

# BRUNCH MENU

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

## Smashed Avocado on Toast 10.5

Organic avocado mixed with coriander, lime & chilli, served with beetroot pesto, flaxseed cracker, beetroot chips, hemp seed dukkah and a lemon & chia seed dressing.

(Ve, DF,) Gluten (GF option), Nuts, Sesame, Sulphites

## Mushrooms on Toast 10

Truffled and pickled wild mushrooms, sprout leaves and mushroom ketchup.

(Ve, DF, NF) Gluten, Mustard, Sulphites

## Eggs or Tofu on Toast

Our eggs are entirely free range, from Cackleberry Farm in the Cotswolds.

Served on toast with Baharat spice and butter (dairy/vegan).

### Scrambled Eggs 7.5

Dairy

### Poached Eggs 7

Sulphites

### Scrambled Tofu (Ve) 7.5

Mustard, Soya

## Eggs & Hollandaise

Poached eggs served on toast with a spent coffee & cashew hollandaise, topped with hazelnut dukkah & pea shoots.

(DF) Gluten (GF option), Nuts, Sesame, Sulphites, Fish (Royale), Eggs (Benedict/Royale/Florentine), Soya (Tofu)

### Benedict (ham) 10.5

### Royale (salmon) 11.5

### Eggs Florentine (sprout tops, spinach) 10

### Tofu Florentine (Ve) 11

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## ADD - ONS

Free-range Poached Egg 1.5 (sulphites)

Scrambled Eggs 3.5 (dairy)

Organic Avocado 3

Smoked Salmon 5

Homemade Gluten-Free Toast 1

Homemade Tomato Ketchup 1

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.



### **Shakshuka 10.50**

Eggs baked in a spiced tomato sauce, topped with smoked labneh and dukkah.  
Served with sliced toast.

(V) Eggs, Dairy, Mustard, Nuts, Sesame, Sulphites

### **Greenspeares' Full English 11**

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

(NF) Eggs, Dairy, Gluten (GF option), Sesame, Sulphites

+ ADD

Potato Pave 2 (Ve) Soya

Homemade Gluten-free Toast 1

Roasted Tomatoes 2

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 with toast and pea shoots.

\*Ve option with scrambled tofu

(V, NF) Eggs, Dairy, Gluten (GF option), Sesame, Soya, Sulphites

+ ADD

Homemade Gluten-free Toast 1

### **Vegan Matcha Pancakes 11.5**

Matcha buckwheat pancakes with lemon curd, Italian meringue, matcha Chantilly  
cream, oat crumble, caramelised lemon, miso tuille & blood orange syrup.

(Ve, DF, GF) Soya, Nuts

SCAN ME



Thank you for supporting our Naturehood!

We'd love to know how you enjoyed your brunch experience with us.

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