Chocolate and hazelnut filled croissant V 390 kcal 4.95 Freshly prepared with baby kale, carrot and beetroot string, Blueberry filled vegan croissant V 398 kcal 4.95 avocado, grilled broccoli and chilli salad, spring onion, radish, 5.95 watercress with lemon and roast garlic dressing and houmous. 5.95

4.75

13.50

13.50

11.50

11.50

11.50

5.95

4.75

3.95

4.25

4.25

5.95

5.95

4.25

4.25

4.25

Please let your server know if you're ordering from our gluten free or vegan menus.

Ham and cheese croissant 528 kcal Cheese and fire roasted tomato croissant V 445 kcal Cheese twist V 438 kcal Fruit salad V 117 kcal Yoghurt, granola, strawberries and strawberry compote V 440 kcal Raspberry and white chocolate pastry V 416 kcal Mixed berry vegan muffin V 382 kcal

Please ask your server for today's choices.

Vegan chocolate muffin V 404 kcal Gluten free chocolate muffin V 375 kcal PASTAS 10.95

Tomato and basil 231 kcal

PASTA CHOICE:

Gnocchi 397 kcal

Garganelli V 363 kcal

Tagliatelle **V** 268 kcal Gluten Free 477 kcal

BREAKFAST

All butter croissant V 488 kcal

Pasta dishes are served with a salad of your choice from the salad selection **PASTA SAUCES:** Spicy arrabbiata 270 kcal Bolognese 403 kcal

Mushroom and baby spinach V 336 kcal

Oven-baked beef lasagne 461 kcal Oven-baked ricotta and spinach cannelloni V 591 kcal **PANINIS** Served warm, our paninis are served with a salad of your choice from the salad selection

Moroccan chicken, chargrilled pepper and spinach panini GF* 722 kcal | GF 582 kcal On a harissa mayonnaise base. Tomato, mozzarella and spinach panini V GF* 796 kcal | GF 655 kcal On a green pesto base. Bacon and brie panini GF* 900 kcal | GF 759 kcal

On a cranberry and spinach base with bloody Mary relish.

VITALÉ VEGETARIAN

PLATTER v

22.95 Perfect for two to share

Jalapeño red pepper houmous

and vegetable crisps V 500 kcal

in a zingy Asian dressing.

Eastern mint dressing.

With toasted pine kernels.

complement your meal Feta cheese and pesto V 387 kcal Fire-roasted tomatoes V 113 kcal Houmous V 150 kcal Olives V 127 kcal Stuffed vine leaves V | 15 | kcal

Includes all items below or select individually to

Rosemary and garlic focaccia V 708 kcal Served with olive oil and balsamic vinegar dip. SALAD SELECTION Caesar 518 kcal Shredded lettuce tossed with bacon, croutons and shaved hard cheese drizzled with a creamy Caesar dressing. Mixed salad V 145 kcal Shredded lettuce, peppers, beetroot and carrot, diced tomatoes, cucumber and onion with a roasted garlic and lemon dressing. Asian 79 kcal 4.25

Crunchy sliced vegetables topped with sesame seeds,

Kidney beans, chick peas, sweetcorn, cherry tomatoes, celery and roast butternut squash with a Middle

Chargrilled broccoli and cauliflower V 142 kcal

Middle Eastern mixed bean V 125 kcal

TEA-TIME TREAT 7.25 per person Available between 3pm-6pm Each enjoy one of our speciality cakes or desserts along with a tea or coffee of your choice. Upgrade to a glass of bubbles for 5.50

(V) No meat or fish (VE) Vegan (VE*) Vegan Available (GF*) Gluten Free Available

6.50 VITALÉ PLATTER 22.95 Perfect for two to share 5.95 Includes all items below or select individually to 4.95 complement your meal 3.95 Feta cheese and pesto V 387 kcal 3.95 Fire-roasted tomatoes V 113 kcal 3.95 Prosciutto wrapped melon 191 kcal Houmous V 150 kcal

12.50

13.50

5.95

4.75

5.95

3.95

4.25

4.25

5.95

VITALÉ SPECIAL

Sautéed wild mushrooms, sage butter sauce.

Pumpkin Tortellini V 1012 kcal

Buddha bowl V 422 kcal

Olives V 127 kcal

Stuffed vine leaves V 151 kcal Rosemary and garlic focaccia V 708 kcal Served with olive oil and balsamic vinegar dip. SNACK SELECTION A selection of 3 snack bowls for 6.95

Choose from: Chilli Corn Crackers V 130 kcal Black Pepper Crackers V 126 kcal BBQ Crunch Crackers V 169 kcal

chicken salad 93 kcal Served alongside a sweet selection, including: Carrot cake V 151 kcal chocolate and orange torte V 238 kcal fruit tartlet V 120 kcal macarons V 51 kcal

AFTERNOON TEA*

Includes any drink from our hot drink

Selection of sandwiches including:

Smoked salmon and cucumber 161 kcal

or soft drink selection.

CAKES

egg mayonnaise V 158 kcal

24.00 per person. (Minimum of 2 people)

and scone, jam and clotted cream **V** 700 kcal Why not add a glass of Prosecco to your Afternoon Tea for an additional 5.50 * Please note that Afternoon Tea is not included in the lunch package for Spa Days or Spa Breaks.

Please ask your server for today's choices.

Red velvet cake **V** 368 kcal

Carrot cake 424 kcal

Victoria sponge V GF* 556 kcal

Chocolate brownie **V** 309 kcal

Chocolate fudge cake V VE* 858 kcal

Caramel and ginger slice V 650 kcal 5.95 Lemon drizzle slice **V** 192 kcal 6.95 Lemon meringue slice 385 kcal 5.95 Lemon and white chocolate tulip muffin **V** 326 kcal 3.95 Toffee and banana muffin **V** 484 kcal 3.95 Triple chocolate muffin **V** 487 kcal 3.95

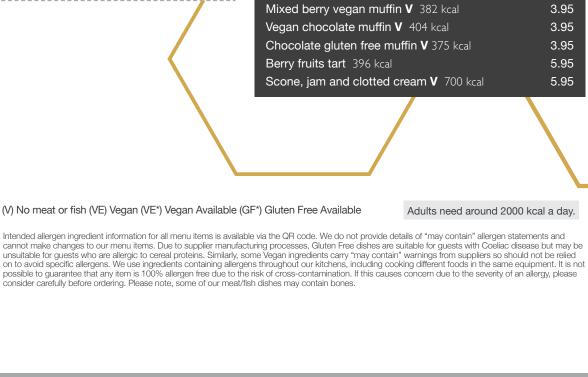
5.95

5.95

5.95

5.95

5.95





Bottle **59.95**

Bottle 28.95

Bottle 28.95

RED WINE Los Gansos Pinot Noir - Chile 175ml 6.95 | 250ml 8.95 | Bottle 26.95 Light and fruity with fine tannins combining with sweet fruits to create a rich texture. Coastal Reserve Merlot - Spain

A Merlot from Spain where the summer heat beautifully ripens the

Notes of luscious blackberry, cherry and plum, complemented by subtle hints of violet and sweet spice on the silky-smooth palate.

grapes cultivating rich juicy plum and red fruit flavours.

A smooth fruity wine with aromas of peppers, dark berries

175ml 6.95 | 250ml 8.95 | Bottle 26.95

175ml 6.25 | 250ml 8.25 | Bottle 23.95

175ml 7.50 | 250ml 9.95 | Bottle 28.95

Boomerang Bay Shiraz - Australia

7 Fires Malbec - Argentina

Il Cortigiano Prosecco - Italy Bottle 20cl 12.50 Vibrant pale prosecco with light citrus flavours and a hint of peach. Italia Prosecco Rosé - Italy

Fine persistent soft fizz surrounds a fruit spectrum of apple,

Ample and delicate with initial notes of berries.

Fresh and delicately fruity with red berry and floral aromas. A lively palate with ripe strawberry notes and a clean, refreshing finish.

Pommery Champagne - France

Bellino Prosecco - Italy

pear and a hint of peach.

WHITE WINE

Canyon Road Pinot Grigio - USA 175ml 6.25 | 250ml 8.25 | Bottle 23.95

for a crisp clean finish. Boomerang Bay Chardonnay - Australia 175ml 7.50 | 250ml 9.95 | Bottle 28.95 Carefully crafted to retain all the fresh flavours of citrus and tropical fruits, balanced by crisp acidity and delightful lingering finish.

Medium bodied with flavours of apple and pear with hints of floral

Honu Sauvignon Blanc - New Zealand 175ml 7.95 | 250ml 10.50 | Bottle 30.95 Fresh, crisp and zesty with aromas of citrus and passionfruit combined with flavours of lime and gooseberry.

ROSÉ WINE

Canyon Road White Zinfandel - USA 175ml 6.25 | 250ml 8.25 | Bottle 23.95 Glorious pink in the glass with a fruity bouquet. This wine reveals the flavours of strawberry and watermelon.

Ca'Del Lago Pinot Grigio Rose - Italy 175ml 7.50 | 250ml 9.95 | Bottle 28.95 Notes of cherry and strawberry backed by floral notes of violets and roses with a rounded finish.

If a particular wine or year is not available, we reserve the right to offer you the nearest alternative. Wines on this menu have an alcohol content of between 9% and 15%. For further ABV information please ask at the bar. Wines by the glass are also available as a 125ml measure, please ask at the bar. You must be over 18 years old to purchase or consume alcoholic beverages. Proof of age may be required, and we only accept a valid photocard Driving Licence, Passport, Military ID or Prove-It card with a pass logo hologram. No other ID's will be accepted, and we reserve the right to refuse service. Please drink responsibly.

COCKTAILS

Bellini prosecco

With peach purée

Gin garden

Aperol spritz

Vitalé royale

Sangria jug for two

Pimm's and lemonade

MOCKTAILS

Chambord and prosecco.

10.95 World famous classic from Cuba. A refreshing blend of Bacardi Superior Rum, mint, lime and sugar syrup. Raspberry mojito 10.95 A thirst quenching blend of Bacardi Superior Rum, mint, lime, sugar syrup and raspberries.

A blend of gin, prosecco and elderflower liqueur

A twist on the classic French cocktail using

Great to share, this classic combination of red wine, brandy,

orange juice, lemonade and fresh fruit is a firm favourite.

A classic refreshing drink served over ice with fresh fruit,

Apple and mint smash (non-alcoholic) 169 kcal

Apple juice, mint, lime and sugar syrup topped with lemonade.

A refreshing blend of Aperol, prosecco, soda and fresh

served over ice with cucumber.

NON / LOW ALCOHOLIC WINE

and spice.

Freixenet 0.0% Cava Blanco - Spain Bottle 20cl 6.75 Pale in colour with persistent bubbles, giving tropical and citrus notes.

Rawsons Retreat Semillon Chardonnay 0.5% - Australia 175ml 5.25 | 250ml 6.75 | Bottle 17.95 This low alcohol Semillon Chardonnay is delightfully refreshing, sourced from vineyards in South Eastern Australia. Rawsons Retreat Cabernet Sauvignon 0.5% - Australia 175ml 5.25 | 250ml 6.75 | Bottle 17.95 This low alcohol Cabernet Sauvignon is luscious and smooth.

TEAS AND COFFEE

3.75

3.95

3.95

4.25

4.25

4.95

6.95

6.95

single | 7 kcal **2.50**

double 17 kcal 3.50

Americano 17 kcal | add milk 34 kcal

Espresso

Cappuccino 94 kcal

Hot chocolate 371 kcal

Double choc mallow 469 kcal

with cream, marshmallows and Flake.

available - please ask your server.

*not included in hot drink package options.

*not included in hot drink package options.

Decaffeinated coffee and dairy free milk for tea and coffee

Latte 120 kcal

Mocha 133 kcal

Liqueur coffee

Choose from:

Choose from:

Baileys coffee 390 kcal

Calypso coffee 342 kcal

Liqueur hot chocolate

Baileys chocolate 449 kcal Calypso chocolate 409 kcal

Irish coffee 358 kcal

Traditional teas 3.50 Espresso martini 10.95 Everyday Brew 0 kcal | add milk 34 kcal A blend of vodka shaken with coffee liqueur, ice Earl Grey 0 kcal | add milk 34 kcal finished with coffee beans. Decaffeinated 0 kcal | add milk 34 kcal Passionfruit martini 10.95 Herbal infusion tea 0 kcal 3.50 Vanilla vodka shaken with passionfruit and served Green Tea | Super Fruit | Honeybush and Rooibos with a shot of prosecco and fresh passionfruit. Peppermint | Chamomile

2 for 17.95

8.95

10.95

10.95

10.95

15.95

8.50

BOTTLED BEER AND CIDE	R
Peroni 5.0% ABV	330ml 6.25
Coors 4.0% ABV	330ml 6.25
Corona 4.5% ABV	330ml 6.25
Estrella Daura Damm Gluten Free 5.4% ABV	330ml 6.25
Rekorderlig Mango Raspberry 4.0% ABV	500ml 6.95
Rekorderlig Passionfruit 4.0% ABV	500ml 6.95
Westons Stowford Press 4.5% ABV	500ml 6.95
Staropramen 0.0% 0.0% ABV	330ml 4.50
GLUTEN FREE ME	NU
TEA-TIME TREAT 7.25 per person Available between 3pm-6pm	E Pi
Each enjoy one of our speciality cakes or dess	
along with a tea or coffee of your choice.	st
Upgrade to a glass of bubbles for 5.50	G

Amaretto chocolate 398 kcal SOFT DRINKS Fresh orange juice |4| kcal 3.50 Fruit juice 4.25 Orange 204 kcal | Apple 186 kcal Elderflower pressé 3.95 Raspberry lemonade 3.95 Organic lemonade 3.95 Sparkling or still water 330ml 3.00 750ml 5.00 330ml 3.95 Pepsi/Pepsi Max/7Up

egg mayonnaise V GF 302 kcal chicken salad GF 196 kcal Served alongside a sweet selection, including: Gluten free Victoria sponge V GF 532 kcal macarons V GF 102 kcal

fresh strawberries GF II kcal

Why not add a glass of

Prosecco to your Afternoon

Tea for an additional 5.50

and gluten free scone, jam and clotted cream GF 583 kcal

GLUTEN FREE

or soft drink selection.

AFTERNOON TEA*

Includes any drink from our hot drink

Selection of sandwiches including:

24.00 per person. (Minimum of 2 people)

Smoked salmon and cucumber GF 200 kcal

CAKES Please ask your server for today's choices. Gluten free Victoria sponge V GF 532 kcal 5.95 Gluten free carrot cake V GF 447 kcal 5.95 Gluten free chocolate brownie V GF 422 kcal 5.95 Gluten free lemon drizzle slice V GF 192 kcal 6.95

* Please note that Afternoon Tea is not included in the lunch package for Spa Days or Spa Breaks.

Moroccan chicken, chargrilled pepper and spinach panini GF 582 kcal On a harissa mayonnaise base. Tomato, mozzarella and spinach V GF 655 kcal On a green pesto base. Bacon and brie panini GF 759 kcal On a cranberry and spinach base with a bloody Mary relish. Grilled vegetable V GF 369 kcal Mediterranean vegetables and houmous.

SALAD SELECTION

Caesar GF 501 kcal

lemon dressing. Asian GF 79 kcal

Mixed salad V GF 145 kcal

Chargrilled broccoli and cauliflower **V** GF/VE 142 kcal With toasted pine kernels. Adults need around 2000 kcal a day. (V) No meat or fish

PASTAS 10.95 from the salad selection PASTA SAUCES: Spicy arrabbiata VE 212 kcal Tomato and basil VE 173 kcal PASTA CHOICE:

Yoghurt, granola, strawberries

Mediterranean vegetables and houmous. SALAD SELECTION Mixed salad VE 145 kcal

A selection of 3 snack bowls for 6.95

Chilli Corn Crackers VE 130 kcal BBQ Crunch Crackers VE 169 kcal

and houmous.

Choose from:

Shredded lettuce, peppers, beetroot and carrot, diced tomatoes, cucumber and onion with a roasted garlic and lemon dressing. Chargrilled broccoli and cauliflower VE 142 kcal With toasted pine kernels.

Peach & Jasmine Soda 5 kcal 3.95 served with ice and lemon Please remember to let your server know if you're ordering from our Gluten Free dishes.

Gluten free lemon meringue slice GF 385 kcal 5.95 Chocolate gluten free muffin **V** GF 375 kcal 3.95 Gluten free scone, jam and clotted cream V GF 583 kcal 5.95

Pasta dishes are served with a salad of your choice

Mushroom and baby spinach V GF 336 kcal Tomato and basil V* GF 231 kcal | VE 173 kcal **PASTA CHOICE:** Gluten Free V GF/VE 477 kcal GLUTEN FREE SANDWICHES Served warm, our gluten free sandwiches are served with a salad of your choice from the salad selection

Spicy arrabiatta V GF 270 kcal | VE 212 kcal

PASTA 10.95

PASTA SAUCES:

from the salad selection

Bolognese GF 403 kcal

Crunchy sliced vegetables topped with sesame seeds, in a zingy Asian dressing. Middle Eastern mixed bean V GF 125 kcal Kidney beans, chick peas, sweetcom, cherry tomatoes, celery and roast butternut squash with a Middle Eastern mint dressing.

Shredded lettuce tossed with bacon, croutons and shaved hard cheese drizzled with a creamy Caesar dressing.

Shredded lettuce, peppers, beetroot and carrot, diced tomatoes, cucumber and onion with a roasted garlic and

4.25

VEGAN MENU BREAKFAST Please ask your server for today's choices. Blueberry filled croissant VE 398 kcal Fruit salad VE 117 kcal

Gnocchi VE 397 kcal Gluten Free VE 477 kcal **PANINIS** Served warm with a salad of your choice

> 4.25 4.25

BREAKFAST Please ask your server for today's choices. Fruit salad VE GF/VE 117 kcal 6.50 Yoghurt, granola, strawberries and strawberry compote V GF 440 kcal 5.95 Gluten free chocolate muffin GF 375 kcal 3.95 VITALÉ SPECIAL Pumpkin Tortellini V GF 1012 kcal 12.50 Sautéed wild mushrooms, sage butter sauce.

13.50

5.95

4.75

5.95

3.95

4.25

4.25

5.95

4.75

3.95

4.25

4.25

Buddha bowl V GF/VE 564 kcal

22.95 Perfect for two to share

Baba ghanoush V GF 337 kcal

Grilled vegetables V GF 63 kcal

FREE PLATTER 22.95 Perfect for two to share

complement your meal

Feta cheese and pesto V GF 387 kcal

Fire-roasted tomatoes V GF I 13 kcal

Prosciutto wrapped melon GF 191 kcal

complement your meal

Olives V GF 127 kcal

and baba ghanoush.

Freshly prepared with baby kale, carrot and beetroot string,

VITALÉ GLUTEN FREE PLATTER

avocado, grilled broccoli and chilli salad, spring onion,

radish, watercress with lemon and roast garlic dressing

Includes all items below or select individually to

VITALÉ VEGETARIAN GLUTEN

Includes all items below or select individually to

Olives V GF/VE 127 kcal Grilled vegetables V GF/VE 63 kcal

Choose from:

Feta cheese and pesto V GF 387 kcal

Baba ghanoush V GF/VE 337 kcal

Fire-roasted tomatoes V GF/VE 113 kcal

11.50 11.50 11.50 10.95

SNACK SELECTION

Chilli Corn Crackers V GF 130 kcal

Black Pepper Crackers V GF 126 kcal

A selection of 3 snack bowls for 6.95

4.25 4.25 4.25

VITALÉ VEGAN PLATTER 22.95 Includes all items below or select individually to 4.95 complement your meal 6.50 Vegan feta cheese and pesto VE 435 kcal Fire-roasted tomatoes VE II3 kcal 5.95 Houmous VE 150 kcal Olives VE 127 kcal Stuffed vine leaves VE 151 kcal

> Jalapeño red pepper houmous and vegetable crisps VE 500 kcal

CAKES

5.95

4.75

3.95

4.25

4.25

5.95

5.95

5.95

5.95

3.95

3.95

Please remember to let your server know if you're ordering from our Vegan dishes.
Please do not rely on VE status to avoid specific allergens*

Please ask your server for today's choices. Vegan chocolate fudge cake VE 528 kcal Vegan carrot cake VE 438 kcal Mixed berry vegan muffin VE 362 kcal Chocolate vegan muffin VE 404 kcal

Includes any drink from our hot drink

Rosemary and garlic focaccia VE 708 kcal

Served with olive oil and balsamic vinegar dip.

or soft drink selection. Selection of sandwiches including: Vegan smoked Applewood, tomato with apple and ale chutney sandwiches VE 186 kcal sweet potato falafel and salad sandwich VE 530 kcal Served alongside a sweet selection, including:

lunch package for Spa Days or Spa Breaks. **TEA-TIME TREAT 7.25 per person** Available between 3pm-6pm

and strawberry compote VE 440 kcal Mixed berry muffin VE 362 kcal 3.95 Vegan chocolate muffin VE 404 kcal 3.95 Pasta dishes are served with a salad of your choice

from the salad selection Grilled vegetable panini V VE 510 kcal 10.95

VITALÉ SPECIAL Buddha bowl VE 422 kcal 13.50 Freshly prepared with baby kale, carrot and beetroot string, avocado, grilled broccoli and chilli salad, spring onion, radish, watercress with lemon and roast garlic dressing SNACK SELECTION

VEGAN AFTERNOON TEA* 24.00 per person. (Minimum of 2 people)

Red velvet cake VE 282 kcal mocha cake VE 296 kcal and fresh strawberries VE II kcal Why not add a glass of Prosecco to your Afternoon Tea for an additional 5.50 * Please note that Afternoon Tea is not included in the

Each enjoy one of our speciality cakes or desserts along with a tea or coffee of your choice. Upgrade to a glass of bubbles for 5.50 Adults need around 2000 kcal a day. (V) No meat or fish