

## BREAKFAST AND BRUNCH

*Rise and shine!*

*Served until 11:30am*

|  |             |
|--|-------------|
| <b>All butter croissant V</b> 478 kcal<br><i>Served with butter and jam.</i>   | <b>4.25</b> |
| <b>Vegan blueberry croissant VE</b> 393 kcal   | <b>4.95</b> |
| <b>Iced cinnamon bun V</b> 548 kcal  | <b>4.95</b> |
| <b>Banana, Biscoff and chocolate filled croissant V</b> 576 kcal   | <b>5.95</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> |
| <b>Fruit salad V</b> 60 kcal<br><i>Ask for Fruit salad made gluten free GF 60 kcal</i><br><i>Ask for Fruit salad made vegan VE 60 kcal</i>   | <b>6.50</b> |
| <b>Yoghurt, granola, strawberries and strawberry compote V</b> 469 kcal<br><i>Ask for Strawberry granola made gluten free GF 446 kcal (Served without compote)</i><br><i>Ask for Strawberry granola made vegan VE 452 kcal</i> | <b>5.95</b> |
| <b>Toffee and banana muffin V</b> 484 kcal   | <b>3.95</b> |
| <b>Triple chocolate muffin V</b> 476 kcal<br><i>Ask for Triple chocolate muffin made gluten free GF 360 kcal</i>   | <b>3.95</b> |

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



# Food Menu

# 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)

# 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

# VITALÉ SIGNATURE DISH

*A celebration of flavour*

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

**Florentine fish cake** 645 kcal

**12.95**

Ask for Florentine fish cake made gluten free GF 645 kcal

# 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** 114 kcal

**Mini chilli rice cakes V** 175 kcal

Ask for mini chilli rice cakes made vegan VE 175 kcal

# SALADS

*Light, wholesome and nutritious*

**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

# 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)

**Grilled vegetable V** **10.95**

Focaccia 447 kcal | Wrap 323 kcal

Ask for Grilled vegetable made vegan VE 323 kcal (served as wrap only)

**Bacon and brie** **11.50**

Focaccia 623 kcal | Wrap 512 kcal

Served on a cranberry base.

# 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

# PASTA

*A taste of Italy in every bite*

*Pasta dishes are served with mixed salad*

**Oven-baked ricotta and  
spinach cannelloni V** 588 kcal **13.50**

**Oven-baked beef lasagne** 482 kcal **13.50**

# 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

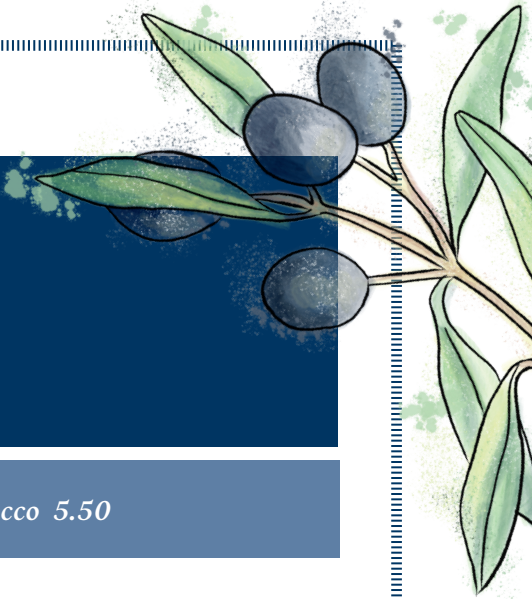
# TEA-TIME TREAT **8.50**

*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*

Adults need around 2000 kcal a day.