

VITALÉ

CAFÉ BAR

GLUTEN FREE & VEGAN

MENU

*As Center Parcs is now cashless, we know it might be a little harder to leave a tip when dining with us.
We now add a discretionary 7.5% tip to your bill, which is only shared by the waiting, bar, and kitchen teams.
If you'd prefer not to tip, just let us know and we'll remove the amount without any hassle.*

VEGAN MENU

Main menu served from 12 noon.

Please advise your server when ordering from our gluten free or vegan menu. Please do not rely on gluten free or vegan status to avoid specific allergens. Always check the portal for full allergen information.

Served until 11.30am

BREAKFAST

Blueberry filled croissant VE 398 kcal	4.95
Fruit salad VE 117 kcal	6.50
Yoghurt, granola, strawberries and strawberry compote VE 440 kcal	5.95
Mixed berry muffin VE 362 kcal	3.95
Vegan chocolate muffin VE 404 kcal	3.95

BRUNCH

Tomato and avocado on sourdough toast VE 459 kcal	9.50
Grilled tomatoes and smashed avocado on toasted sourdough, topped with toasted pumpkin seeds and finished with cool tomato salsa and olive oil.	

PASTAS 11.95

Pasta dishes are served with a side salad of your choice from the **salad selection**.

PASTA SAUCES:	PASTA CHOICE:
Spicy arrabbiata VE 212 kcal	Gnocchi VE 397 kcal
Tomato and basil VE 173 kcal	Gluten Free VE 477 kcal

PANINIS

Served warm with a side salad of your choice from the **salad selection**.

Grilled vegetable panini VE 510 kcal	10.95
Mediterranean vegetables and hummus.	

SALAD SELECTION

Mixed salad	Side 4.25
Side VE 145 kcal / Main VE 298 kcal	Main 10.95
Shredded lettuce, peppers, beetroot and carrot, diced tomatoes, cucumber and onion with a roasted garlic and lemon dressing.	
Chargrilled broccoli and cauliflower	Side 4.25
Side VE 142 kcal / Main VE 242 kcal	Main 10.95
With toasted pine kernels.	

CAKES & DESSERTS

Vegan carrot cake VE 466 kcal	5.95
Vegan ginger loaf cake VE 462 kcal	5.95

TEA-TIME TREAT

7.95 Available between 3pm-6pm

Enjoy one of our speciality cakes or desserts along with a tea or coffee of your choice.

Why not add a glass of prosecco to your tea-time treat for for 5.50

SIDES

Rosemary and garlic focaccia VE 708 kcal	5.95
Served with olive oil and balsamic vinegar dip.	
Sliced focaccia garlic bread VE 638 kcal	5.50
Roasted garlic and rosemary new potatoes VE 657 kcal	4.50
Jalapeño red pepper hummus and vegetable crisps VE 500 kcal	5.95
Hummus and vegetable crisps VE 522 kcal	5.95
Vegan feta cheese and pesto VE 435 kcal	5.95
Fire-roasted tomatoes VE 113 kcal	4.75
Stuffed vine leaves VE 151 kcal	4.25
Grilled vegetables VE 63 kcal	4.25
Olives VE 127 kcal	4.25

VITALE PLATTER 22.95

Served for two to share.

Vitalé vegan platter VE 2184 kcal
A Mediterranean platter of olives, hummus, vegan feta cheese and pesto, fire-roasted tomatoes, Jalapeño and red pepper hummus with vegetable crisps, stuffed vine leaves and rosemary and garlic focaccia, served with olive oil and balsamic vinegar dip.

VITALÉ SPECIAL

Buddha bowl VE 507 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 and hummus.	

SNACK SELECTION

A selection of 3 snack bowls for 6.95

Choose from:

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

VEGAN AFTERNOON TEA

24.00 per person. (Minimum of 2 people)
Includes a drink from our hot drink 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:

Red velvet cake VE 282 kcal
Mocha cake VE 296 kcal
Fresh strawberries VE 11 kcal

Why not add a glass of prosecco to your Afternoon Tea for an additional 5.50

Adults need around 2000 kcal a day.

GLUTEN FREE MENU

Main menu served from 12 noon.

Please advise your server when ordering from our gluten free or vegan menu. Please do not rely on gluten free or vegan status to avoid specific allergens. Always check the portal for full allergen information.

Served until 11.30am

BREAKFAST

Fruit salad V GF 117 kcal	6.50
Yoghurt, granola, strawberries and strawberry compote V GF 440 kcal	5.95
Gluten free chocolate muffin V GF 375 kcal	3.95

BRUNCH

Bacon, avocado and poached egg on gluten free toast GF 612 kcal 10.95
Grilled back bacon, smashed avocado and a poached egg on toasted gluten free bread. Finished with cool tomato salsa and olive oil.

Tomato and avocado on gluten free toast **V** GF 499 kcal 9.50
Grilled tomatoes and smashed avocado on toasted gluten free bread, topped with toasted pumpkin seeds and finished with cool tomato salsa and olive oil.

Poached eggs, pesto and ricotta on gluten free toast **V** GF 576 kcal 10.95
Light ricotta cheese, nut-free pesto, two free-range poached eggs and chilli flakes on toasted gluten free bread.

Free range scrambled eggs on gluten free toast **V** GF 633 kcal 7.95
Toasted gluten free bread served with free range scrambled eggs.

Smoked salmon & free-range scrambled eggs on gluten free toast GF 732 kcal 12.95
Toasted gluten free bread served with smoked salmon and free-range scrambled eggs.

VITALÉ SPECIAL

Buddha bowl **V** GF 564 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 and baba ghanoush.

VITALÉ PLATTERS

Served for two to share.

Vitalé gluten free platter GF 1218 kcal 22.95
A Mediterranean platter of olives, feta cheese and pesto, fire-roasted tomatoes, prosciutto wrapped melon, baba ghanoush, and grilled vegetables.

Vitalé gluten free vegetarian platter **V** GF 1027 kcal 22.95
A Mediterranean platter of olives, feta cheese and pesto, fire-roasted tomatoes, baba ghanoush and grilled vegetables.

PASTA 11.95

Our gluten free pasta with your choice of sauce, served with a side salad from the **salad selection**.

PASTA SAUCES:

Spicy arrabiatta V GF 747 kcal
Bolognese GF 403 kcal
Mushroom and baby spinach V GF 336 kcal
Tomato and basil V GF 708 kcal

GLUTEN FREE SANDWICHES

Served warm, with a side salad of your choice from the **salad selection**.

Moroccan chicken, chargrilled pepper and spinach GF 582 kcal	11.50
On a harissa mayonnaise base.	
Tomato, mozzarella and spinach V GF 655 kcal	11.50
On a green pesto base.	
Bacon and brie GF 759 kcal	11.50
On a cranberry and spinach base with a bloody Mary relish.	
Grilled vegetable V GF 369 kcal	10.95
Mediterranean vegetables and baba ghanoush.	

SALAD SELECTION

Caesar Side 4.25
Side GF 501 kcal | Main GF 1204 kcal Main 11.95
Shredded lettuce tossed with bacon and shaved hard cheese drizzled with a creamy Caesar dressing.

Mixed salad **V** Side 4.25
Side GF 145 kcal | Main GF 298 kcal Main 10.95
Shredded lettuce, peppers, beetroot and carrot, diced tomatoes, cucumber and onion with a roasted garlic and lemon dressing.

Asian Side 4.25
Side GF 79 kcal | Main GF 159 kcal Main 10.95
Crunchy sliced vegetables topped with sesame seeds, in a zingy Asian dressing.

Middle Eastern mixed bean **V** Side 4.25
Side GF 125 kcal | Main GF 266 kcal Main 10.95
Kidney beans, chickpeas, sweetcorn, cherry tomatoes, celery and roast butternut squash with a Middle Eastern mint dressing.

Chargrilled broccoli and cauliflower **V** Side 4.25
Side GF 142 kcal | Main GF 242 kcal Main 10.95
With toasted pine kernels.

BUILD YOUR OWN SALAD

Choose your salad main base from the **salad selection** and then add your choice of topping.

Grilled lemon and garlic marinated chicken breast 186 kcal	4.00
Marinated grilled torn halloumi V 339 kcal	4.95
Smoked salmon 242 kcal	4.95

SIDES

Buttered parsley new potatoes V GF 299 kcal	4.40
Roasted garlic and rosemary new potatoes V GF 657 kcal	4.50
Feta cheese and pesto V GF 387 kcal	5.95
Fire-roasted tomatoes V GF 113 kcal	4.75
Prosciutto wrapped melon GF 191 kcal	5.95
Baba ghanoush V GF 337 kcal	3.95
Grilled vegetables V GF 63 kcal	4.25
Olives V GF 127 kcal	4.25

SNACK SELECTION

A selection of 3 snack bowls for 6.95

Choose from:

Chilli Corn Crackers **V** GF 130 kcal

Black Pepper Crackers **V** GF 126 kcal

CAKES & DESSERTS

Caramelised biscuit cake V GF 606 kcal	5.95
Chocolate orange cake V GF 583 kcal	5.95
Ginger loaf cake V GF 462 kcal	5.95
Lemon meringue slice V GF 589 kcal	5.95
Gluten free scone, jam and clotted cream V GF 608 kcal	5.95

GLUTEN FREE AFTERNOON TEA

24.00 per person.

(Minimum of 2 people)

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

Selection of sandwiches including:

Smoked salmon and cucumber GF 200 kcal

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 11 kcal

Gluten free scone, jam and clotted cream GF 583 kcal

Why not add a glass of prosecco to your Afternoon Tea for an additional 5.50

TEA-TIME TREAT

7.95 Available between 3pm-6pm

Enjoy one of our speciality cakes or desserts along with a tea or coffee of your choice.

Why not add a glass of prosecco to your tea-time treat for 5.50

(V) No meat or fish Adults need around 2000 kcal a day.

Use the QR code to select dishes suitable for your specific food allergy or intolerance.



It is your responsibility to ensure that they are suitable based on the information provided. Please also consider the information below.

We use ingredients containing allergens in all our eateries. Whilst every care is taken when preparing dishes for guests with food allergies or intolerances to the 14 main allergens, it is not possible to guarantee that any product is 100% free from any allergen. Intended allergen ingredient and may contain information, from our suppliers, is available on our portal for all dishes on our menu. We recommend you check the portal on day of dining. All cooking oils are included in the overall allergy declaration for each dish. However, we use fryers to cook multiple dishes containing allergens, therefore dishes cooked in the fryers may not be suitable for guests with food allergies or intolerances. Please refer to the Allergen Portal for information regarding products cooked in fryers.

All Gluten Free dishes are suitable for guests with Coeliac disease but may not be suitable for guest who are allergic to cereal proteins. Similarly, some vegan and vegetarian ingredients carry 'may contain' warnings so should not be relied on to avoid specific allergens, please check the portal. If you have made us aware of an allergy or intolerance, the dishes specifically prepared for you will be identified with a flag.

Please note that some of our meat/fish dishes may contain bones and menu descriptions may not include all ingredients.