

BREAKFAST AND BRUNCH

Rise and shine!

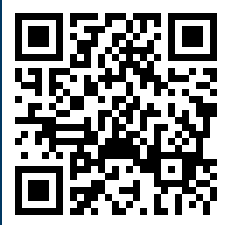
Served until 11:30am

All butter croissant V 478 kcal	4.25
Served with butter and jam.	
Vegan blueberry croissant VE 393 kcal	4.95
Iced cinnamon bun V 548 kcal	4.95
Banana, Biscoff and chocolate filled croissant V 576 kcal	5.95
Ham and cheese croissant 518 kcal	5.95
Cheese and sun-dried tomato croissant V 606 kcal	5.95
Cheese twist V 411 kcal	4.95
Fruit salad V 60 kcal	6.50
Ask for Fruit salad made gluten free GF or vegan VE 60 kcal	
Yoghurt, granola, strawberries and strawberry compote V 469 kcal	5.95
Ask for Strawberry granola made gluten free GF 446 kcal	
Ask for Strawberry granola made vegan VE 452 kcal	
Toffee and banana muffin V 484 kcal	3.95
Triple chocolate muffin V 476 kcal	3.95
Ask for Triple chocolate muffin made gluten free GF 360 kcal	

V - No meat or fish | GF - Ask for gluten free | VE - Ask for vegan

Please note that some of our meat/fish dishes may contain bones.

Adults need around 2000 kcal a day.



IMPORTANT ALLERGEN INFORMATION

Use the QR code to access important allergy information and to select suitable items for your specific food allergy or intolerance.

It is your responsibility to ensure that items are suitable based on the information provided on the portal. Menu descriptions may not include all ingredients

VITALÉ PLATTERS AND SHARERS

*Designed to bring people together
Perfect for two to share*

Vitale Platter 1808 kcal **23.95**

A Mediterranean platter of balsamic onions, Serrano ham, chorizo, martini olives, sun-dried tomatoes, grilled artichokes, mozzarella and pesto, red pepper tapenade and garlic flatbread.
Ask for Vitale platter made gluten free GF 1424 kcal (served without flatbread, but with garlic crouton)

Vitale Vegetarian Platter V 1910 kcal **23.95**

A Mediterranean platter of balsamic onions, stuffed vine leaves, martini olives, sun-dried tomatoes, grilled artichokes, mozzarella and pesto, red pepper tapenade and garlic flatbread.
Ask for Vitale platter made vegan VE 1689 kcal (served without mozzarella and pesto, but with vegan feta and olive oil)

VITALÉ CREATIONS

Vibrant and flavourful

Buddha bowl V 526 kcal **13.95**

Freshly prepared with rocket, carrot and beetroot string, tomato, cucumber and avocado, grilled broccoli and chilli salad, spring onion, radish, watercress with sesame seeds, lemon and roast garlic dressing and hummus.
Ask for Buddha bowl made gluten free GF or vegan VE 526 kcal

SNACKS

*Little nibbles
A selection of snack bowls for
2.50 or 3 for 6.95*

- Black pepper wafers V** 126 kcal
Ask for black pepper wafers made gluten free GF 126 kcal
- Thai crackers V** 114 kcal
- Mini chilli rice cakes V** 175 kcal
Ask for mini chilli rice cakes made vegan VE 175 kcal

SALADS

Light, wholesome and nutritious

- Caesar** 1247 kcal **12.50**
Shredded lettuce tossed with bacon, croutons and shaved hard cheese drizzled with a creamy Caesar dressing.
- Mixed salad V** 214 kcal **10.95**
Shredded lettuce, peppers, beetroot and carrot, diced tomatoes, cucumber and onion with a French vinaigrette dressing.
Ask for Mixed salad made VE 214 kcal

VITALÉ SIGNATURE DISH

*A celebration of flavour
Served with a mixed salad and your choice of side dish.*

Florentine fish cake 645 kcal **12.95**
Ask for Florentine fish cake made gluten free GF 645 kcal

FOLDED FOCACCIAS AND WRAPS

Flavourful and satisfying
Choose from focaccias or flatbread wraps, served warm with mixed salad.
Served on a Mediterranean tapenade base unless stated otherwise

Moroccan chicken, chargrilled pepper and spinach <i>Focaccia 499 kcal Wrap 396 kcal</i> <i>Ask for Moroccan chicken made gluten free GF 370 kcal</i> <i>(served as gluten free bread)</i>	11.50
Tomato, mozzarella and spinach V <i>Focaccia 629 kcal Wrap 451 kcal</i> <i>Ask for Tomato, mozzarella and spinach made gluten free GF 425 kcal</i> <i>(served as gluten free bread)</i>	11.50
Grilled vegetable V <i>Focaccia 447 kcal Wrap 323 kcal</i> <i>Ask for Grilled vegetable made vegan VE 323 kcal</i> <i>(served as wrap only)</i>	10.95
Bacon and brie <i>Focaccia 623 kcal Wrap 512 kcal</i> <i>Served on a cranberry base.</i>	11.50

PASTA

A taste of Italy in every bite
Pasta dishes are served with mixed salad

Oven-baked ricotta and spinach cannelloni V 588 kcal	13.50
Oven-baked beef lasagne 482 kcal	13.50

SIDES

<i>Perfect partners for any dish</i>	
Garlic focaccia V 997 kcal <i>Served with olive oil and balsamic vinegar dip.</i> <i>Ask for Garlic focaccia made vegan VE 997 kcal</i>	5.95
Garlic focaccia and hummus V 831 kcal	5.50
Roasted garlic and rosemary new potatoes V 692 kcal <i>Ask for Roasted garlic and rosemary new potatoes made gluten free GF or vegan VE 692 kcal</i>	4.50
Stuffed vine leaves V 151 kcal <i>Ask for Stuffed vine leaves made vegan VE 151 kcal</i>	4.25
Baba ganoush with flatbread V 694 kcal	3.95
Olives V 111 kcal <i>Ask for Olives made gluten free GF or vegan VE 111 kcal</i>	4.25

CAKES

Treat yourself to something sweet

Red velvet cake V 502 kcal	6.50
Victoria sponge V 689 kcal	6.50
Carrot cake V 558 kcal	6.50
Glazed lemon tart V 448 kcal	5.95
Scone, jam and clotted cream V 700 kcal <i>Ask to be made gluten free GF 608 kcal</i> <i>Ask to be made vegan VE 522 kcal</i>	5.95

TEA-TIME TREAT

A perfect pick-me-up
Available between 3pm-6pm
Enjoy one of our cakes along with a tea or coffee of your choice.

Add some sparkle to your tea-time treat with a glass of prosecco 5.50

AFTERNOON TEA

A timeless tradition, made for sharing

24.00 per person (minimum of 2 people)

Includes a drink from our hot drink or soft drink selection.

Add some sparkle to your afternoon tea with a glass of prosecco 5.50

AFTERNOON TEA

1744 kcal

Sandwich selection

Salmon and dill brioche roll

Chicken salad

Tickler Cheddar and tomato V

Savoury

*Whipped goats cheese and
chive choux bun V*

Sweet

Honeybee cake

Mini cherry and chocolate dessert V

*Caramel, chocolate and coffee
layered opera cake*

Scone, jam, and clotted cream V

VEGETARIAN AFTERNOON TEA

1905 kcal

Sandwich selection

Egg mayonnaise V

Coronation chickpea V

Tickler Cheddar and tomato V

Savoury

*Whipped goats cheese
and chive choux bun V*

Sweet

Mini cherry and chocolate dessert V

Eton mess finger V

Scone, jam, and clotted cream V

GLUTEN FREE AFTERNOON TEA

1900 kcal

Sandwich selection

Egg mayonnaise V GF

Chicken salad GF

Tickler Cheddar and tomato V GF

Savoury

Mini goats cheese and Cheddar tart V GF

Sweet

Scone, jam and clotted cream V GF

Eton mess finger V GF

Apple tart V GF

VEGAN AFTERNOON TEA

1300 kcal

Sandwich selection

Vegan 'egg' mayonnaise VE

Grated vegan cheese and tomato VE

Coronation chickpea VE

Savoury

*Red pepper tapenade and grilled artichoke
crostini VE*

Sweet

Scone, jam and whipped cream VE

Eton mess finger VE

Apple tart VE

