

# Breakfast and Brunch

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

<b>All butter croissant V</b> 478 kcal	<b>4.25</b>	<b>Fruit salad V</b> 60 kcal	<b>6.50</b>
Served with butter and jam.		Ask for Fruit salad made gluten free GF or	
		vegan VE 60 kcal	
<b>Vegan blueberry croissant VE</b> 393 kcal	<b>4.95</b>	<b>Yoghurt, granola, strawberries and strawberry compote V</b> 469 kcal	<b>5.95</b>
<b>Iced cinnamon bun V</b> 548 kcal	<b>4.95</b>	Ask for Strawberry granola made gluten free	
		GF 469 kcal	
<b>Banana, Biscoff and chocolate filled croissant V</b> 576 kcal	<b>5.95</b>	Ask for Strawberry granola made	
		vegan VE 452 kcal	
<b>Overnight chia pudding with tropical fruits V</b> 274 kcal	<b>6.95</b>	<b>Toffee and banana muffin V</b> 484 kcal	<b>3.95</b>
Ask for Overnight chia pudding with			
tropical fruits made vegan VE 274 kcal		<b>Triple chocolate muffin V</b> 476 kcal	<b>3.95</b>
		Ask for Triple chocolate muffin made	
<b>Ham and cheese croissant</b> 518 kcal	<b>5.95</b>	gluten free GF 360 kcal	
<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	<b>11.50</b>
Grilled back bacon, smashed avocado and a free-range poached egg on	
toasted sourdough, finished with cool tomato salsa and olive oil.	
<b>Tomato and avocado on sourdough toast V</b> 382 kcal	<b>9.95</b>
Grilled tomatoes and smashed avocado on toasted sourdough, topped with	
toasted pumpkin seeds and finished with cool tomato salsa and olive oil.	
Ask for Tomato and avocado made vegan VE 406 kcal	
<b>Poached eggs, pesto and ricotta on sourdough toast V</b> 603 kcal	<b>10.95</b>
Light ricotta cheese, nut-free pesto, two free-range poached eggs, and	
chilli flakes on toasted sourdough.	
<b>Free-range scrambled eggs on sourdough toast V</b> 651 kcal	<b>7.95</b>
Toasted sourdough served with free-range scrambled eggs.	
Ask for Free-range scrambled eggs made gluten free GF 692 kcal	
<b>Smoked salmon and free-range scrambled eggs on sourdough toast</b> 756 kcal	<b>11.50</b>
Toasted sourdough served with smoked salmon and free-range scrambled eggs.	
Ask for Smoked salmon and scrambled eggs made gluten free GF 848 kcal	
<b>Baked eggs shakshuka with sourdough V</b> 461 kcal	<b>11.50</b>
A rich, slow-cooked tomato sauce with onions, peppers, smoked paprika and	
cumin, oven baked with free-range eggs.	
Ask for Baked eggs shakshuka made gluten free GF 623 kcal	

# 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 or 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** 1808 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 1424 kcal  
(served without flatbread, but with garlic crouton)

**Vitale Vegetarian Platter V** 1910 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 1689 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

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

**Pumpkin tortellini with wild mushroom  
and sage butter sauce V** 1010 kcal 12.50

**Tomato and basil garganelli V** 594 kcal 12.95  
Ask for Tomato and basil made  
gluten free GF 673 kcal (served as gluten free pasta)  
Ask for Tomato and basil made vegan VE 570 kcal  
(served as gnocchi)

# 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.

# 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 or 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 or vegan  
VE 111 kcal

# Vitalé Signature Dishes

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

**Tomato, goats cheese  
and basil tart V** 513 kcal 11.50

**Sweet potato and red  
pepper frittata V** 390 kcal 11.50

# Cakes

*Treat yourself to something sweet*

Red velvet cake **V** 502 kcal

Victoria sponge **V** 689 kcal

**Carrot cake** V 558 kcal

## Glazed lemon tart **V** 448 kcal

**Scone, jam and clotted cream V 700 kcal**

Ask to be made gluten free GF 608 kcal

Ask to be made vegan VE 522 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*

## Desserts

*Decadent and indulgent*

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

5.95	Raspberry glazed cheesecake <i>350 kcal</i>	8.50
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**5.95** Baked raspberry cheesecake with a raspberry crumble and white chocolate.

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

# 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

1744 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*

*Mini cherry and chocolate dessert V*

*Caramel, chocolate and coffee  
layered opera cake*

*Scone, jam, and clotted cream V*

## Vegetarian Afternoon Tea

1905 kcal

### Sandwich selection

*Egg mayonnaise V*

*Coronation chickpea V*

*Tickler Cheddar and tomato V*

### Savoury

*Whipped goats cheese  
and chive choux bun V*

### Sweet

*Mini cherry and chocolate dessert V*

*Eton mess finger V*

*Scone, jam, and clotted cream V*

## Gluten Free Afternoon Tea

1900 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

1300 kcal

### Sandwich selection

*Vegan 'egg' mayonnaise 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*