

GREENSPEARES

ALL-DAY BREAKFAST 8AM - 4PM TAKEAWAY ONLY

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

+ 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 burnt orange, almond coconut cream, almond & hazelnut crumble, orange, cardamom & cranberry puree and meringue.

(Ve, DF, GF) Contains nuts

Free-range Scrambled Eggs 7

Contains dairy, gluten

Free-range Poached Eggs 6.5

Contains gluten, sulphites, dairy

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 3

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, egg, 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

Greenspeares' Full English 10

Crispy bacon, smashed avocado, shimeji mushrooms & poached egg served w bacon jam, homemade ketchup, brown sourdough and pea shoots.

Contains gluten (GF option), egg, nuts, dairy

+ ADD

Potato Pave 2

Homemade Gluten-free Toast 1

Roasted Tomatoes 2

Extra Free-range Poached Egg 1.5

Greenspeares' Full Nourish 10

Poached egg, shimeji mushrooms, smashed avocado, hummus, smoked slow roasted tomatoes & potato pave, served w brown sourdough and pea shoots.

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

+ ADD

Homemade Gluten-free Toast 1

GREENSPEARES

BREAKFAST BOWLS 8AM - 4PM TAKEAWAY ONLY

Winter Açai Bowl 10

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

(Ve, DF, GF) Contains nuts

+ ADD

Homemade Almond Butter 2

Vegan Pear & Cardamom Porridge 8

Gluten-free oats cooked w almond milk & raisin puree, topped w roasted pears, goji berries, rose petals, coconut crumble, glass pear chip.

(Ve, DF, GF) Contains nuts, soya

Apple & Cinnamon Bircher 4.5

Apple, cinnamon & almond butter overnight oats topped w roasted apple.

(Ve, DF, GF) Contains nuts

Matcha & Peanut Butter Bircher 4.5

Matcha & peanut butter overnight oats topped w matcha crumble & cacao nibs.

(Ve, DF, GF) Contains nuts, soya

Coconut & Pomegranate Chia Pudding 4.5

Coconut & ginger spiced chia pudding topped w pomegranate seeds & cinnamon crumble.

(Ve, DF, GF) Contains nuts, soya

Berry Granola 4.5

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

(V, GF) Contains dairy, nuts

GREENSPEARES

LUNCH 11.30AM - 4PM TAKEAWAY ONLY

Thai Chicken Bowl 11

Lemongrass chicken w sesame brown rice, served w grated cured egg yolk, red curry sauce, pickles, cashews, coriander, chilli & picked lime.

(DF, GF) Contains nuts, soya, egg, sulphites, sesame, fish

Mackerel Bouillabaisse 11

Torched mackerel bouillabaisse w/ kale & potato, served w/ homemade focaccia & smoked butter.

(NF, GF option) Contains fish, dairy, gluten, sulphites

Smoked Salmon & Quinoa Salad 12

Smoked salmon, quinoa, kale, shredded carrot & pomegranate, served w tzatziki, pea shoots and a lemon dressing.

(GF, NF) Contains fish, dairy, mustard, sulphites

Spiced Squash Fondant 11

Served w sriracha glazed sprouts, squash puree, tabbouleh, chermoula, pumpkin seed dukkah & pea shoots.

(Ve, DF, NF, GF option) Contains gluten, soya, celery

Beetroot & Mint Falafel 10.5

Served w a quinoa, lentil & red onion salad, beetroot hummus, roasted baby beetroot, whipped feta, apple, walnuts & pea shoots.

(V, GF) Contains nuts, dairy

Winter Vegan Buddha Bowl 11

Spiced roasted cauliflower & chimichurri cauliflower rice, served w kidney bean salad, red cabbage, avocado, pickled radish, pea shoots & a roasted lemon dressing.

(Ve, GF, NF)

+ ADD

Chicken 4.5

GREENSPEARES

LUNCH 11.30AM - 4PM TAKEAWAY ONLY

SANDWICHES / QUICHE

Focaccia Sandwich 6.5 /7

Served w spiced kale crisps

Chicken, pesto, slow roasted tomatoes & pea shoots

Contains gluten

Beetroot, hummus, avocado, crispy chickpeas, seeds, pea shoots

Contains gluten, mustard, sesame, sulphites

Pumpkin, Kale & Cheddar Quiche 5.5

Served w spiced kale crisps

+ ADD

Side Salad 3

SOUPS 7

Served w toasted brown sourdough (GF option)

Beetroot, Apple & Dill

(Vegan) Contains gluten, soya

Butternut Squash, Oregano & Chilli

(Vegan) Contains gluten, soya

Spiced Tomato Soup topped w/ hazelnut dukkah

(Vegan) Contains gluten, soya, nuts, sesame

+ ADD

Side Salad 3 / Homemade Gluten-free Toast 1

SIDES & ADD-ONS

Smoked Salmon 5

24-Hour Oak Smoked Bacon 3.5

Chicken 4.5

Poached Egg 1.5

House mixed Olives 3.5

Hummus 2.5

Falafel 2.5

Vegan Sriracha Mayo 1.5

House Tomato Ketchup 1

Roasted Tomatoes 2

Roasted Field Mushrooms 2

Braised Greens 2

Organic Avocado 3

Side Salad 3

Potato Pave 2

Homemade Gluten-free Toast 2

Brown Sourdough 2

Focaccia 2

GREENSPEARES

HOT DRINKS

Available with

Almond / Coconut / Oat / Soya mylk + 0.5

COFFEES

ESPRESSO 2.5

AMERICANO 2.5

CORTADO 3

MACCHIATO 3

FLAT WHITE 3

CAPPUCCINO 3

LATTE 3

FLAVOURED COFFEE

CINNAMON LATTE 3.5

MOCHA 3.5

CAFFEINE FREE

ROOIBOS FLAT WHITE / LATTE 3.5

CHAI LATTE 3

HOT CHOCOLATE 3.5

DECAF +0.5

SUPERFOOD LATTES

MATCHA LATTE 3.5

TURMERIC LATTE 3

BETROOT LATTE 3

TEAS

English Breakfast 2.5 / Jade Tips Green 3

SPECIALTY TEAS

CITRUS GREY 3

A distinctive black tea infused with pure bergamot oil, orange & lemon peel. With added red, white and blue cornflowers for a truly British tea experience.

LEMON THYME 3.5

Wild lemon & thyme harvested by traditional methods. Pungent, yet refreshingly smooth with citrus notes.

MOUNTAIN MINT 3.5

Hand harvested 1,800m above sea level. Delicate, slightly sweet with a subtle minty flavour.

OLIVE LEAF 3.5

Handpicked leaves from 400-600 year old olive trees grown on the island of Naxos, Greece, dried under the Mediterranean sun. Delicate umami flavour similar to green tea leaves,

FLOWERING GREEN TEA 4.75

Artfully crafted by hand, made with the tips from the finest teas. The leaves ease apart to create a delightful, colourful flower.

GREENSPEARES

SMOOTHIES & JUICES

FRESHLY SQUEEZED JUICES

Green Juice 6.5

Kale, celery, mint, lime, ginger & apple

Orange Juice 5.5

Freshly squeezed orange juice

Winter Booster Juice 5.5

Freshly squeezed carrot, ginger & orange

SUPERFOOD SMOOTHIES

Berry Almond 6.5

Frozen berries, banana, almond butter, almond milk

(Ve, GF, DF) Contains nuts

Chocolate Banana 7.5

Cacao, banana, oat milk, Greek yoghurt & honey

(V, GF, NF) Contains dairy

Banana Honey Oat 6.5

Banana, oat milk, Greek yoghurt & honey

(V, GF, NF) Contains dairy