



# Gluten Free & Vegan Menu

*As Center Parcs is now cashless, we know it might be a little harder to leave a tip when dining with us. We now add a discretionary 7.5% tip to your bill, which is only shared by the waiting, bar, and kitchen teams. If you'd prefer not to tip, just let us know and we'll remove the amount without any hassle.*

# VEGAN MENU

Served until 11:30am

## BREAKFAST

Blueberry filled croissant	5.75
Fruit salad	7.75
Coconut yoghurt, granola, strawberries and strawberry compote	6.50

Main menu served from 12 noon

## PASTAS

12.50

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

### PASTA SAUCES:

Spicy arrabbiata  
Tomato and basil

### PASTA CHOICE

Gnocchi  
Gluten Free

## PANINIS

*Served warm with a side salad of your choice from the **salad selection**.*

Grilled vegetable panini V	12.95
Mediterranean vegetables and hummus.	

## VITALÉ PLATTER

24.95

*Served for two to share.*

### Vitalé vegan platter

A Mediterranean platter of olives, hummus, fire-roasted tomatoes, baba ghanoush with lentil crisps and rosemary and garlic focaccia, served with olive oil and balsamic vinegar dip.

## VITALÉ SPECIAL

Buddha bowl	13.50
Freshly prepared with baby kale, carrot and beetroot string, avocado, grilled broccoli and chilli salad, spring onion, radish, watercress with lemon and roast garlic dressing and hummus.	

## SALAD SELECTION

Mixed salad	Side 4.95   Main 12.50
Shredded lettuce, peppers, beetroot and carrot, diced tomatoes, cucumber and onion with a roasted garlic and lemon dressing.	
Asian	Side 4.95   Main 12.50
Crunchy sliced vegetables topped with sesame seeds, in a zingy Asian dressing.	
Chargrilled broccoli and cauliflower	Side 4.95   Main 12.50
With toasted pine kernels.	

## SNACK SELECTION

*A selection of 3 snack bowls for 7.95*

Choose from:

Japanese cocktail mix | Salted corn | Chilli crackers

## BRUNCH

Tomato and avocado on gluten free toast 10.95  
Grilled tomatoes and smashed avocado on toasted sourdough, topped with toasted pumpkin seeds and finished with sriracha sauce and olive oil..

## SIDES

Roasted garlic and rosemary new potatoes	5.25
Sliced focaccia garlic bread	6.25
Rosemary and garlic focaccia	6.50
Served with olive oil and balsamic vinegar dip.	
Fire-roasted tomatoes	5.25
Hummus	4.50
Baba ghanoush	4.95
Grilled vegetables	4.95
Olives	4.95

## TEA-TIME TREAT

9.25 Available between 3pm-6pm

*Enjoy one of our speciality cakes or desserts along with a tea or coffee of your choice.*

**Why not add a glass of prosecco to your tea-time treat for 6.50**

## VEGAN AFTERNOON TEA

**28.95 per person.** (Minimum of 2 people)

*Includes a drink from our hot drink or soft drink selection.*

*Selection of sandwiches including:*

Vegan smoked Applewood, tomato with apple and ale chutney sandwiches

Sweet potato falafel and salad sandwich

*Served alongside a selection of cakes and strawberries*

**Why not add a glass of prosecco to your Afternoon Tea for an additional 6.50**

## CAKES

Vegan speculoos cake	6.95
Vegan chocolate orange cake	6.95

# GLUTEN FREE MENU

Served until 11.30am

## BREAKFAST

Fruit salad V	7.75	Gluten free chocolate muffin V	4.95
Yoghurt, granola, strawberries and strawberry compote V	6.50		

## BRUNCH

<b>Bacon, avocado and free-range poached egg on gluten free toast</b>	<b>13.50</b>
Grilled back bacon, smashed avocado and a free-range poached egg on toasted gluten free bread. Finished with cool tomato salsa and olive oil.	
<b>Tomato and avocado on gluten free toast V</b>	<b>10.95</b>
Grilled tomatoes and smashed avocado on toasted gluten free bread, topped with toasted pumpkin seeds and finished with cool tomato salsa and olive oil.	
<b>Free-range poached eggs, pesto and ricotta on gluten free toast V</b>	<b>12.50</b>
Light ricotta cheese, nut-free pesto, two free-range poached eggs and chilli flakes on toasted gluten free bread.	
<b>Free-range scrambled eggs on gluten free toast V</b>	<b>8.95</b>
Toasted gluten free bread served with free-range scrambled eggs.	
<b>Smoked salmon and free-range scrambled eggs on gluten free toast</b>	<b>13.95</b>
Toasted gluten free bread served with smoked salmon and free-range scrambled eggs.	

Main menu served from 12 noon

## VITALÉ PLATTERS

*Served for two to share.*

Vitalé gluten free platter	24.95
A Mediterranean platter of olives, feta cheese and pesto, fire-roasted tomatoes, prosciutto wrapped melon, baba ghanoush, and grilled vegetables.	
Vitalé gluten free vegetarian platter V	24.95
A Mediterranean platter of olives, feta cheese and pesto, fire-roasted tomatoes, baba ghanoush and grilled vegetables.	

## PASTAS

**Gluten free pasta with your choice of sauce, served with a side salad from the [salad selection](#).**

### PASTA SAUCES:

Spicy arrabbiata V	Tomato and basil V
Bolognese	

## VITALÉ SPECIAL

Buddha bowl V	13.50
Freshly prepared with baby kale, carrot and beetroot string, avocado, grilled broccoli and chilli salad, spring onion, radish, watercress with lemon and roast garlic dressing and baba ghanoush.	

## GLUTEN FREE SANDWICHES

*Served warm, with a side salad of your choice from the [salad selection](#).*

Moroccan chicken, chargrilled pepper and spinach	12.95
On a harissa mayonnaise base.	
Tomato, mozzarella and spinach V	12.95
On a green pesto base.	
Bacon and brie	12.95
On a cranberry and spinach base with a Ballymaloe original relish.	
Grilled vegetable V	12.95
Mediterranean vegetables and baba ghanoush.	

## SIDES

Buttered parsley new potatoes V	5.25
Roasted garlic and rosemary new potatoes V	5.25
Chilli, basil and garlic hummus and lentil crisps	4.95
Hummus V	4.50
Feta cheese and pesto V	6.50
Fire-roasted tomatoes V	5.25
Prosciutto wrapped melon	6.50
Baba ghanoush V	4.95
Grilled vegetables V	4.95
Olives V	4.95

## SALAD SELECTION

**Caesar** Side 4.95 | Main 13.50  
Shredded lettuce tossed with bacon, croutons and shaved hard cheese drizzled with a creamy Caesar dressing.

**Mixed salad V** Side 4.95 | Main 12.50  
Shredded lettuce, peppers, beetroot and carrot, diced tomatoes, cucumber and onion with a roasted garlic and lemon dressing.

**Asian V** Side 4.95 | Main 12.50  
Crunchy sliced vegetables topped with sesame seeds, in a zingy Asian dressing.

**Middle Eastern mixed bean V** Side 4.95 | Main 12.95  
Kidney beans, chickpeas, sweetcorn, cherry tomatoes, celery and roast butternut squash with a Middle Eastern mint dressing.

**Chargrilled broccoli and cauliflower V** Side 4.95 | Main 12.50  
With toasted pine kernels.

## BUILD YOUR OWN SALAD

Choose your salad main base from the **salad selection** and then add your choice of topping.

Choose from:

Grilled lemon and garlic marinated chicken breast	4.50
Marinated grilled torn halloumi V	5.50
Smoked salmon	6.50

## TEA-TIME TREAT

9.25 Available between 3pm-6pm

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

**Why not add a glass of prosecco to your tea-time for 6.50**

## AFTERNOON TEA

**28.95 per person.**

(Minimum of 2 people)

**Includes a drink from our hot drink or soft drink selection.**

*Selection of sandwiches including:*

Smoked salmon and cucumber

Egg mayonnaise V

Chicken salad

*Served alongside a selection of cakes including Scone, jam and clotted cream V*

**Why not add a glass of prosecco to your Afternoon Tea for an additional 6.50**

## CAKES

Gluten free carrot cake V	7.50
Gluten free chocolate cake V	7.50
Gluten free raspberry and almond slice V	4.95
Gluten free scone, jam and clotted cream V	6.50

**Please advise your server when ordering from our gluten free or vegan menu. Please do not rely on gluten free or vegan status to avoid specific allergens. Always check the portal for full allergen information.**



Intended allergen ingredient and may contain information for all dishes is available on the allergen portal via the QR code, please ask if you require further assistance. We use ingredients containing allergens in all our eateries. Whilst every care is taken when preparing dishes for guests with food allergies or intolerances to the 14 main allergens, it is not possible to guarantee that any product or dish is 100% free from any allergen. Intended allergen ingredient and may contain information, from our suppliers, is available on our portal for all dishes on our menu. Please select dishes carefully to ensure that they are suitable for your specific food allergy or intolerance.

We recommend you check the portal on day of dining.

All cooking oils are included in the overall allergy declaration for each dish. However, we use fryers to cook multiple dishes containing allergens, therefore dishes cooked in the fryers may not be suitable for guests with food allergies or intolerances. Please refer to the allergen portal for information regarding products cooked in fryers.

All Gluten Free dishes are suitable for guests with Coeliac disease but may not be suitable for guest who are allergic to cereal proteins. Similarly, some vegan and vegetarian ingredients carry 'may contain' warnings so should not be relied on to avoid specific allergens, please check the portal. If you have made us aware of an allergy or intolerance, the dishes specifically prepared for you will be identified with a flag.

Please note that some of our meat/fish dishes may contain bones and menu descriptions may not include all ingredients.

All of our beef is of Irish origin.

**V - No meat or fish**