

Spier's



At Spier's, our hearty and healthy breakfasts, salads, bagels and stews are renowned.

We don't believe in dietary requirements as a side consideration. Our fresh and hearty options cater for a broad range of teams and customers. We have highlighted our Gluten, Dairy and Nut Free options, plus food for Vegetarian and Vegan preferences.

Order deadlines are stated. We will always attempt to accommodate last minute requests. Prices exclude VAT.

Call: 07491211162 Email: hello@spierssalads.com



**100% eco-friendly
or biodegradable
packaging**



**Hot or cold food
delivery**



**80% of menu
naturally gluten
free or with gluten
free option**



**Zero waste to
landfill winner
2020**



**Full ingredients,
dietaries and
allergens lists
provided**



**Transparent and
secure hygiene
process**

BAKERY

- Croissant (VG, NF. Allergens: Gluten, Dairy) 1.95
- Pain au chocolat (VG, NF. Allergens: Dairy, Gluten) 1.95

BREAKFAST POTS

- Croyo pot - granola, coconut yoghurt and a fresh berry compote (Vegan, VG, GF, DF. Allergens: Nuts) 4
- Gluten free granola fruit pot - homemade granola pot with fresh cut fruit and a choice of dairy or dairy-free yoghurt (VG, GF, NF. Allergen: Dairy) 4
- Fresh cut fruit pot - the best seasonal fruits. Typically includes: pineapple, melon, dragon fruit, kiwi, grapes and strawberries (Vegan, VG, GF, DF, NF) 4

BREAKFAST FRITTATAS - Baked fresh, our grab-and-go frittatas are best served cold to allow flavours to develop.

- Crispy pancetta and caramelised onion (GF, NF. Allergens: Egg, Dairy) 4
- Morning vegetable frittata. Start your day with vibrant Mediterranean vegetables and golden baked egg (VG, GF, NF. Allergens: Egg, Dairy) 4

SIGNATURE BIRCHER POTS

- Berry bircher. Gluten and dairy free
Homemade triple berry bircher with coconut flakes and banana topping. (Vegan, VG, GF, DF. Allergens: Nuts. Option of NF) 3.50
- Chocolate caramel bircher
Chef's special chocolate and caramel bircher with coconut flakes and banana topping (VG, GF. Allergens: Dairy, Nuts. Option of DF and NF) 3
- Coffee gluten free bircher
Kickstarter bircher soaked in fresh Social Espresso coffee with banana and coconut flake topping. Choose dairy or non-dairy milk (VG, GF. Allergen: Nuts. Option of NF) 3

HOT BREAKFAST

BAPS - brioche or GF with your choice of brown, ketchup or any of Spier's bespoke sauces. Single item bacon, sausage or egg baps also available.

- Hot sausage and egg bap (DF, NF. Allergens: Gluten, Egg) 4.5
- Hot bacon and egg bap (DF, NF. Allergens: Gluten, Egg) 4.5
- Avocado, tomato and Spier's salsa verde bap (Vegan, VG, DF and NF. Allergens: Gluten, Mustard) 4.5
- Chef's special loaded bap. Bacon, egg and spinach (DF, NF. Allergens: Gluten, Egg) 5.5

FULL ENGLISH AND SHAKSHUKAS

- Full English - bacon, sausage, egg, mushrooms, beans, hash browns (DF, NF, Allergens: Gluten, Egg) 8
- Veggie English - vegan sausages, mushrooms, eggs, beans, hash browns (Veggie, DF, NF, Allergens: Gluten, Egg) 8
- Shakshuka (veggie, DF, NF, GF. Allergens: none) 6
- Vegan shakshuka (vegan, DF, NF, GF. Allergens: none) 6

SNACKS

We make our bespoke food in-house. The following snacks have proved so successful that we are listing them permanently, However please also get in touch if what you are after is not yet featured.

HOMEMADE SAUSAGE ROLLS

Crisp pork and apple

Our chefs have perfected this chunky pork and caramelised red onion sausage roll. With a golden bake and seasoned filling, it makes for a good anytime pick-me-up

(NF. Allergens: Egg, Gluten, Mustard)

3.50

Glamorgan veggie sausage

Chunky and crisp, the Glamorgan veggie sausage roll mixes lentils with cheese, leeks and seasoning to make a satisfying puff pastry treat

(VG, NF. Allergens: Gluten, Dairy, Egg)

3.50

Mushroom, goats cheese and spinach

Sauteed mushrooms and spinach mix with refreshing goats cheese to create an incredibly moreish puff roll.

(VG, NF. Allergens: Gluten, Dairy, Egg)

3.50

SWEET TREATS

Gluten free chocolate flapjack

Sell-out gluten free chocolate flapjack. Gluten free oats rolled in golden syrup, coconut oil, pumpkin and sunflower seeds, dried fruit and topped with milk chocolate (VG, GF, NF. Allergens: Dairy, Sulphates)

3.5

All-natural energy balls

Popular gluten free energy ball mixes gluten free oats with melted peanut butter, coconut, cranberries and seeds to provide a well-earned boost (Vegan, VG, DF, GF. Allergens: Nuts, Peanuts)

3

Chocolate chunk cookie

Freshly-baked chocolate chunk cookie. Crunchy on the outside, vanilla and chocolate in the middle (VG, NF. Allergens:

Dairy, Eggs, Gluten)

3.5

Soft chocolate brownie

Individually wrapped nut-free chocolate brownie. Chocolate, butter, eggs and Flour, pure and simple (VG, NF. Allergens:

Gluten, Dairy, Eggs)

3.5



BAGELS

We bake all of our bagels and artisan bread. The fresh fillings are also made-to-order so adaptations can be made to individuals' preferences. All the fillings can also be made into wraps, plus gluten free bread is available.

Smoked salmon, roasted beets and cream cheese 6.5

Smoked salmon, roasted beetroot, soft cheese, cucumber, dill and chives in a fresh bagel

(NF. Allergens: Fish, Milk, Gluten)

Spicy grilled chicken and tomato 6.5

Chicken grilled in our bespoke spice rub, fresh spinach, tomato, red onion and mayonnaise

(NF. Allergens: Milk, Egg, Gluten)

Perfected gammon and cheddar 6.5

Our kitchen's own seasoned gammon is complemented by generous slices of cheddar and accompanied by pickled onion and lettuce

(NF. Allergens: Milk, Gluten)

Avocado, hummus and salsa verde 6.5

Avocado packed with hummus, cherry tomatoes, Spier's salsa verde and crisp lettuce

(Vegan, VG, DF, NF. Allergens: Gluten, Mustard, Sesame)

Crisp corn fritter and roasted Mediterranean vegetable 6.5

Roasted Mediterranean vegetables, vegan crisp corn fritter, hummus and fresh leaves

(Vegan, VG, NF, DF. Allergens: Gluten, Sesame)



BESPOKE SALAD BOXES

Create a bespoke box from up to three of our salads, add a meat or vegan topping and an additional dressing

9.5

Chickpea power salad

Seasoned chickpeas and griddled courgette, marinated in lightly-toasted cumin. Dressed in a delicious tangy feta, red onion, parsley and lemon dressing

(VG, GF, NF. Allergens: Dairy)

+ A TOPPING

Fresh grilled chicken skewer. Marinated in our homemade rub (GF) OR

+ ADDITIONAL DRESSING

Mild Moroccan beetroot (VG, GF, NF. Allergen: Dairy)

Broccoli Quinoa

Vibrant Broccoli, mixed quinoa, roasted almonds, mustard, lemon, fresh parsley

(Vegan, VG, GF, DF and NF)

Sweet pearl barley

Fibre-rich pearl barley with crunchy peppers and cucumber. Mixed with complementary raisins, chopped parsley and poppy seeds

(Vegan, VG, DF and NF. Allergen: Gluten, Sulphates)

Friday Potato

Paprika roast new potatoes, Garlic, Pickled red onion, Parsley

(Vegan, VG, NF, GF, DF)

Griddled crispy corn vegan fritter. Wrapped in fresh herbs and gram flour (NF, DF, (Vegan, VG, GF, NF and DF)

Go-to Greek

Our greek salad mixes crisp cucumber, tomatoes and red onion with fresh feta, mint, black olives and lemon

(VG, GF and NF. Allergen: Dairy)

The best chilli salsa (Vegan, VG, GF, DF, NF)

Signature Middle Eastern slaw

Spier's most popular salad. Crisp red and hispi cabbage with grated carrots and our custom tahini, lemongrass ginger dressing

(Vegan, VG, GF, NF and DF. Allergen: Sesame)

Our salads (page 1)

As well as boxed we provide platters which serve 4 people as a as main meal or 8 as a side – £30

We will rotate the combinations to include any of the below salads you fancy – or you can leave us to create the perfect boxes balancing colour, textures, flavours and dietaries.

We can also provide the following in place of the chicken skewer/vegan fritter:

- Baked salmon Lamb kofta
- Beef and chorizo skewer

'Slaw-esque salads

- Spiers 'slaw, tahini lemongrass and ginger dressing, carrots, hispi and red cabbage Vegan,GF,DF,NF Allergen:Sesame
- Traditional 'slaw, red and hispi cabbage, carrots, red onion, parsley, English mustard and yoghurt dressing Veggie,GF,NF Allergens:Dairy,Mustard
- Celeriac rémoulade, red cabbage, green apple, wholegrain mustard, citrus, parsley, yoghurt Veggie,GF,NF Allergens:Dairy,Mustard,Celery
- Beetroot and parsnips, mixed seeds, chives, spinach, red wine vinegar dressing Vegan,GF,DF,NF Allergen : Sulphite

- Beetroot, beansprout, spring onion, dill, coriander, citrus dressing Vegan,GF,DF,NF
- Brussels sprout, radicchio, radish, chilli, coriander, wholegrain mustard and red wine vinegar Vegan,GF,DF,NF Allergens: Mustard
- Beansprout and carrots, spring onion, coriander, dill, lemongrass, light soya sauce and sesame dressing Vegan,DF,NF Allergens: Sesame,Gluten,Soya
- Fennel, carrots, mangetout, sugar snaps, walnut and goat cheese with lemon dressing Veggie,GF Allergens: Dairy,Nuts
- Carrots, feta, pomegranate, sunflower and pumpkin seeds, coriander, red wine vinegar Veggie,GF,NF Allergens:Dairy, Sulphite
- Carrots, frisée, radish, cucumber, pumpkin seeds, ginger, lemongrass and poppy seeds Vegan,GF,DF,NF



Light veg-based salads

- Cauliflower, fine beans, black olives, sweetcorn, cranberry, dill, basil, citrus Vegan,GF,DF,NF
- Greek salad with feta, black olives, tomato, cucumber, red onion, mint and lemon Veggie,GF,NF Allergens:Dairy
- Cucumber, colourful peppers, basil, spring onion, feta and roast garlic Veggie,GF,NF Allergens: Dairy
- Celery, grapefruit and radish with dill and sunflower seeds Vegan,DF,GF,NF Allergens: Celery



- Courgette, edamame, mint, spinach with citrus dressing Vegan,GF,DF,NF Allergens: Soya
- Broccoli, spinach, garden peas, feta, chives and citrus dressing Veggie,GF,NF Allergens:Dairy
- Aubergine, hispi cabbage, edamame, spring onion, soy, sesame, ginger and coriander Vegan,DF,NF Allergens: Sesame,Gluten,Soya

Hearty carb-based salads

- Basmati rice, sweet potato, cranberries, mixed herbs, poppy seeds, chilli, with a ginger dressing Vegan,GF,DF,NF
- New potato, sweetcorn, chilli, basil, chives, paprika, olive oil Vegan,GF,DF,NF
- Pearl barley, yellow and red peppers, cucumber, raisins, coriander, paprika, poppy seeds, balsamic and olive oil dressing Vegan,DF,NF Allergens:Gluten
- Split pea, red onion, tomato, cucumber, mint, pomegranate and sun dried tomato Vegan,GF,DF,NF
- Roast new potatoes, fine beans, sun dried tomato, Provençal olives, balsamic Vegan,GF,DF,NF
- Pearl barley, yellow and red peppers, cucumber, raisins, coriander, paprika, poppy seeds, balsamic and olive oil dressing Vegan,DF,NF Allergens:Gluten
- New potato, rocket, chives, parsley, peanut, red wine vinegar, dill, coriander Vegan,GF,DF Allergens:Nuts
- New potatoes, fine beans, sun dried tomato, Provençal olives, balsamic Vegan,GF,DF,NF Allergen Sulphite

Light grain, pulse and legume based salads

- Israeli pearl couscous, courgette, red pepper, radish, parsley, pomegranate, raisins, sweet paprika and cumin Vegan,DF,NF Allergen: Gluten
- Mixed quinoa, beetroot, pumpkin and sunflower seeds, mixed herbs, spinach and citrus dressing Vegan,GF,DF,NF
- Quinoa, edamame, red cabbage, fresh coriander, spring onion, carrots and lemon dressing Vegan,GF,DF,NF Allergens: Soya
- Sweet potato, fine beans, garden peas, spinach, sunflower and pumpkin seeds, cranberry, red wine vinegar Vegan,GF,DF,NF Allergen sulphite
- Chickpeas and courgette, feta, red onion, parsley, cumin and citrus dressing Veggie,GF,NF Allergens:Dairy
- Paprika new potatoes, caramelised red onion, chives, garlic with a red wine vinegar based dressing Vegan,GF,DF,NF Allergen : Sulphite
- Sweet potato, edamame, mixed pea (garden, mangetout and sugarsnap) in mint and lemon dressing Vegan,GF,DF,NF Allergens: Soya
- Mixed quinoa, broccoli, chives, almonds, Dijon mustard, spring onion Vegan,GF,DF,NF Allergens:Mustard
- Bulgur wheat tabbouleh, vine tomato, pomegranate, parsley, pumpkin seeds, olive oil Vegan,DF,NF Allergens:Gluten

- Beans, sweetcorn, herbs, rocket, chilli, balsamic, spring onion Vegan,GF,DF,NF Allergen : Sulphite

Richer salads

- Roast aubergine, cherry vine tomato, sweetcorn, parsley, rosemary, garlic and sun dried tomato and balsamic dressing Vegan,GF,DF,NF Allergens: Sulphite
- Ratatouille with aubergine, fennel, red pepper, courgette, basil, sun dried tomato, sweet paprika, olive oil and garlic Vegan,GF,DF,NF
- Roast aubergine, garden peas, red pepper, mushroom, spinach, garlic, citrus dressing Vegan,GF,DF,NF



MEATY AND VEGAN OPTION FOR EACH

Beef and ale pie - carrots, mushroom, onion, garlic, bay, thyme, rosemary with a crispy pie lid with creamy mashed potato (Gluten)

Vegan ale pie - mushroom, onion, garlic, bay, thyme, rosemary with a crispy pie lid with creamy mashed potato (Gluten)

Beef chilli - tomato, onion, garlic, chilli, paprika, sweet potato, peppers, beans, rosemary with rice and nacho (No allergens)

Vegan chilli - tomato, onion, garlic, chilli, paprika, sweet potato, peppers, beans, rosemary with rice and nacho (No allergens)

Thai green chicken curry - aubergine, courgette, coconut onion ginger, garlic, chilli, lime galangal, lime leaves, coriander with sticky rice, green beans (No allergens)

Thai green vegan curry - aubergine, courgette, new potato, onion, coconut, ginger, garlic, chilli, lime galangal, lime leaves, coriander with sticky rice and green beans (No allergens)

Order deadline: 48 hours

Sausage cassoulet - beans, tomato, garlic, paprika, peppers, sweet potato, onion, fresh herbs with new potatoes (Gluten)

French bean stew - beans, tomato, garlic, paprika, peppers, sweet potato, onion, fresh herbs with new potatoes (No allergens)



Coconut chicken curry - sweet potato, sweetcorn, onion, garlic, ginger, chilli, lemon, coriander with basmati rice (No allergens)

Sweet potato split pea curry- sweet potato, sweetcorn, onion, garlic, ginger, chilli, lemon, coriander with basmati rice (No allergens)

Coq au vin- chicken, mushroom, carrot, onion, new potato, garlic with new potato and kale (No allergens)

Vegan 'Coq au Vin' - porcini mushroom, carrot, onion, new potato, garlic with new potato and kale (No allergens)

Chicken korma - sweet potato, peppers, onion, garlic, ginger, chilli, almonds, cream, coconut milk with jasmine rice and poppadom (Nuts, Dairy)

Sweet potato and chickpea korma - sweet potato, peppers, onion, garlic, ginger, chilli, almonds, cream, coconut milk with jasmine rice and poppadom (Nuts)

Beef bourguignon - carrots, mushroom, onion, garlic, bay, thyme, rosemary with creamy mashed potato (No allergens)

Mushroom bourguignon - carrots, mushroom, onion, garlic, bay, thyme, rosemary with creamy mashed potato (No allergens)

Chicken porcini pie - creamy chicken and mushroom, onion, garlic, double cream, fresh herbs with crispy pie lid with new potato roasties and red cabbage (Dairy, Gluten)

Mushroom and leek pie - onion, garlic, fresh herbs crispy pie lid with new potato roasties and red cabbage (Gluten)



ADDITIONAL TOPPINGS AND DRESSINGS

Fresh grilled chicken skewer	
Marinated in our chefs' paprika, lemon, chilli and garlic rub (NF, DF, GF)	1.65
Griddled crispy corn vegan fritter	
Sweetcorn, carrot, fine red onion and fresh herbs wrapped in gram flour (Vegan, VG, GF, NF and DF)	1.65
Mild Moroccan beetroot dressing	
A gentle blend of beetroot, mint and yoghurt (VG, GF, NF. Allergens: Dairy)	0.5
Spier's salsa verde	
Fresh herbs, red wine vinegar, Dijon mustard and seasoning make for a bright vibrant dressing (Vegan, VG, GF, DF, NF. Allergen: Mustard)	0.5
The best chilli salsa	
A perfect mix of chilli and seasoning. Hot but tasty (Vegan, VG, GF, DF, NF)	0.5

SPECIALITY ADD-ONS

Spier's is a scratch kitchen, making everything it can fresh in-house. We regularly supply proteins and toppings that are not listed on the core menu. These are often in-demand at pop ups, events and for all-day catering.

Popular add ons are:

Grilled salmon (GF, DF, NF. Allergen: Fish)	3
Lamb koftas (DF, GF, NF)	2.5
Tofu toppers (Vegan, VG, DF, GF, NF. Allergen: Soya)	2
Chicken and chorizo skewers (DF, GF, NF)	2.5

Price per portion and each topping come with minimum order number of 10. Don't hesitate to contact us with your queries.

Order deadline: 36 hours

JUICES | BOTTLES | CANS

The Carrot Mix. Fresh Juice
Kickstart your body into action with warming carrot and orange juice in a fresh juice, boosted with turmeric and ginger 2.5

The Green Mix. Fresh Juice
Using fresh apple, ginger, cucumber and baby spinach, the green juice is not only delicious but leaves you feeling fresh. 2.5

San Pellegrino Sparkling Water 1.2

Glaceau Still Water 1.2

San Pellegrino Limonata 1.3

San Pellegrino Aranciata 1.3

San Pellegrino Pompelmo 1.3

Diet Coke 1.2

Coke 1.2