

Food Menu

#### Served until 11:30am

# BREAKFAST

| All butter croissant <b>V</b>                     | 5.50 | Yoghurt, granola, strawberries                      |      |
|---|------|---|------|
| Chocolate and hazelnut filled croissant <b>V</b>  | 5.75 | and strawberry compote <b>V</b>                     | 6.50 |
| Ham and cheese croissant                          | 6.95 | Raspberry and white chocolate pastry $oldsymbol{V}$ | 5.25 |
| Cheese and fire roasted tomato croissant <b>V</b> | 6.50 | Lemon and white chocolate muffin ${f V}$            | 4.95 |
| Cheese twist <b>V</b>                             | 5.50 | Toffee and banana muffin $oldsymbol{V}$             | 4.95 |
| Fruit salad <b>V</b>                              | 7.75 | Triple chocolate muffin <b>V</b>                    | 4.95 |
| Fruit Saldu V                                     | 7.75 |   |      |

## **BRUNCH**

#### Bacon, avocado and free-range poached egg on sourdough toast

13.50

Grilled back bacon smashed avocado and a free-range poached egg on toasted sourdough. Finished with sriracha sauce and olive oil.

#### Tomato and avocado on toast V

10.95

Grilled tomatoes and smashed avocado on toasted sourdough, topped with toasted pumpkin seeds and finished with sriracha sauce and olive oil.

#### Free-range poached eggs, pesto and ricotta on sourdough toast V

12.50

Light ricotta cheese, nut-free pesto, two free-range poached eggs and chilli flakes on toasted sourdough.

#### Free-range scrambled eggs on sourdough toast V

8.95

Toasted sourdough served with free-range scrambled eggs.

#### Smoked salmon and free-range scrambled eggs on sourdough toast

13.95

Toasted sourdough served with smoked salmon and free-range scrambled eggs.

### 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 V Tomato and basil V

Bolognese

**PASTA CHOICE:** 

Garganelli V Tagliatelle V

Gnocchi V

# **PANINIS**

Our paninis are served warm with a side salad of your choice from the salad selection.

Moroccan chicken, chargrilled pepper

12.95 and spinach panini

On a harissa mayonnaise base.

Tomato, mozzarella and spinach panini V 12.95

On a green pesto base.

12.95 Bacon and brie panini

On a cranberry and spinach base with Ballymaloe original relish.

Grilled vegetable panini V 12.95

Mediterranean vegetables and hummus.

# VITALÉ PLATTERS

24.95

Perfect for two to share

#### Vitalé platter

A Mediterranean platter of olives, feta cheese and pesto, fire-roasted tomatoes, prosciutto wrapped melon, hummus and rosemary and garlic focaccia, served with olive oil and balsamic vinegar dip

#### Vitalé vegetarian platter V

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

# VITALÉ FAVOURITES

Served with a side salad of your choice from the salad selection

Oven-baked beef lasagne 15.95 Oven-baked ricotta and spinach cannelloni V 15.95 Pumpkin ravioli V

Sautéed wild mushrooms, sage butter sauce.

13.95

# VITALÉ SPECIALS

#### Buddha bowl V 13.50

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

#### Burrata Mediterranean salad V 13.50

Burrata cheese served on freshly prepared cucumber, tomatoes, red onion, spinach and pesto. With a balsamic dressing, olives, toasted pumpkin seeds and garlic focaccia.

#### Sharing Camembert 19.95

Served for two to share.

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

## 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:

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

# **SNACK SELECTION**

A selection of 3 snack bowls for 7.95

Choose from:

Japanese cocktail mix V Chilli crackers V Salted corn V

# SIDES

| Rosemary and garlic focaccia <b>V</b> Served with olive oil and balsamic vinegar dip. | 6.50 |
|---|------|
| Sliced focaccia garlic bread <b>V</b>   | 6.25 |
| Buttered parsley new potatoes <b>V</b>  | 5.25 |
| Roasted garlic and rosemary new potatoes <b>V</b>                                     | 5.25 |
| Chilli, basil and garlic hummus and lentil crisps                                     | 4.95 |
| Hummus <b>V</b>   | 4.50 |
| Feta cheese and pesto <b>V</b>  | 6.50 |
| Fire-roasted tomatoes <b>V</b>  | 5.25 |
| Prosciutto wrapped melon  | 6.50 |
| Baba ghanoush <b>V</b>  | 4.95 |
| Grilled vegetables <b>V</b>   | 4.95 |
| Olives <b>V</b>   | 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

# 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 scones, jam and clotted cream

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

# **CAKES & DESSERTS**

| Red velvet cake                       | 7.50 |
|---------------------------------------|------|
| Victoria sponge <b>V</b>              | 7.50 |
| Chocolate fudge cake <b>V</b>         | 7.50 |
| Carrot cake <b>V</b>                  | 7.50 |
| Lemon meringue slice <b>V</b>         | 7.50 |
| Scone, jam and clotted cream <b>V</b> | 6.50 |



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