

Guests enjoying our Spa Days and Experiences with lunch or dinner included are invited to choose from the menu below. Each meal includes your choice of a glass of sparkling prosecco, non-alcoholic prosecco, a hot drink, or a soft drink from our menu.

Vitalé Platters and Sharers

Designed to bring people together.
(Perfect for two to share)

Vitalé Platter 1808 kcal

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 Vitalé platter made gluten free GF 1424 kcal (served without flatbread, but with garlic crouton)

Vitalé Vegetarian Platter V 1910 kcal

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 Vitalé platter made vegan VE 1689 kcal (served without mozzarella and pesto, but with vegan feta and olive oil)

Sharing Camembert V 1793 kcal

Freshly baked Camembert served with grilled garlic focaccia, roasted garlic and rosemary new potatoes, grilled broccoli and cherry tomatoes.

Vitalé Creations

Vibrant and flavourful

Buddha bowl V 526 kcal

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

Burrata Mediterranean salad V 724 kcal

Burrata cheese and a freshly prepared cucumber, tomato, red onion and spinach salad. Served with garlic focaccia, pesto, balsamic dressing, olives and toasted pumpkin seeds.

Vitalé Signature Dishes *A celebration of flavour*

Served with a mixed salad and your choice of side dish.

Florentine fish cake 645 kcal

Ask for Florentine fish cake made gluten free GF 645 kcal

Tomato, goats cheese and basil tart V 513 kcal

Sweet potato and red pepper frittata V 390 kcal

Pasta *A taste of Italy in every bite*

Pasta dishes are served with mixed salad.

Tagliatelle Bolognese 668 kcal

Ask for Pasta Bolognese made gluten free GF 901 kcal (served as gluten free pasta)

Mushroom and baby spinach gnocchi V 731 kcal

Ask for Mushroom and baby spinach made gluten free GF 834 kcal (served as gluten free pasta)

Oven-baked ricotta and spinach cannelloni V 588 kcal

Oven-baked beef lasagne 482 kcal

Pumpkin tortellini with wild mushroom and sage butter sauce V 1010 kcal

Tomato and basil garganelli V 594 kcal

Ask for Tomato and basil made gluten free GF 673 kcal (served as gluten free pasta)
Ask for Tomato and basil made vegan VE 570 kcal (served as gnocchi)

Feeling hungry?

Treat yourself by adding one of our delicious sides or desserts to your experience!

Sides

Perfect partners for any dish

Garlic focaccia V 997 kcal

Served with olive oil and balsamic vinegar dip.
Ask for Garlic focaccia made vegan VE 997 kcal

Garlic focaccia and hummus V 831 kcal

5.95

Roasted garlic and rosemary

new potatoes V 692 kcal
Ask for Roasted garlic and rosemary new potatoes made gluten free GF or vegan VE 692 kcal

4.50

Stuffed vine leaves V 151 kcal

Ask for Stuffed vine leaves made vegan VE 151 kcal

4.25

Baba ganoush with flatbread V 694 kcal

3.95

Olives V 111 kcal

Ask for Olives made gluten free GF or vegan VE 111 kcal

4.25

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 Focaccia 499 kcal | Wrap 396 kcal
Ask for Moroccan chicken made gluten free GF 370 kcal (served as gluten free bread)

Tomato, mozzarella

and spinach V Focaccia 629 kcal | Wrap 451 kcal
Ask for Tomato, mozzarella and spinach made gluten free GF 425 kcal (served as gluten free bread)

Grilled vegetable V

Focaccia 447 kcal | Wrap 323 kcal
Ask for Grilled vegetable made vegan VE 323 kcal (served as wrap only)

Bacon and brie

Focaccia 623 kcal | Wrap 512 kcal

Served on a cranberry base.

Cakes and Desserts

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

Ask to be made gluten free GF 608 kcal

5.95

Ask to be made vegan VE 522 kcal

Mango and passionfruit dome 399 kcal

Vanilla mousse with a mango centre, passionfruit glaze on a shortbread base.

8.50

Raspberry glazed cheesecake 350 kcal

Baked raspberry cheesecake with a raspberry crumble and white chocolate.

8.50

Chocolate acorn 617 kcal

Rich chocolate mousse served with a chocolate crumble.

8.50

Salads *Light, wholesome and nutritious*

Choose a salad base from the selection below and then add a topping of your choice.

Caesar 1247 kcal

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

Mixed salad V 214 kcal

Shredded lettuce, peppers, beetroot and carrot, diced tomatoes, cucumber and onion with a French vinegar dressing.

Ask for Mixed salad made VE 214 kcal

Toppings (served warm)

Marinated prawns with olive oil, garlic and fresh herbs 249 kcal

Grilled lemon and garlic marinated chicken breast 195 kcal