

# Breakfast and Brunch

*Rise and shine! Served until 11:30am*

<b>All butter croissant V</b> 478 kcal Served with butter and jam.	<b>4.25</b>	<b>Fruit salad V</b> 60 kcal <i>Ask for Fruit salad made gluten free GF 60 kcal Ask for Fruit salad made vegan VE 60 kcal</i>	<b>6.50</b>
<b>Vegan blueberry croissant VE</b> 393 kcal	<b>4.95</b>	<b>Yoghurt, granola, strawberries and strawberry compote V</b> 469 kcal <i>Ask for Strawberry granola made gluten free GF 446 kcal (Served without compote) Ask for Strawberry granola made vegan VE 452 kcal</i>	<b>5.95</b>
<b>Iced cinnamon bun V</b> 548 kcal	<b>4.95</b>	<b>Toffee and banana muffin V</b> 484 kcal	<b>3.95</b>
<b>Banana, Biscoff and chocolate filled croissant V</b> 576 kcal	<b>5.95</b>	<b>Triple chocolate muffin V</b> 476 kcal <i>Ask for Triple chocolate muffin made gluten free GF 360 kcal</i>	<b>3.95</b>
<b>Overnight chia pudding with tropical fruits V</b> 274 kcal <i>Ask for Overnight chia pudding with tropical fruits made vegan VE 274 kcal</i>	<b>6.95</b>		
<b>Ham and cheese croissant</b> 518 kcal	<b>5.95</b>		
<b>Cheese and sun-dried tomato croissant V</b> 606 kcal	<b>5.95</b>		
<b>Cheese twist V</b> 411 kcal	<b>4.95</b>		

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<b>Bacon, avocado and poached egg on sourdough toast</b> 530 kcal Grilled back bacon, smashed avocado and a free-range poached egg on toasted sourdough, finished with cool tomato salsa and olive oil.	<b>11.50</b>
<b>Tomato and avocado on sourdough toast V</b> 382 kcal Grilled tomatoes and smashed avocado on toasted sourdough, topped with toasted pumpkin seeds and finished with cool tomato salsa and olive oil. <i>Ask for Tomato and avocado made vegan VE 406 kcal</i>	<b>9.95</b>
<b>Poached eggs, pesto and ricotta on sourdough toast V</b> 603 kcal Light ricotta cheese, nut-free pesto, two free-range poached eggs, and chilli flakes on toasted sourdough.	<b>10.95</b>
<b>Free-range scrambled eggs on sourdough toast V</b> 651 kcal Toasted sourdough served with free-range scrambled eggs. <i>Ask for Free-range scrambled eggs made gluten free GF 692 kcal</i>	<b>7.95</b>
<b>Smoked salmon and free-range scrambled eggs on sourdough toast</b> 756 kcal Toasted sourdough served with smoked salmon and free-range scrambled eggs. <i>Ask for Smoked salmon and scrambled eggs made gluten free GF 848 kcal</i>	<b>11.50</b>
<b>Baked eggs shakshuka with sourdough V</b> 461 kcal A rich, slow-cooked tomato sauce with onions, peppers, smoked paprika and cumin, oven baked with free-range eggs. <i>Ask for Baked eggs shakshuka made gluten free GF 623 kcal</i>	<b>11.50</b>

VITALÉ  
CAFÉ BAR

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 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 362 kcal (Served without lemon and garlic dressing)*

*Ask for Buddha bowl made vegan VE 526 kcal*

**Burrata Mediterranean salad V** 724 kcal **12.95**  
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.

## Salads *Light, wholesome and nutritious*

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

**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 vinegarette dressing.

*Ask for Mixed salad made VE 214 kcal*

### *Toppings (served warm)*

**Marinated prawns with olive oil, garlic and fresh herbs** 249 kcal **5.95**

**Grilled lemon and garlic marinated chicken breast** 195 kcal **4.00**

## Vitalé Platters and Sharers

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

**Vitale Platter** 886 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 685 kcal (served without flatbread, but with garlic crouton)*

**Vitale Vegetarian Platter V** 938 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 887 kcal (served without mozzarella and pesto, but with vegan feta and olive oil)*

**Sharing Camembert V** 1793 kcal **23.95**  
Freshly baked Camembert served with grilled garlic focaccia, roasted garlic and rosemary new potatoes, grilled broccoli and cherry tomatoes..

## 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** 129 kcal

**Mini chilli rice cakes V** 175 kcal  
*Ask for mini chilli rice cakes made vegan VE 175 kcal*

## Pasta *A taste of Italy in every bite*

**Pasta dishes are served with mixed salad.**

**Tagliatelle Bolognese** 668 kcal **13.50**  
*Ask for Pasta Bolognese made gluten free GF 901 kcal (served as gluten free pasta)*

**Mushroom and baby spinach gnocchi V** 731 kcal **12.95**  
*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 **13.50**

## 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** 11.50  
*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** 11.50  
*Focaccia 629 kcal | Wrap 451 kcal*

*Ask for Tomato, mozzarella and spinach made gluten free GF 425 kcal (served as gluten free bread)*

## Sides

*Perfect partners for any dish*

**Garlic focaccia V** 997 kcal **5.95**  
Served with olive oil and balsamic vinegar dip.

*Ask for Garlic focaccia made vegan VE 997 kcal*

**Garlic focaccia and hummus V** 831 kcal **5.50**

**Roasted garlic and rosemary new potatoes V** 692 kcal **4.50**

*Ask for Roasted garlic and rosemary new potatoes made gluten free GF 692 kcal*

*Ask for Roasted garlic and rosemary new potatoes made vegan VE 692 kcal*

**Stuffed vine leaves V** 151 kcal **4.25**

*Ask for Stuffed vine leaves made vegan VE 151 kcal*

**Baba ganoush with flatbread V** 694 kcal **3.95**

**Olives V** 111 kcal **4.25**

*Ask for Olives made gluten free GF 111 kcal*

*Ask for Olives made vegan VE 111 kcal*

## 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 **5.95**

*Ask to be made gluten free GF 608 kcal*

*Ask to be made vegan VE 522 kcal*

## Desserts

*Decadent and indulgent*

**Mango and passionfruit dome** 399 kcal **8.50**  
Vanilla mousse with a mango centre, passionfruit glaze on a shortbread base.

**Raspberry glazed cheesecake** 350 kcal **8.50**  
Baked raspberry cheesecake with a raspberry crumble and white chocolate.

**Chocolate acorn** 617 kcal **8.50**  
Rich chocolate mousse served with a chocolate crumble.

## Tea-Time Treat

**8.50**

*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 *800 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 V*

*Mini cherry and chocolate dessert V*

*Caramel, chocolate and coffee layered opera cake*

*Scone, jam, and clotted cream V*

## Gluten Free Afternoon Tea *812 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 *568 kcal*

**Sandwich selection**

*Vegan 'smoked salmon' and cucumber 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*