultanas, chia & pumpkin seeds

Contains dairy, nuts

### **Summer Chia Pudding** (Ve, GF, DF) £6.5

Coconut soaked chia seeds w Madagascan vanilla, layered w seasonal berry compote & topped w coconut flakes & blueberries

Contains nuts

### **Granola Bowl** (V, GF) £6.5

Greek yoghurt w seasonal berry compote and homemade granola

Contains dairy, nuts

# GREENSPEARES

LUNCH 11.30AM - 4PM

## **Panzanella Salad (V, Ve option) £13**

Heritage tomatoes, cucumber ribbons, goats curd filled cherry tomatoes, black olive soil, basil crisp & croutons w basil oil & a balsamic glaze

Contains gluten, dairy, nuts, sulphites

## **Chickpea Glow Bowl (DF, Ve) £11**

Moroccan spiced chickpeas, couscous, chickpea puree, cucumber salad, crispy chickpeas & dukkah, served w buckwheat crackers

Contains gluten, nuts, sesame

## **Poached Chicken, Apricot & Chickpea Salad (GF) £14**

Poached chicken w green beans, baby spinach, roasted hazelnuts, chickpeas, dried apricots, mint, coriander & pea shoots

Served w a dijon & yoghurt dressing

Contains nuts, mustard, dairy, sulphites, soya

## **Salmon Nicoise Bowl (GF, DF, NF) £16**

Salmon, green beans, purple potatoes, frisee lettuce, confit tomatoes, black olives & a poached egg served w a sauce vert & mustard dressing

Contains eggs, fish, celery, mustard, sulphites

## **Summer Garden Salad (GF, DF, NF) £11**

Fine beans, broad beans, fresh peas, pea shoots, alfalfa sprouts, radish, lambs lettuce, kale crisp, nettle powder & herb hummus

Tossed in a herb oil dressing

Contains mustard, sesame

## **Chicken Pad Thai (DF, NF) £15**

Chicken w pak choi, beansprouts, baby corn, carrots, spring onion & gluten-free soba noodles

Infused w lime, coriander, sesame & chilli

Contains soya, sesame, gluten

## **Smoked Salmon Poke Bowl (DF, NF) £10.5**

Smoked salmon w black rice, pickled radishes & cucumber, edamame, avocado puree, spring onion & coriander w Siracha mayo & sesame dressing

Contains fish, soya, sulphites, eggs, gluten

**Soup of the Day £7**

**Summer Tart £7.5**

**Sandwich of the Day £7**

+ ADD

Side Salad 3.5