

# main menu



## bread & pastries

Take a look at the counter for today's selection of freshly baked pastries, croissants, savouries and muffins

## breakfast

from 3.95

Choose from our new range of delicious fruit smoothies, granola yoghurt with red fruits, savoury croissants (cheese and ham or cheese and fire-roasted tomato), fresh fruit salad or baked eggs

Take a look at the counter for today's selection



## light snacks & soup

**Borlotti Bean & Spring Vegetable Soup** 7.50

Served with rosemary and garlic focaccia

**Rosemary & Garlic Focaccia** 3.95

With olive oil and balsamic vinegar

**Jalapeño & Red Pepper Houmous** 4.25

Served with sweet potato crisps with sea salt

## vitalé platter

**Perfect for two to share** 17.25

Enjoy the flavours of the Mediterranean with our sharing platter which includes:

Rosemary and garlic focaccia with olive oil and balsamic vinegar

Prosciutto wrapped melon

Feta cheese with pesto

Fire-roasted tomatoes

Stuffed vine leaves

Olives

Houmous

**Vegetarian option available** 16.25

Vitalé platter dishes are also available individually so you can create your own mezze feast from 3.50

## flatbreads

9.50

Our flatbreads are perfect for a light lunch – they're cooked to order and served with a salad of your choice – *pick from the salad selection*

**Chargrilled peppers & mozzarella**

**Bacon, avocado & brie with caramelised onion**

**Goat's cheese, chicken, avocado & fire-roasted tomato**

**Prosciutto, fire-roasted tomato & mozzarella**

## vitalé favourites

All our Vitalé favourites are served with a salad of your choice – *pick from the salad selection*

**Smoked Haddock, Spring Onion & Cheese Fishcake** 9.95

Flaked smoked haddock mixed with delicious spring onion and cheese

**Mediterranean Stuffed Potato** 8.95

Fluffy, double-baked jacket potato filled with pesto, tomatoes, olives, basil, roasted garlic, feta cheese and olive oil

**Stuffed Portobello Mushroom** 8.95

Roasted portobello mushroom filled with a rich tomato confit and topped with goat's cheese

**Oven-Baked Frittata** 10.50

Egg frittata filled with spinach, bacon and cheddar cheese, baked until golden

**Vegetarian option is available** 9.95

**Garlic & Rosemary Roast Chicken** 10.95

Freshly roasted pieces of chicken seasoned with garlic and rosemary

**Chargrilled Halloumi** 9.50

Chargrilled halloumi with fire-roasted tomatoes

**Puttanesca Tartlet (Gluten-free)** 9.50

Crispy based Puttanesca tart with red peppers, tomatoes and black olives



**Allergies** We use allergens in our kitchen as part of the preparation of food. We also cook different foods in the same equipment. Please advise us of any allergies on every visit to our restaurants as our recipes are subject to change and we occasionally substitute products. Full allergen information from items on our menu is available upon request. Should you require more detailed information related to any 'may contains' or the cooking process, please discuss with your Server. To the best of our knowledge, the foods on our menus do not contain genetically modified soya or maize. Our aim is to provide first class service. In this restaurant gratuities are entirely at your discretion, all monies go direct to employees serving and preparing your food. Thank you.

No meat or fish. Some of our meat/fish may contain bones.

All quality wines on this list have an alcohol content of between 9% and 15% by volume.

All prices include VAT.

## panini & pasta

Our panini range is an array of Mediterranean flavours and textures. *Take a look at the counter for today's selection* from 9.50

All our pasta dishes are served with a salad of your choice – *pick from our salad selection*

**Oven-Baked Beef Lasagne** 11.25

**Oven-Baked Ricotta & Spinach Cannelloni** 11.25

**Fresh Pasta & Sauces** from 10.50

We have a choice of freshly cooked pasta and sauces, including gluten-free pasta and vegetarian sauces

*Take a look at the counter for today's selection*

## salads

3.50

### Asian

Crunchy sliced vegetables and beansprouts in a zingy Asian dressing

### Caesar

Shaved parmesan cheese, bacon, croutons and lettuce with a creamy Caesar dressing

**Chargrilled Broccoli & Cauliflower**

With toasted pine kernels

**Middle Eastern Mixed Bean**

With Middle Eastern mint dressing

**Mixed salad**

With roasted garlic and lemon dressing

## afternoon tea

for two

12.95 or 6.95 for one

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

Available from 3pm-6pm

*Upgrade to a glass of bubbles for 3.95*

## cakes & desserts

from 4.25

*Take a look behind the counter for today's selection of cakes and desserts*

## cocktails

8.95 each or 2 for 13.00

### Cosmopolitan

A super stylish blend of cranberries, limes, Smirnoff Lime and a dash of orange

### Mojito

World-famous classic from Cuba – a refreshing blend of Bacardi Superior Rum, mint, lime and sugar syrup

### Strawberry Daiquiri

A delectably smooth combination of Bacardi Superior Rum, strawberry and limes

### Bellini

Prosecco with peach purée

### Vitalé Royale

A twist on the classic French cocktail using Chambord and Prosecco

### English Garden Spritz

A combination of Prosecco, Gin and elderflower cordial infused with fresh mint and lemon

### Mediterranean Gin & Tonic

Gin infused with fresh rosemary and served over ice with tonic and lime

### Sangria Jug for two

14.95

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

### Apple & Mint Smash (non-alcoholic)

3.95

Apple juice, mint, lime and sugar syrup topped with lemonade

## champagne & sparkling

### Maschio Dei Cavaleieri

Spumante *Italy* bottle 750ml 36.95 bottle 20cl 9.95

Aromatic, yet delicate with pear fruit and some sweetness

Laurent-Perrier Champagne *France* bottle 79.95

Fresh and delicate, with hints of citrus

## white wine

False Bay Sauvignon Blanc *Stellenbosch, South Africa*

Ripe apple and floral aromas with a fine, clean finish

175ml 5.60 250ml 7.80 Bottle 22.75

Statua Pinot Grigio *Sicily, Italy*

Delicate and fruity with a palate of citrus fruits

175ml 5.20 250ml 7.20 Bottle 20.95

Paddocks Chardonnay *South East Australia*

Juicy with peach and tropical fruit flavours

175ml 5.35 250ml 7.40 Bottle 21.55

Drouhin Chablis *Burgundy, France*

Dry and fruity, pleasant and easy to drink

Bottle 50.75

# drinks menu

## rosé wine

Ramon Bilbao Rioja Rosado *Rioja, Spain*

Fresh and light with citrus fruits

175ml 6.50 250ml 9.05 Bottle 26.45

Oliver & Greg Zinfandel Rose *California, USA*

Light and fresh with a good balance of sweetness

175ml 5.20 250ml 7.20 Bottle 20.95

## red wine

Statua Negoromara *Puglia, Italy*

Deep colour with spicy cherry aromas and intense ripe red fruits

175ml 5.20 250ml 7.20 Bottle 20.95

Fortant Merlot *Languedoc, France*

Deep red colour with flavours of freshly picked black fruit

175ml 5.75 250ml 8.00 Bottle 23.35

False Bay Shiraz *Paarl, South Africa*

Bramble fruit, black cherry's and a touch of white pepper spice

Bottle 24.55

Paula Malbec Mendoza *Argentina*

Soft, velvety, fresh, and well balanced

Bottle 24.55

## beers

Peroni

5.1% ABV

330ml 5.50

Open Gate Pilsner

4.5% ABV

330ml 5.95

Daura Damm (*Gluten-free*)

5.4% ABV

330ml 5.95

Coors Light

4.3% ABV

330ml 5.50

Heineken 00

0.0% ABV

330ml 4.95

## soft drinks

Sparkling or Still Water 330ml 1.95 750ml 3.95

Fresh Orange Juice 3.75

Fruit Juice 2.25

Choose from Orange, Apple, Cranberry and Pineapple

Pepsi 220ml 2.50

Diet Pepsi/Pepsi Max/ 200-220ml 2.25

7Up Free/Ciub Orange 330ml 2.50

Lucozade Original 284ml 2.50

Cidona 250ml 2.95

Red Bull 500ml 2.50

Liptons Peach Ice Tea 330ml 4.25

Purdeys Edge 330ml 4.25

Purdeys Rejuvenate 330ml 4.25



## smoothies

5.25

### The Green Kick

Granny Smith apple, banana, clear honey, cucumber, curly kale and spinach

### Fruits of the Forest

Banana, clear honey, forest fruits and natural yoghurt

### Tropical Flavour Burst

Banana, clear honey, passion fruit, natural yoghurt and pineapple

## tea

Choose a pot of one of our delicious artisanal teas

### Speciality Tea 2.75

Irish Breakfast

Earl Grey

### Herbal Infusion Tea 2.95

Peppermint Organic Herbal

Yunnan Organic Green Tea

Camomile Organic Herbal Infusion

Wildberry Organic Herbal Infusion

Lemon Organic Green Tea

Rooibos & Caramel Flavoured Organic Infusion

Blood Orange Organic Herbal Infusion

Ceylon Black Organic Decaf Black Tea

## coffee & hot chocolate

Americano small 3.20 regular 3.50

Caffè Latte 3.95

Cappuccino small 3.75 regular 3.95

Espresso single 2.30 double 2.70

Hot Chocolate 4.25

Double Chocolate 4.95

With a flake and marshmallows

speciality hot chocolate 5.95

Treat yourself to one of our new range of speciality hot chocolate flavours, each served with a home-baked cookie

Mint Chocolate

Chocolate Orange

Rocky Road

Caramel Fudge

Cinnamon Crunch



### Allergies and Intolerances

If you have an allergy or intolerance, please ask a team member for allergen information. If, at any time, a particular wine or year is not available, we reserve the right to offer you the nearest alternative. All quality wines on this list have an alcohol content of between 9% and 15% by volume. All wines by the glass are also available as a 125ml measure. All prices include VAT

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