

Please let your server know if you're ordering from our gluten-free or vegan menus.

BREAKFAST

Please ask your server for today's choices.

All butter croissant V 488 kcal	3.95
Chocolate and hazelnut filled croissant V 390 kcal	4.95
Blueberry filled croissant VE 398 kcal	4.95
Ham and cheese croissant 528 kcal	5.75
Cheese and fire roasted tomato croissant V 445 kcal	5.75
Cheese twist V 438 kcal	4.50
Fruit salad VE GF* 117 kcal GF/VE 117 kcal	6.25
Yoghurt, granola, strawberries and strawberry compote V GF* VE* 440 kcal GF/VE* 440 kcal	5.75
Raspberry and white chocolate pastry V 416 kcal	4.95

PASTAS 9.95

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

PASTA SAUCES:

Spicy arrabiatta VE* GF* 270 kcal GF 270 kcal VE 212 kcal
Bolognese GF* 403 kcal GF 403 kcal
Mushroom and baby spinach V GF* 336 kcal GF 336 kcal
Tomato and basil VE* GF* 231 kcal GF 231 kcal VE 173 kcal

PASTA CHOICE:

Garganelli V 363 kcal
Gnocchi VE 397 kcal
Tagliatelle V 268 kcal
Gluten Free VE GF 477 kcal VE 477 kcal

Oven-baked beef lasagne 461 kcal	12.25
Oven-baked ricotta and spinach cannelloni V 591 kcal	12.25

PANINIS AND GLUTEN FREE SANDWICHES

Served warm, our paninis and gluten free sandwiches are served with a salad of your choice from the salad selection

Moroccan chicken, chargrilled pepper and spinach panini GF* 722 kcal GF 582 kcal	10.25
On a harissa mayonnaise base.	
Tomato, mozzarella and spinach panini V GF* 796 kcal GF 655 kcal	9.95
On a green pesto base.	
Bacon and brie panini GF* 900 kcal GF 759 kcal	10.25
On a cranberry and spinach base.	
Grilled vegetable panini V VE GF* 510 kcal GF 369 kcal	9.95
Mediterranean vegetables and houmous.	

VITALÉ PLATTER **GF***

20.95 Perfect for two to share
Includes all items below or select individually to complement your meal

Feta cheese and pesto V GF* 387 kcal GF 387 kcal	5.25
Fire-roasted tomatoes V VE GF* 113 kcal GF/VE 113 kcal	4.25
Prosciutto wrapped melon GF* 191 kcal GF 191 kcal	5.25
Houmous V VE GF* 150 kcal GF/VE 150 kcal	3.95
Olives V VE GF* 127 kcal GF/VE 127 kcal	3.95
Stuffed vine leaves V VE GF* 151 kcal GF/VE 151 kcal	3.95
Rosemary and garlic focaccia V VE 708 kcal VE 708 kcal	5.25

Served with olive oil and balsamic vinegar dip.

VITALÉ VEGETARIAN PLATTER **V GF***

20.95 Perfect for two to share
Includes all items below or select individually to complement your meal

Feta cheese and pesto V GF* 387 kcal GF 387 kcal	5.25
Fire-roasted tomatoes V VE GF* 113 kcal GF/VE 113 kcal	4.25
Houmous V VE GF* 150 kcal GF/VE 150 kcal	3.95
Olives V VE GF* 127 kcal GF/VE 127 kcal	3.95
Stuffed vine leaves V VE GF* 151 kcal GF/VE 151 kcal	3.95
Jalapeño red pepper houmous and vegetable crisps V VE GF* 500 kcal GF/VE 500 kcal	5.25
Rosemary and garlic focaccia V VE * 708 kcal VE 708 kcal	5.25

Served with olive oil and balsamic vinegar dip.

SALAD SELECTION

Caesar GF* 518 kcal GF 501 kcal	3.95
Shredded lettuce tossed with bacon, croutons and shaved hard cheese drizzled with a creamy Caesar dressing.	
Mixed salad V VE GF* 145 kcal GF/VE 145 kcal	3.95
Shredded lettuce, peppers, beetroot and carrot, diced tomatoes, cucumber and onion with a roasted garlic and lemon dressing.	
Asian GF* 79 kcal GF 79 kcal	3.95
Crunchy sliced vegetables in a zingy Asian dressing.	
Middle Eastern mixed bean V GF* 125 kcal GF 125 kcal	3.95
Kidney beans, chick peas, sweetcorn, cherry tomatoes and roast butternut squash with a Middle Eastern mint dressing.	
Chargrilled broccoli and cauliflower V VE GF* 142 kcal GF/VE 142 kcal	3.95
With toasted pine kernels.	

SNACK SELECTION

A selection of 3 snack bowls for 6.50

Chilli Corn Crackers VE GF 130 kcal
Black Pepper Crackers V GF 126 kcal
BBQ Crunch Crackers VE 169 kcal

VITALÉ SPECIAL

Pumpkin Tortellini V	11.50
Sautéed wild mushrooms, sage butter sauce. 1012 kcal	

CAKES

Please ask your server for today's choices.

Red velvet cake V 368 kcal	6.25
Victoria sponge V GF* 556 kcal GF 532 kcal	6.25
Chocolate fudge cake V VE* 858 kcal VE 528 kcal	6.25
Carrot cake VE* GF* 595 kcal GF 447 kcal VE 438 kcal	6.25
Chocolate brownie V GF* 309 kcal GF 422 kcal	6.25
Caramel and ginger slice V 650 kcal	6.25
Lemon drizzle slice V GF 192 kcal	6.25
Lemon meringue slice GF* 385 kcal GF 385 kcal	6.25
Lemon and white chocolate tulip muffin V 326 kcal	4.50
Toffee and banana muffin V 484 kcal	4.50
Triple chocolate muffin V 487 kcal	4.50
Cherry flax seed pastry VE 324 kcal	4.95
Chocolate Muffin V GF 375 kcal	4.50
Vanilla and hazelnut pastry VE 333 kcal	4.95
Berry fruits tart 396 kcal	6.25
Scone, jam and clotted cream V GF* 700 kcal GF 583 kcal	5.75

TEAS AND COFFEE

Americano 17 kcal add milk 34 kcal	3.25
Espresso <i>single</i> 17 kcal 1.95 <i>double</i> 17 kcal	2.95
Cappuccino 94 kcal	3.50
Latte 120 kcal	3.50
Mocha 133 kcal	3.95
Hot chocolate 371 kcal	3.95
Double choc mallow 469 kcal with cream, marshmallows and Flake.	4.75

Decaffeinated coffee and dairy free milk for tea and coffee available - please ask your server.

Traditional teas	2.95
Everyday Brew 0 kcal add milk 34 kcal	
Earl Grey 0 kcal add milk 34 kcal	
Decaffeinated 0 kcal add milk 34 kcal	
Herbal infusion tea 0 kcal	2.95
Green Tea Super Fruit Honeybush and Rooibos Peppermint Chamomile	

Liqueur coffee

*not included in hot drink package options. Choose from: Baileys coffee 390 kcal Calypso coffee 342 kcal Irish coffee 358 kcal	6.95
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Liqueur hot chocolate

*not included in hot drink package options. Choose from: Baileys chocolate 449 kcal Calypso chocolate 409 kcal Amaretto chocolate 398 kcal	6.95
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AFTERNOON TEA*

22.50 per person. (Minimum of 2 people)
Includes any drink from our hot drink or soft drink selection.

Selection of sandwiches including:

Smoked salmon and cucumber 161 kcal,
egg mayonnaise **V** 158 kcal, chicken salad 93 kcal.

Served alongside a sweet selection, including:

Carrot cake **V** 151 kcal, chocolate and orange torte **V** 238 kcal, fruit tartlet **V** 120 kcal, macarons **V** 51 kcal and scone, jam and clotted cream **V** 700 kcal

GLUTEN FREE AFTERNOON TEA*

Selection of sandwiches including:

Smoked salmon and cucumber 200 kcal,
egg mayonnaise **V** 302 kcal, chicken salad 196 kcal

Served alongside a sweet selection, including:

Chocolate and orange torte **V** 239 kcal,
macarons **V** 102 kcal, fresh strawberries 11 kcal and gluten free scone, jam and clotted cream 583 kcal

VEGAN AFTERNOON TEA*

Selection of sandwiches including:

Vegan smoked Applewood,
tomato with apple and ale chutney 186 kcal,
vegan tuna mayonnaise 222 kcal

Served alongside a sweet selection, including:

Red velvet cake 282 kcal, mocha cake 296 kcal
fresh strawberries 11 kcal

Why not add a glass of Prosecco to your Afternoon Tea for an additional 5.00

* Please note that Afternoon Tea is not included in the lunch package for Spa Days or Spa Breaks.

TEA-TIME TREAT

6.95 per person Available between 3pm-6pm

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

Upgrade to a glass of bubbles for 5.00

(V) No meat or fish (VE) Vegan (VE*) Vegan Available (GF*) Gluten Free Available

Adults need around 2000 kcal a day.



Allergens: We use ingredients containing allergens as part of the preparation of food in all of our eateries. We also cook different foods with the same equipment. It is not possible to guarantee that any product is 100% free from any allergen due to the risk of cross-contamination in our kitchens. Intended allergen ingredient information for all items on our menu is available on our allergen portal via our QR code. We cannot make changes to our menu items and currently do not provide details of any 'may contain' allergen statements. If this causes you concerns due to the severity of your allergy please consider carefully before ordering. We are reviewing how we improve this in future *Some of our meat/fish dishes may contain bones. All of our Gluten Free items are suitable for guests with Coeliac disease, but due to ingredient production processes may be unsuitable for guests who are allergic to cereal proteins.

COCKTAILS

2 for 15.00

Bellini prosecco	8.25
With peach purée	
Mojito	9.25
World famous classic from Cuba. A refreshing blend of Bacardi Superior Rum, mint, lime and sugar syrup.	
Berry mojito	9.25
Bacardi Carta Blanca Rum, Crème De Cassis, lime juice and mint over ice with soda.	
Gin garden	9.25
A blend of gin, prosecco and elderflower liqueur served over ice with cucumber.	
Aperol spritz	9.25
A refreshing blend of Aperol, prosecco, soda and fresh orange.	
Espresso martini	9.25
A blend of vodka shaken with coffee liqueur, ice finished with coffee beans.	
Passionfruit martini	9.25
42 Below Vodka, passion fruit liqueur, passionfruit juice, shaken and served with fresh passion fruit and a shot of prosecco.	
Vitalé royale	8.25
A twist on the classic French cocktail using Chambord and prosecco.	

Sangria jug for two 13.95

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

Pimm's and lemonade 7.50

A classic refreshing drink served over ice with fresh fruit, cucumber and mint.

MOCKTAILS

Apple and mint smash (non-alcoholic) 169 kcal 4.50
Apple juice, mint, lime and sugar syrup topped with lemonade.

WHITE WINE

Canyon Road Pinot Grigio - USA
175ml 5.75 | 250ml 7.50 | Bottle 21.95

Medium bodied with flavours of apple and pear with hints of floral for a crisp clean finish.

Boomerang Bay Chardonnay - Australia
175ml 6.75 | 250ml 8.95 | Bottle 25.95

Carefully crafted to retain all the fresh flavours of citrus and tropical fruits, balanced by crisp acidity and delightful lingering finish.

Honu Sauvignon Blanc - New Zealand
175ml 7.25 | 250ml 9.50 | Bottle 27.95

Fresh, crisp and zesty with aromas of citrus and passionfruit combined with flavours of lime and gooseberry.

ROSÉ WINE

Canyon Road White Zinfandel - USA
175ml 5.75 | 250ml 7.50 | Bottle 21.95

Glorious pink in the glass with a fruity bouquet.

This wine reveals the flavours of strawberry and watermelon.

Ca'Del Lago Pinot Grigio Rose - Italy
175ml 6.75 | 250ml 8.95 | Bottle 25.95

Notes of cherry and strawberry backed by floral notes of violets and roses with a rounded finish.

If a particular wine or year is not available, we reserve the right to offer you the nearest alternative. Wines on this menu have an alcohol content of between 9% and 15%. For further ABV information please ask at the bar. Wines by the glass are also available as a 125ml measure, please ask at the bar.

You must be over 18 years old to purchase or consume alcoholic beverages. Proof of age may be required, and we only accept a valid photocard Driving Licence, Passport, Military ID or Prove-It card with a pass logo hologram. No other ID's will be accepted, and we reserve the right to refuse service. Please drink responsibly.

NON / LOW ALCOHOLIC WINE

Freixenet 0.0% Cava Blanco - Spain Bottle 20cl 5.95

Pale in colour with persistent bubbles, giving tropical and citrus notes.

Rawsons Retreat Semillon Chardonnay 0.5% - Australia
175ml 4.75 | 250ml 5.95 | Bottle 16.25

This low alcohol Semillon Chardonnay is delightfully refreshing, sourced from vineyards in South Eastern Australia.

Rawsons Retreat Cabernet Sauvignon 0.5% - Australia
175ml 4.75 | 250ml 5.95 | Bottle 16.25

This low alcohol Cabernet Sauvignon is luscious and smooth.

BOTTLED BEER AND CIDER

Peroni 5.0% ABV 330ml 5.75

Coors 4.0% ABV 330ml 5.75

Corona 4.5% ABV 330ml 5.75

Estrella Daura Damm Gluten Free 5.4% ABV 330ml 5.75

Rekorderlig Mango Raspberry 4.0% ABV 500ml 6.25

Rekorderlig Passionfruit 4.0% ABV 500ml 6.25

Westons Stowford Press 4.5% ABV 500ml 6.25

Peroni Nastro Azzuro 0.0% ABV 330ml 3.95

SPARKLING WINE

Pommery Champagne - France Bottle 54.95

Ample and delicate with initial notes of berries.

Bellino Prosecco - Italy Bottle 25.95

Fine persistent soft fizz surrounds a fruit spectrum of apple, pear and a hint of peach.

Il Cortigiano Prosecco - Italy Bottle 20cl 10.95

Vibrant pale prosecco with light citrus flavours and a hint of peach.

Italia Prosecco Rosé - Italy Bottle 25.95

Fresh and delicately fruity with red berry and floral aromas. A lively palate with ripe strawberry notes and a clean, refreshing finish.

RED WINE

Los Gansos Pinot Noir - Chile
175ml 6.25 | 250ml 8.25 | Bottle 23.95

Light and fruity with fine tannins combining with sweet fruits to create a rich texture.

Coastal Reserve Merlot - Spain
175ml 6.25 | 250ml 8.25 | Bottle 23.95

A Merlot from Spain where the summer heat beautifully ripens the grapes cultivating rich juicy plum and red fruit flavours.

Boomerang Bay Shiraz - Australia
175ml 5.75 | 250ml 7.50 | Bottle 21.95

A smooth fruity wine with aromas of peppers, dark berries and spice.

7 Fires Malbec - Argentina
175ml 6.75 | 250ml 8.95 | Bottle 25.95

Notes of luscious blackberry, cherry and plum, complemented by subtle hints of violet and sweet spice on the silky-smooth palate.

SOFT DRINKS

Fresh orange juice 141 kcal 3.25

Fruit juice 3.75

Orange 204 kcal | **Apple** 186 kcal

Elderflower pressé 3.75

Raspberry lemonade 3.75

Organic lemonade 3.75

Sparkling or still water 330ml 2.95 | 750ml 4.95

Pepsi/Pepsi Max/7Up 330ml 3.75