

GREENSPEARES

Welcome to our Naturehood. We mindfully and sustainably source our ingredients guided by the British seasons.

Cacklebean Eggs

Free-range from Cackleberry Farm

Scrambled or Poached Eggs 8

with toast & butter

Poached Eggs & Hollandaise 12.5

Benedict (ham hock), Royale (salmon) or Florentine (kale & spinach) with a tarragon & cashew hollandaise topped with seeds & lemon balm. Served on toast (GF option).

Spring Greens Omelette 10.5

Asparagus, spinach, fresh herbs and Berkswell cheese served with a green side salad & roasted lemon dressing.

Brunch Classics

Smashed Avocado on Toast 10.5

Organic avocado mixed with coriander, lime & chilli with a 'waste-reduction' pesto, baby spinach crisps, watermelon radish & toasted seeds.

Greenspeares' Full English 12

Crispy bacon, smashed avocado, shimeji mushrooms & poached egg served with bacon jam, homemade ketchup, toast and pea shoots.

Greenspeares' Full Nourish 11.5

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

ADD - ONS

Free-range Poached Egg 1.5 (sulphites)

Scrambled Eggs 3.5 (dairy)

Organic Avocado 3

Slow-Roasted Tomatoes 2

Roasted Portobello Mushroom 2

Smoked Salmon 5

24-Hour Oak Smoked Bacon 4

Potato Pave 2 (Ve, soya)

Homemade Gluten-Free Toast 1

Homemade Tomato Ketchup 1

***Please ask our team about allergens**

A discretionary service charge of 12.5% will be added to your bill.
Please speak to a member of staff if you wish to exclude service.



GREENSPEARES

Light & Fresh

Seasonal Fruits & Berries 6

with mint, cacao nibs, agave & lime dressing and British nuts.

Add:

Golden Granola 1.5

Greek Yoghurt or Vegan Coconut Yoghurt 1

Artichoke, Prosciutto & Burrata Salad 12.5

with roasted courgette, rocket, baby gem, charred lemon & yoghurt dressing.

Add:

Homemade Challah Bread 2

Organic Avocado 3

Roasted Portobello Mushroom 2

Smoked Salmon & Jersey Royal Salad 13.5

with blanched asparagus, ribboned cucumber, crème fraîche, dill & wholegrain mustard dressing.

Add:

Organic Avocado 3

Free-range Poached Egg 1.5

Orange Roasted Carrots & British Quinoa Tabbouleh 10.5

with broad bean hummus, fresh herbs & roasted orange dressing.

Add:

Chicken 3.5

Organic Avocado 3

Roasted Portobello Mushroom 2

Sweet Treats

Banana Bread French Toast 10

with berries, Chantilly cream, berry puree & crumble.

Lemon & Poppyseed Pancakes 11

with mascarpone, blueberry compote, lemon syrup & British nuts.



***Please ask our team about allergens**

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

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

GREENSPEARES

Bowls (Ve, GF).

Blueberry & Lemon Smoothie Bowl 10
topped with British berries & golden granola.

Add:

Homemade Almond Butter 2.5

Superfood Porridge 9
Topped with golden granola, forced Yorkshire rhubarb, British berries & orange syrup.

Add:

Homemade Almond Butter 2.5

Moringa Overnights Oats 5.5
with coconut yoghurt, desiccated coconut, goji berries & cacao nibs.

Raspberry & Coconut Overnight Oats 5.5
with mulberries & chia seeds.

Lemon & Poppyseed Overnight Oats 5.5
with CBD, blueberries & chopped almonds.

Deli Specials

Daily Fresh Sandwiches on Homemade Challah
Meat / Vegetarian / Vegan

Homemade Vegan Soup 7
Served with toast & butter.

Frittata 7
Served with a green side salad.

SCAN ME



Thank you for supporting our Naturehood!
We'd love to know how you enjoyed your dining experience with us.
Scan the QR code above and scroll to Reviews under images,
where you can add your pictures or feedback.

