

main menu



bread & pastries

Take a look at the counter for today's selection of freshly baked pastries, croissants, savouries and muffins

breakfast

from £3.39

Choose from our new range of delicious fruit smoothies, granola yoghurt with red fruits, savoury croissants (cheese and ham or cheese and fire-roasted tomato), fresh fruit salad or baked eggs

Take a look at the counter for today's selection



light snacks & soup

Borlotti Bean & Spring Vegetable Soup ♻️ **£6.39**

Served with rosemary and garlic focaccia

Rosemary & Garlic Focaccia ♻️ **£3.39**

With olive oil and balsamic vinegar

Jalapeno & Red Pepper Houmous ♻️ **£3.59**

Served with sweet potato crisps with sea salt

vitalé platter

Perfect for two to share **£14.99**

Enjoy the flavours of the Mediterranean with our sharing platter which includes:

Rosemary and garlic focaccia with olive oil and balsamic vinegar ♻️

Prosciutto wrapped melon

Feta cheese with pesto ♻️

Fire-roasted tomatoes ♻️

Stuffed vine leaves ♻️

Olives ♻️

Houmous ♻️

Vegetarian option available ♻️ **£13.99**

Vitalé platter dishes are also available individually so you can create your own mezze feast

from £2.89

flatbreads

£8.29

Our flatbreads are perfect for a light lunch – they're cooked to order and served with a salad of your choice – *pick from the salad selection*

Chargrilled peppers & mozzarella ♻️

Bacon, avocado & brie with caramelised onion

Goat's cheese, chicken, avocado & fire-roasted tomato

Prosciutto, fire-roasted tomato & mozzarella

vitalé favourites

All our Vitalé favourites are served with a salad of your choice – *pick from the salad selection*

Smoked Haddock, Spring Onion & Cheese Fishcake **£8.69**

Flaked smoked haddock mixed with delicious spring onion and cheese

Mediterranean Stuffed Potato ♻️ **£7.69**

Fluffy, double-baked jacket potato filled with pesto, tomatoes, olives, basil, roasted garlic, feta cheese and olive oil

Stuffed Portobello Mushroom ♻️ **£7.69**

Roasted portobello mushroom filled with a rich tomato confit and topped with goat's cheese

Oven-Baked Frittata **£8.99**

Egg frittata filled with spinach, bacon and cheddar cheese, baked until golden

Vegetarian option is available ♻️ **£8.49**

Garlic & Rosemary Roast Chicken **£9.29**

Freshly roasted pieces of chicken seasoned with garlic and rosemary

Chargrilled Halloumi ♻️ **£8.29**

Chargrilled halloumi with fire-roasted tomatoes

Puttanesca Tartlet ♻️ (*Gluten-free*) **£8.29**

Crispy based Puttanesca tart with red peppers, tomatoes and black olives



panini & pasta

Our panini range is an array of Mediterranean flavours and textures. *Take a look at the counter for today's selection* from £8.29

All our pasta dishes are served with a salad of your choice – *pick from our salad selection*

Oven-Baked Beef Lasagne **£9.69**

Oven-Baked Ricotta & Spinach Cannelloni ♻️ **£9.69**

Fresh Pasta & Sauces from **£8.99**

We have a choice of freshly cooked pasta and sauces, including gluten-free pasta and vegetarian sauces

Take a look at the counter for today's selection

salads

£2.99

Asian

Crunchy sliced vegetables and beansprouts in a zingy Asian dressing

Caesar

Shaved parmesan cheese, bacon, croutons and lettuce with a creamy Caesar dressing

Chargrilled Broccoli & Cauliflower ♻️

With toasted pine kernels

Middle Eastern Mixed Bean ♻️

With Middle Eastern mint dressing

Mixed salad ♻️

With roasted garlic and lemon dressing

afternoon tea

for two

£10.99

Each enjoy one of our speciality cakes or desserts along with a tea or coffee of your choice

Available between 3pm-6pm

Upgrade to a glass of bubbles for £3.39

cakes & desserts

from £3.59

Take a look behind the counter for today's selection of cakes and desserts

Allergies We use allergens in our kitchen as part of the preparation of food. We also cook different foods in the same equipment. Please advise us of any allergies on every visit to our restaurants as our recipes are subject to change and we occasionally substitute products. Full allergen information from items on our menu is available upon request. Should you require more detailed information related to any 'may contain' or the cooking process, please discuss with your Server. To the best of our knowledge, the foods on our menus do not contain genetically modified soya or maize. Our aim is to provide first class service. In this restaurant gratuities are entirely at your discretion, all monies go direct to employees serving and preparing your food. Thank you.

♻️ No meat or fish. Some of our meat/fish may contain bones.

All quality wines on this list have an alcohol content of between 9% and 15% by volume.

All prices include VAT.



drinks menu



cocktails

£6.99 each or 2 for £11.99

Cosmopolitan

A super stylish blend of cranberries, limes, Smirnoff Lime and a dash of orange

Mojito

World-famous classic from Cuba – a refreshing blend of Bacardi Superior Rum, mint, lime and sugar syrup

Strawberry Daiquiri

A delectably smooth combination of Bacardi Superior Rum, strawberry and limes

Bellini

Prosecco with peach purée

Vitalé Royale

A twist on the classic French cocktail using Chambord and Prosecco

English Garden Spritz

A combination of Prosecco, Gin Mare and elderflower cordial infused with fresh mint and lemon

Mediterranean Gin & Tonic

Gin Mare infused with fresh rosemary and served over ice with tonic and lime

Sangria Jug for two

£12.99

Great to share, this classic combination of red wine, brandy, orange juice, lemonade and fresh fruit is a firm favourite

Apple & Mint Smash (non-alcoholic)

£3.59

Apple juice, mint, lime and sugar syrup topped with lemonade

champagne & sparkling

Galanti Prosecco Extra Dry Italy bottle 750ml £20.49

Galanti Prosecco Extra Dry Italy bottle 20cl £8.99

Galanti Spumante Rosé Italy bottle £20.39

Light, carnation-pink coloured rosé with generous raspberry and strawberry fruit.

Veuve Clicquot Yellow

Label Brut France bottle £55.99

This cuvée bears the yellow label of excellence

Moët & Chandon Brut Imperial France bottle £49.99

Crisp and clean, this classic Champagne shows citrus aromas and hints of biscuity flavours

white wine

Casa Albali Verdejo-Sauvignon

Blanc, Valdepeñas Spain

Refreshing with citrus and tropical fruit

175ml £4.89 250ml £6.39 Bottle £18.49

Solstice Pinot Grigio delle Venezie Italy

Soft, fresh and lively with notes of ripe pear

175ml £4.99 250ml £6.69 Bottle £19.49

Between Thorns Chardonnay SE Australia

Luscious pineapple and mango flavours with a creamy finish.

Bottle £19.49

Chablis Gloire de Chablis, J. Moreau et fils France

Distinctive, dry flinty elegance

Bottle £35.69

rosé wine

Parini Pinot Grigio Rosé delle Venezie Italy

A delicate rose with wild strawberry notes

175ml £5.89 250ml £8.29 Bottle £23.49

Vendange White Zinfandel California, USA

Medium sweet with attractive, fresh zingy strawberry

175ml £5.39 250ml £6.99 Bottle £21.49

red wine

Casa Albali Tempranillo-Shiraz, Valdepeñas Spain

Cherry and plum with a smooth finish

175ml £4.89 250ml £6.39 Bottle £18.49

Between Thorns Cabernet Sauvignon SE Australia

Delicious blackcurrant with vanilla hints

175ml £4.99 250ml £6.69 Bottle £19.49

Granfort Merlot, Pays d'Oc France

Rich juicy plums and delicate spice

Bottle £18.49

Salentein Barrel Selection Malbec, Uco Valley, Mendoza Argentina

Blackberry, blueberry and redcurrant with dark chocolate flavours

Bottle £35.69

beers

Peroni Nastro Azzuro

5.1% ABV

330ml £4.89

Meantime Pilsner

4.4% ABV

330ml £4.89

Estrella Galicia (Gluten-free)

5.5% ABV

330ml £4.99

Brewdog Elvis Juice (tin)

6.5% ABV

330ml £4.89

Heineken 00

0.0% ABV

330ml £3.39

soft drinks

Sparkling or Still Water 330ml £2.49 750ml £3.99

Fresh Orange Juice £3.09

Elderflower Pressé £3.39

Raspberry Lemonade £3.39

Organic Lemonade £3.39

Pepsi 330ml £3.09

Diet Pepsi/Pepsi Max/7Up 330ml £2.89

Liptons 500ml £3.39

Purdeys Edge 330ml £3.59

Purdeys Rejuvenate 330ml £3.59



smoothies

£4.59

The Green Kick

Granny Smith apple, banana, clear honey, cucumber, curly kale and spinach

Fruits of the Forest

Banana, clear honey, forest fruits and natural yoghurt

Tropical Flavour Burst

Banana, clear honey, passion fruit, natural yoghurt and pineapple

tea

Choose a pot of one of our delicious artisanal teas

Speciality Tea £2.89

The Full English

The Mighty Assam

The Earl

Herbal Infusion Tea £2.99

Nutty Chocolate Assam

Passion Fruit Ceylon

Simply Sencha

Apple & Elderflower Green Tea

Jasmine Petals & Pearls

Thoroughly Minted

Superfruity

Pure Camomile

coffee & hot chocolate

Americano small £2.89 regular £3.09

Caffè Latte £3.39

Cappuccino small £3.09 regular £3.39

Espresso single £1.99 double £2.29

Hot Chocolate £3.59

Double Chocolate £4.39

With a flake and marshmallows

speciality hot chocolate £5.29

Treat yourself to one of our new range of speciality hot chocolate flavours, each served with a home-baked cookie

Mint Chocolate

Chocolate Orange

Rocky Road

Caramel Fudge

Cinnamon Crunch



Allergies and Intolerances

If you have an allergy or intolerance, please ask a team member for allergen information. If, at any time, a particular wine or year is not available, we reserve the right to offer you the nearest alternative. All quality wines on this list have an alcohol content of between 9% and 15% by volume. All wines by the glass are also available as a 125ml measure. All prices include VAT