

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 nettle pesto, semame zataar, roasted lemon dressing & pea shoots.

(Ve, DF, NF) Contains gluten (GF option), mustard, sesame

Smoked Salmon 4.5

+ ADD

24-Hour Oak Smoked Bacon 3.5

Free-range Poached Egg 1.5 (sulphites)

Scrambled Eggs 3.5 (dairy)

Roasted Tomatoes 2

Roasted Portobello Mushroom 2

Potato Pave 2 (Ve, soya)

Homemade Gluten-free Toast 1

Vegan Buckwheat Crepes 10.5

Served w forced rhubarb, stem ginger syrup, black pepper meringue, coconut & almond crumble, fruit puree, rosewater coconut cream & violas.

(Ve, DF, GF) Contains soya, nuts

Banana Bread Sandwich 7.5

Toasted banana bread w spent coffee cream, cinnamon raisins, chocolate tuille & crumble

(V) Contains gluten, dairy, egg, soya

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).

Smoked Salmon 4.5

+ ADD

24-Hour Oak Smoked Bacon 3.5

Potato Pave 2 (Ve, soya)

Organic Avocado 3 / Side Salad 3

Roasted Tomatoes 2

Roasted Portobello Mushroom 2

Homemade Gluten-free Toast 1

Tomato Chutney or Sriracha Mayo 1

Eggs Benedict 9.5 Eggs Royale 10.5 Eggs Florentine 9 Tofu & Asparagus Florentine (Ve) 10

Served on toasted brown sourdough w a smoked cashew & almond hollandaise.

(DF) Contains gluten (GF option), nuts, sesame, sulphites, fish (Royale), eggs (Benedict, Royale), Soya (Florentine/Tofu)

Organic Avocado 3

+ ADD

Side Salad 3 / Cooked Greens 2.5

Potato Pave 2 (Ve, soya)

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, dairy, sulphites

Potato Pave 2 (Ve, soya)

+ ADD

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, Ve option) Contains gluten (GF option), egg, dairy, soya, sesame, sulphites

+ ADD

Homemade Gluten-free Toast 1

GREENSPEARES

BREAKFAST BOWLS 8AM - 4PM TAKEAWAY ONLY

Açai Bowl 8

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

(Ve, DF, GF) Contains nuts

+ ADD

Homemade Almond Butter 2

Vegan Rhubarb & Orange Porridge 6.5

Gluten-free oats & quinoa porridge w rhubarb compote, blood orange, orange curd, rose petals, almond crumble & cacao nibs.

(Ve, DF, GF) Contains nuts, soya

Blood Orange Bircher 4.5

Overnight oats topped w blood orange, almonds & cacao nibs.

(Ve, DF, GF) Contains nuts

Banana Bread Bircher 4.5

Overnight oats w banana & cinnamon, topped w hazelnuts, chia seeds & pecans.

(Ve, DF, GF) Contains nuts

Coconut & Kiwi Chia Pudding 4.5

Coconut chia topped w kiwi, apple & cardamom compote, coconut flakes & goji berries

(Ve, DF, GF)

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

Chicken, Radicchio & Blood Orange Salad 11

Chicken fillet, radicchio, blood orange, olives, nasturtiums & grated egg yolk served w a smoked Caesar dressing.

(GF, NF) Contains egg, dairy, soya, mustard, sulphites

Prawn Summer Rolls 11

King prawns, carrot, red cabbage, mint & vermicelli noodles wrapped in rice paper w furikake crushed nuts & a peanut dipping sauce.

(GF) Contains shellfish, nuts, sesame, sulphites

Pea & Mint Falafel 11

Baked falafel served w a courgette, parsley & cashew nut salad, wild garlic hummus, vegan tzatziki, GF tortilla chips, pickled radish, pea shoots & roasted lemon dressing.

(Ve, DF, GF) Contains soya, nuts, mustard, sesame, sulphites

Smoked Salmon, Asparagus & Ricotta Salad 11

Smoked salmon, cucumber, asparagus & Jersey Royal potato salad, served w ricotta, pea shoots and sauce vierge.

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

Mushroom & Miso Polenta 10

Oyster mushrooms & crispy miso polenta served w edamame beans, spring onion emulsion, red onion, rice crackers and togarashi.

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

Spring Vegan Buddha Bowl 11

Smoked tofu, butter bean & quinoa tabbouleh, kale, avocado & baby spinach w sesame zaatar and a carrot & ginger dressing.

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

+ ADD

Chicken 4.5

GREENSPEARES

LUNCH 11.30AM - 4PM TAKEAWAY ONLY

SANDWICHES / TART

Focaccia Sandwiches 5.5 / 5 (V)

Lemon chicken, turmeric hummus, pickled cucumber & pea shoots

(NF) Contains gluten, sesame, sulphites

Cheddar, hummus, roasted tomatoes, pesto & pea shoots (V)

(NF) Contains gluten, dairy, mustard, sulphites

Avocado, smashed peas, cucumber, tahini & micro greens (Ve)

(NF) Contains gluten, mustard, sesame

Spring Vegetable Tart 5.5 (V)

w puff pastry, asparagus, courgette peas, mint & feta cheese.

(V, NF) Contains gluten, egg, dairy

+ ADD

Side Salad 3

SOUPS 7

Served w toasted brown sourdough (GF option)

Roasted Tomato & Nettle

(Ve, NF) Contains gluten, soya, celery

Carrot, Ginger & Miso

(Ve, NF) Contains gluten, soya, celery, sesame

'Greenspeares' Special w asparagus, watercress, leek, potato & mint

(Ve, NF) Contains gluten, soya, celery

+ ADD

Side Salad 3 / Homemade Gluten-free Toast 1

SIDES & ADD-ONS

Smoked Salmon 4.5

24-Hour Oak Smoked Bacon 3.5

Chicken 4.5

Poached Egg 1.5 (sulphites)

Side Salad 3

**radicchio, frisee, pea shoots w a roasted
lemon dressing (mustard, sulphites)**

Mixed Olives 3

Hummus 2.5 (sesame)

Roasted Tomatoes 2

Roasted Field Mushrooms 2

Cooked Greens 2.5

asparagus, kale, peas, mint (soya)

Organic Avocado 3

Potato Pave 2 (Ve, soya)

Homemade Gluten-free Toast 2

Brown Sourdough 2

Homemade Focaccia 2