



VITALÉ CREATIONS

Vibrant and flavourful

Buddha bowl V

Freshly prepared with rocket, carrot and beetroot string, tomato, cucumber and avocado, grilled broccoli and chilli salad, spring onion, radish, watercress with sesame seeds, French dressing and hummus.

Ask for Buddha bowl made gluten free GF or vegan VE

Burrata Mediterranean salad V

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.

Soup of the day V

Served with sourdough boule.

Ask for Soup of the day made gluten free GF

SALADS

Light, wholesome and nutritious

Caesar

Shredded lettuce tossed with bacon, croutons and shaved hard cheese drizzled with a creamy Caesar dressing.

Mixed salad V

Shredded lettuce, peppers, beetroot and carrot, diced tomatoes, cucumber and onion with a French vinegarette dressing.

Ask for Mixed salad made vegan

Toppings (served warm)

Marinated prawns with olive oil, garlic and fresh herbs

Grilled lemon and garlic marinated chicken breast

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: Guests enjoying our Spa Days and Experiences with lunch or dinner included are invited to
: choose from the menu below.
: Each meal includes your choice of a glass of sparkling prosecco, non-alcoholic prosecco, a hot
: drink, or a soft drink from our menu.
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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

Ask for Moroccan chicken made gluten free GF (served as gluten free bread)

Tomato, mozzarella and spinach V

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

Grilled vegetable V

Ask for Grilled vegetable made vegan VE

Bacon and brie

Served on a cranberry base.

PASTA

A taste of Italy in every bite

Pasta dishes are served with mixed salad.

Oven-baked ricotta and spinach cannelloni V

Oven-baked beef lasagne

Pumpkin ravioli with wild mushroom and sage butter sauce V

Tagliatelle Bolognese

Ask for Pasta Bolognese made gluten free GF (served as gluten free pasta)

Tomato and basil garganelli V

Ask for Tomato and basil made gluten free GF (served as gluten free pasta)

Ask for Tomato and basil made vegan VE (served as gnocchi)

VITALÉ SIGNATURE DISH

A celebration of flavour

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

Mediterranean vegetable tart V

VITALÉ PLATTERS AND SHARERS

Designed to bring people together

Perfect for two to share

Vitalé Platter

A Mediterranean platter of balsamic onions, prosciutto ham, chorizo, martini olives, sun-dried tomatoes, grilled artichokes, mozzarella and pesto, red pepper tapenade and garlic flatbread.

Ask for Vitalé platter made gluten free GF (served without flatbread, but with garlic crouton)

Vitalé Vegetarian Platter V

A Mediterranean platter of balsamic onions, martini olives, sun-dried tomatoes, grilled artichokes, mozzarella and pesto, red pepper tapenade and garlic flatbread.

Ask for Vitalé platter made vegan VE (served without mozzarella and pesto)

Sharing Camembert V

Freshly baked Camembert served with grilled garlic focaccia, roasted garlic and rosemary new potatoes, grilled broccoli and vine tomatoes.

*Feeling hungry?
Treat yourself by adding one of our delicious sides or desserts to your experience!*

SIDES

Perfect partners for any dish

Garlic focaccia V 6.50

Served with olive oil and balsamic vinegar dip.

Ask for Garlic focaccia made vegan VE

Garlic focaccia and hummus V 6.50

Roasted garlic and rosemary new potatoes V 5.25

Ask for Roasted garlic and rosemary new potatoes made gluten free GF or vegan VE

Baba ganoush with flatbread V 4.95

Olives V 4.95

Ask for Olives made gluten free GF or vegan VE

CAKE

Treat yourself to something sweet

Red velvet cake V 7.95

Victoria sponge V 7.95

Carrot cake V 7.95

Glazed lemon tart V 6.95

Scone, jam and whipped cream V 6.50

Ask for Scone, jam and whipped cream made gluten free GF or vegan VE

DESSERTS

Decadent and indulgent

Mango and passionfruit dome 9.25

Vanilla mousse with a mango centre, passionfruit glaze on a shortbread base.

Raspberry glazed cheesecake 9.25

Baked raspberry cheesecake with a raspberry crumble and white chocolate.

Chocolate acorn 9.25

Rich chocolate mousse served with a chocolate crumble.