

GREENSPEARES

ALL-DAY BREAKFAST 8AM - 4PM

Smashed Avocado on Toast 9.5

Organic avocado mixed w coriander, lime & chilli, served on toasted brown sourdough w muhammara (spiced pepper dip), hazelnut dukkah & pea shoots.

(Ve, DF) Contains gluten (GF option), nuts, sesame, sulphites, mustard

+ ADD

Smoked Salmon 5

24-Hour Oak Smoked Bacon 3.5

Free-range Poached Egg 1.5

Scrambled Eggs 3.5

Roasted Tomatoes 2

Roasted Portobello Mushroom 2

Potato Pave 2

Homemade Gluten-free Toast 1

Vegan Buckwheat Crepes 10.5

Served w blackberry coconut cream, fresh blackberries, black sesame meringue, berry puree discs & rosewater syrup.

(Ve, DF, GF) Contains nuts, sesame

Free-range Scrambled Eggs 7

Contains dairy, gluten

Free-range Poached Eggs 6.5

Contains dairy, sulphites, gluten

Scrambled Tofu 7

(Ve) Contains mustard, soya, gluten

Served w toasted brown sourdough & butter (GF/Ve option).

+ ADD

Smoked Salmon 5

24-Hour Oak Smoked Bacon 3.5

Potato Pave 2

Organic Avocado 3 / Side Salad 2.5

Roasted Tomatoes 2

Roasted Portobello Mushroom 2

Homemade Gluten-free Toast 1

Homemade Jam or Marmelade 1.5

Eggs Benedict 9.5

Eggs Royale 10.5

Eggs Florentine (V) 9

Served on toasted brown sourdough w braised greens and smoked cashew & almond hollandaise, topped with mixed seeds & sumac.

(DF) Contains gluten (GF option), nuts, eggs, sesame, sulphites, fish (Royale)

+ ADD

Organic Avocado 3

Side Salad 3

Potato Pave 2

Roasted Tomatoes 2

Roasted Portobello Mushroom 2

Homemade Gluten-free Toast 1

Crispy Potato & Smoked Bacon 9

Crispy dehydrated potato disc on a poached egg w smoked bacon, braised kale, onion, mushroom & broad beans.

(GF, NF) Contains soya, celery, sulphites

+ ADD

Brown Sourdough 2/ Homemade Gluten-free Toast 2

Turkish Eggs 10

Garlic yoghurt w brown chilli butter, poached eggs, dukkah, fresh mint & parsley.

Served w toasted brown sourdough.

(V) Contains gluten (GF option), dairy, nuts, sesame, sulphites

+ ADD

Organic Avocado 3

Homemade Gluten-free Toast 1

Roasted Tomatoes 2

Roasted Portobello Mushroom 2

GREENSPEARES

BREAKFAST BOWLS 8AM - 4PM

Autumn Açai Bowl 9.5

Frozen açai berry sorbet topped w sliced banana, GF granola w puffed quinoa, toasted coconut flakes, chia seeds, cacao nibs & almond butter.

(Ve, DF, GF) Contains nuts

+ ADD

Homemade Almond Butter 2

Pear & Blackberry Porridge 9

Gluten-free oats cooked w almond milk, spiced apple puree & blackberry jam, topped w roasted pears, dehydrated pear, mixed seeds & puffed quinoa.

(Ve, DF, GF) Contains nuts, sesame

Almond Butter Bircher 5

Almond butter overnight oats topped w soya yoghurt, cacao nibs & toasted almonds.

(Ve, DF, GF) Contains nuts, soya

Apple Pie Chia Pudding 5

Coconut soaked chia seeds topped w spiced apple puree & buckwheat crumble.

(Ve, DF, GF) Contains nuts, soya

Berry Granola 5

Greek yoghurt w berry compote and GF granola w puffed quinoa.

(V, GF) Contains dairy, nuts

GREENSPEARES

LUNCH 11.30AM - 4PM

Teriyaki Chicken Bowl 11

Teriyaki chicken w brown rice, pickled carrots & cucumber, baby gem lettuce, coriander & sesame crackers.

(DF, GF, NF) Contains sesame, soya, sulphites

+ ADD

Roasted Tomatoes 2

Free-range Poached Egg 1.5

Organic Avocado 3

Roasted Portobello Mushroom 2

Braised Greens 2

Salmon, Spelt & Beetroot 13

Smoked salmon, spelt & roasted beetroot w pickled Jerusalem artichoke, toasted almond flakes & dill crème fraîche.

Contains gluten, fish, dairy, nuts, celery, sulphites

+ ADD

Roasted Tomatoes 2

Organic Avocado 3

House-mixed Olives 3.5

Free-range Poached Egg 1.5

Brown Sourdough/ Homemade GF Toast 2

Braised Greens 2

Falafel & Quinoa 11

Broad bean, pea & mint falafel served w hummus, mint coconut yoghurt, quinoa, pickled raisins & cornichons, cucumber & mini tortilla chips.

(Ve) Contains nuts, gluten, soya, mustard, sesame, sulphites

+ ADD

Roasted Tomatoes 2

Organic Avocado 3

Braised Greens 2

House-mixed Olives 3.5

Poké Bowl 11.5 (Ve) / 12.5

Sushi rice w edamame beans, pickled cucumber, avocado, black sesame & sriracha mayo. Option of smoked salmon or carrot "gravad lax" w smokey chickpeas.

(GF, NF, DF, Ve option) Contains soya, mustard, sesame, sulphites

SPECIALS

Ask a member of our team for this week's specials below & allergen info:

Weekly Vegan Buddha Bowl 10

Warm, nourishing bowl w seasonal vegetables.

+ ADD

Smoked Salmon 5 / Chicken 4.5

Sandwich of the Day 6.5 (V)/ 7

Option of Vegetarian or Meat/Fish

Served w spiced kale crisps

+ ADD

Side Salad 3

Vegetable Tart 5.5

(V) Contains gluten, eggs, dairy

Served w spiced kale crisps

Soup of the Day 7

Served w toasted brown sourdough (GF option)

+ ADD

Side Salad 3 / Homemade Gluten-free Toast 1