



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 <i>VE 398 kcal</i>	4.95
Fruit salad <i>VE 117 kcal</i>	6.50
Yoghurt, granola, strawberries and strawberry compote <i>VE 440 kcal</i>	5.95
Mixed berry muffin <i>VE 362 kcal</i>	3.95
Vegan chocolate muffin <i>VE 404 kcal</i>	3.95

## PANINIS

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

Grilled vegetable panini <b>V</b> <i>VE 510 kcal</i> Mediterranean vegetables and hummus.	10.95
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## SALAD SELECTION

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

## CAKES & DESSERTS

Vegan carrot cake <i>VE 466 kcal</i>	5.95
Vegan ginger loaf cake <i>VE 462 kcal</i>	5.95

## 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

## SIDES

Rosemary and garlic focaccia <i>VE 708 kcal</i> Served with olive oil and balsamic vinegar dip.	5.95
Jalapeño red pepper hummus and vegetable crisps <i>VE 500 kcal</i>	5.95
Hummus and vegetable crisps <i>VE 522 kcal</i>	5.95
Vegan feta cheese and pesto <i>VE 435 kcal</i>	5.95
Fire-roasted tomatoes <i>VE 113 kcal</i>	4.75
Stuffed vine leaves <i>VE 151 kcal</i>	4.25
Olives <i>VE 127 kcal</i>	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 <i>VE 422 kcal</i>	13.50
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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 houmous.

## 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*

## 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

# 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 <b>V</b> GF 117 kcal	6.50
Yoghurt, granola, strawberries and strawberry compote <b>V</b> GF 440 kcal	5.95
Gluten free chocolate muffin GF 375 kcal	3.95

## 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 On a harissa mayonnaise base.	11.50
Tomato, mozzarella and spinach <b>V</b> GF 655 kcal On a green pesto base.	11.50
Bacon and brie GF 759 kcal On a cranberry and spinach base with a bloody Mary relish.	11.50
Grilled vegetable <b>V</b> GF 369 kcal Mediterranean vegetables and baba ghanoush.	10.95

## SALAD SELECTION

<b>Caesar</b> Side GF 501 kcal Shredded lettuce tossed with bacon, croutons and shaved hard cheese drizzled with a creamy Caesar dressing.	4.25
<b>Mixed salad <b>V</b></b> Side GF 145 kcal Shredded lettuce, peppers, beetroot and carrot, diced tomatoes, cucumber and onion with a roasted garlic and lemon dressing.	4.25
<b>Asian</b> Side GF 79 kcal Crunchy sliced vegetables topped with sesame seeds, in a zingy Asian dressing.	4.25
<b>Middle Eastern mixed bean <b>V</b></b> Side GF 125 kcal Kidney beans, chickpeas, sweetcorn, cherry tomatoes, celery and roast butternut squash with a Middle Eastern mint dressing.	4.25
<b>Chargrilled broccoli and cauliflower <b>V</b></b> Side GF 142 kcal With toasted pine kernels.	4.25

## SIDES

Feta cheese and pesto <b>V</b> GF 387 kcal	5.95
Fire-roasted tomatoes <b>V</b> GF 113 kcal	4.75
Prosciutto wrapped melon GF 191 kcal	5.95
Baba ghanoush <b>V</b> GF 337 kcal	3.95
Grilled vegetables <b>V</b> GF 63 kcal	4.25
Olives <b>V</b> GF 127 kcal	4.25

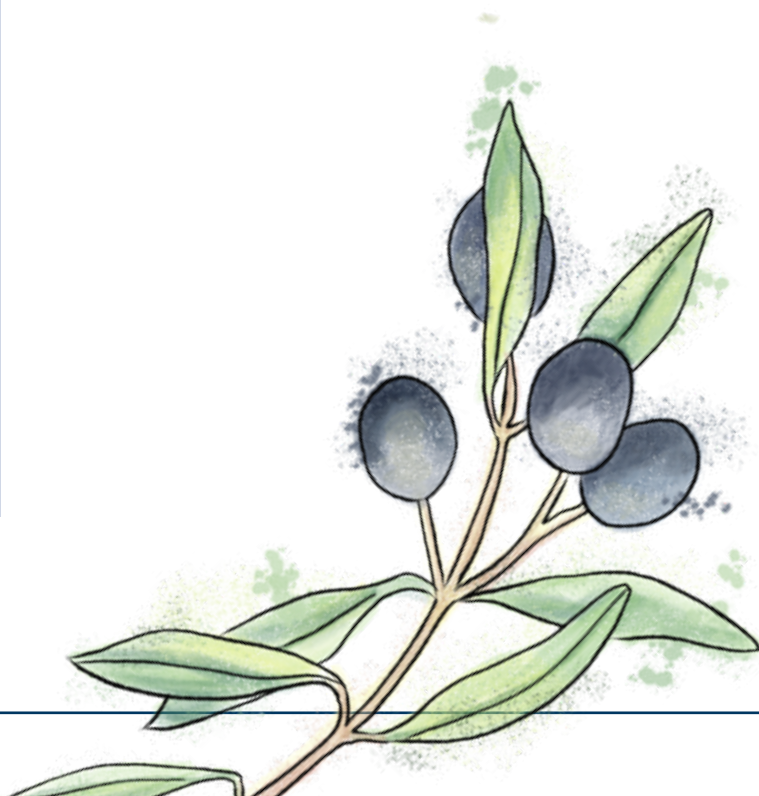
## VITALÉ PLATTERS

Served for two to share.

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

## VITALÉ SPECIAL

<b>Buddha bowl <b>V</b></b> 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.	



## 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*

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

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## 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

## 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*

## 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 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.*