

# GREENSPEARES

ALL-DAY BREAKFAST 8AM - 4PM

## Smashed Avocado on Toast 10.5

Organic avocado mixed w coriander, lime & chilli, served on toasted brown sourdough with sun-dried tomato pesto, pea shoots, lemon balm and a roasted lemon dressing.

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

**Smoked Salmon 5**

+ ADD

**Roasted Tomatoes 2**

**24-Hour Oak Smoked Bacon 3.5**

**Roasted Portobello Mushroom 2**

**Free-range Poached Egg 1.5** (sulphites)

**Potato Pave 2** (Ve, soya)

**Scrambled Eggs 3.5** (dairy)

**Homemade Gluten-free Toast 1**

## Vegan Buckwheat & Hazelnut Crêpes 11.5

Served with caramelised peaches, zero-waste lemon syrup, nutmeg meringue, hazelnut & thyme crumble, fruit puree and tonka bean cream.

(Ve, DF, GF) Contains soya, nuts

## Banana Bread Sandwich 8.5

Toasted banana bread with British strawberries, Chantilly cream, strawberry & hibiscus gel, banana crumble, fennel meringue and edible flowers.

(V) Contains gluten, dairy, eggs

## Free-range Scrambled Eggs 7.5

Contains dairy

## Free-range Poached Eggs 7

Contains sulphites

## Scrambled Tofu 7.5

(Ve) Contains mustard, soya

Served with toasted brown sourdough (gluten) & butter (dairy/Vegan option).

**Smoked Salmon 5**

+ ADD

**Roasted Tomatoes 2**

**24-Hour Oak Smoked Bacon 3.5**

**Roasted Portobello Mushroom 2**

**Potato Pave 2** (Ve, soya)

**Homemade Gluten-free Toast 1**

**Organic Avocado 3 / Side Salad 3**

**Tomato Chutney or Sriracha Mayo 1**

## Eggs Benedict (ham) 10.5 Royale (salmon) 11.5 Florentine (V) 10 Tofu Florentine (Ve) 11

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

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

**Organic Avocado 3**

+ ADD

**Roasted Tomatoes 2**

**Side Salad 3 / Cooked Greens 2.5**

**Roasted Portobello Mushroom 2**

**Potato Pave 2** (Ve, soya)

**Homemade Gluten-free Toast 1**

## Greenspeares' Full English 11

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, sesame

**Potato Pave 2** (Ve, soya)

+ ADD

**Roasted Tomatoes 2**

**Homemade Gluten-free Toast 1**

**Extra Free-range Poached Egg 1.5**

## Greenspeares' Full Nourish 11

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

\*Ve option with scrambled tofu

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

**Homemade Gluten-free Toast 1**

# GREENSPEARES

BREAKFAST BOWLS 8 AM - 4 PM

## **Açai Bowl 11**

Frozen açai berry sorbet topped with sliced banana, British strawberries, GF granola, toasted coconut flakes, chia seeds & cacao nibs.

(Ve, DF, GF) Contains nuts

+ ADD

**Homemade Almond Butter 2**

## **Berry Vispupuuro 7**

Chilled, whipped berry semolina served with soy milk, granola, cherries, berry discs, toasted coconut flakes, stem ginger syrup and violas.

(Ve, DF, GF) Contains nuts, soya

## **Peach & Ginger Bircher 5**

Almond bircher with GF oats and chia seeds, topped with sliced peach, cacao nibs & hazelnuts.

(Ve, DF, GF) Contains nuts

## **Strawberry & Basil Bircher 5**

Almond bircher with GF oats and chia seeds, topped with strawberries, baby basil and hazelnuts.

(Ve, DF, GF) Contains nuts

## **Lemon & Turmeric Chia Pudding 5**

Coconut chia with lemon & turmeric, topped with toasted coconut flakes and almonds.

(Ve, DF, GF)

## **Yoghurt & Granola 5**

Greek yoghurt topped with homemade granola, fresh summer fruits & berries.

(V, GF) Contains dairy, nuts

**Soy Yoghurt 0.5**

A discretionary service charge of 12.5% will be added to your bill.

Please ask a member of staff if you wish to exclude service.

# GREENSPEARES

LUNCH 11.30AM - 4PM

## STARTERS & NIBBLES

### Summer Rolls 8

King prawns or Smoked Tofu (Ve)

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

(GF) Contains shellfish/soya, nuts, sesame, sulphites

### Pea & Mint Falafel with Hummus 3.5

Baked falafel rolled in sesame seeds with hummus

(Ve, DF, GF) Contains sesame

### Homemade Focaccia 3

Tomato, rosemary & red onion focaccia, served with oil & balsamic vinegar dipping sauce

(Ve) Contains gluten, sulphites

### Tortilla Chips and Trio of Dips 3.5

Baked tortilla chips with smoked paprika & garlic salt, served with vegan tzatziki, hummus  
and smashed avocado with chilli & coriander.

(Ve, DF) Contains gluten, soya, sesame

### Mixed Olives 3.5

Green and black olives seasoned with herbs & garlic

(Ve, GF, NF) Contains sulphites

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# GREENSPEARES

LUNCH 11.30AM - 4PM

## **Roast Chicken Salad with Chicory & Artichoke 12.5**

Roast chicken with chicory, pickled artichoke, whipped brie, chicken skin crumb, artichoke powder and truffle vinaigrette.

(GF, NF) Contains dairy, mustard, sulphites

## **Summer Rolls 12.5**

Choice of king prawns or smoked tofu (Ve)

Rice paper rolls with vermicelli noodles, carrot, cabbage, baby gem, coriander, mint and violas, served with a peanut dipping sauce, candied furikake nuts and charcoal mayonnaise.

(GF, DF) Contains shellfish/soya, peanuts, nuts, sesame, sulphites, mustard

## **Falafel Salad with Charred Baby Gem 12.5**

Baked herb falafel with charred baby gem, hazelnut dukkah, lemon tahini, hummus, red onion and pickles.

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

## **Smoked Salmon Salad with Heritage Tomatoes 12.5**

Smoked salmon with heritage tomatoes, pickled shallots, whipped cream cheese, basil oil, broad beans and rosemary snap.

(GF, NF) Contains fish, dairy, sulphites

## **Sriracha Aubergine with Tabbouleh 12.5**

Baked sriracha glazed aubergine served with millet tabbouleh, vegan tzatziki, muhammara, pickled fennel, dukkah and a roasted lemon dressing.

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

## **Summer Vegan Buddha Bowl 12.5**

Smoked crispy tofu with black bean salad, charred sweetcorn, smashed avocado, baby spinach, tomato salsa, pickled red cabbage and a charred lime dressing.

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

**+ ADD**

**Chicken 4.5**

# GREENSPEARES

## SANDWICHES & SOUPS

### **Focaccia Sandwiches 6 / 5.5 (V)**

#### **Truffled chicken, tomato, spinach and vegan mayo**

(NF, DF) Contains gluten, mustard, sulphites

#### **Goat's cheese, semi-dried tomato pesto and pea shoots (V)**

(V, NF) Contains gluten, dairy, sesame

#### **Smoked tofu, vegan cream cheese, pickled cucumber and cornichons, dill and pea shoots (Ve)**

(Ve, DF, NF) Contains gluten, soya, sulphites

### **Heritage Tomato Tart 5.5 (V)**

Puff pastry tart with sun-dried tomato pesto, heritage tomatoes, thyme & ricotta (V)

(V, NF) Contains gluten, egg, dairy

+ ADD

**Side Salad 3**

### **Vegan Sweetcorn Velouté 7**

Sweetcorn soup topped with charred sweetcorn, coriander, spring onion and chili.

Served with toasted brown sourdough (GF option)

(Ve, DF, NF) Contains gluten (GFA), soya, celery

+ ADD

**Side Salad 3 / Homemade Gluten-free Toast 1**

### **'Greenspeares' Green Gazpacho 7**

Chilled gazpacho with tomatoes, cucumbers, peppers, coriander and basil oil, topped with pickled chilli and ribboned cucumber, served with rosemary snap.

(Ve, DF, NF, GF) Contains celery, sulphites

## SIDES & ADD-ONS

#### **Smoked Salmon 5**

#### **24-Hour Oak Smoked Bacon 3.5**

#### **Chicken 4.5**

#### **Side Salad 3 (Ve) mustard, sulphites**

Chicory, heritage tomatoes, seeds, broad beans, pea shoots, roasted lemon dressing

#### **Cooked Greens 2.5 (Ve)**

Courgette, kale, broad beans, mint

#### **Organic Avocado 3**

#### **Poached Egg 1.5 (sulphites)**

#### **Potato Pave 2 (Ve) soya**

#### **Roasted Tomatoes 2**

#### **Roasted Portobello Mushroom 2**

#### **Hummus 2 (sesame)**

#### **Homemade Gluten-free Toast 2**

#### **Brown Sourdough 2**

#### **Homemade Focaccia 2**

# GREENSPEARES

DESSERTS 11.30AM - 4PM

## DESSERTS

### **Vegan Brownie 7.5**

Served with tonka bean coconut cream, chocolate soil and edible flowers.

(Ve, DF, NF)

### **Almond Frangipane Tart 7**

Served with Chantilly cream, coconut crumble and rose petals.

(V) Contains gluten, eggs, dairy, nuts, soya

### **Banana Bread Sandwich 8.5**

Toasted banana bread with British strawberries, Chantilly cream, strawberry & hibiscus gel, banana crumble, fennel meringue and edible flowers.

(V) Contains gluten, dairy, eggs

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# 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

ROSE 3.5

Organic damask rose buds, handpicked in the Troodos mountains of Cyprus.

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

**Ginger Boost + 0.5**

Add to Green/Orange Juice

**Ginger Shot 3.5**

Ginger, Lime, Apple

### 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

A discretionary service charge of 12.5% will be added to your bill.

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