

BREAKFAST AND BRUNCH

Rise and shine! Served until 11:30am

| | | | |
|---|-------------|--|--------------|
| All butter croissant V | 5.50 | Cheese twist V | 5.25 |
| <i>Served with butter and jam.</i> | | Fruit salad V | 7.75 |
| Vegan blueberry croissant VE | 5.75 | <i>Ask for Fruit salad made gluten free GF</i> | |
| Iced cinnamon bun V | 5.50 | <i>Ask for Fruit salad made vegan VE</i> | |
| Overnight chia pudding with tropical fruits V | 7.50 | Yoghurt, granola, strawberries and strawberry compote V | 6.50 |
| <i>Ask for Overnight chia pudding with tropical fruits made vegan VE</i> | | <i>Ask for Strawberry granola made gluten free GF (Served without compote)</i> | |
| Banana, Biscoff and chocolate filled croissant V | 6.50 | <i>Ask for Strawberry granola made vegan VE</i> | |
| Ham and cheese croissant | 6.95 | Toffee and banana muffin V | 4.95 |
| Cheese and sun-dried tomato croissant V | 6.95 | Triple chocolate muffin V | 4.95 |
| | | <i>Ask for Triple chocolate muffin made gluten free GF</i> | |
| Bacon, avocado and poached egg on sourdough toast | | | 13.95 |
| <i>Smoked bacon, crushed avocado and a free-range poached egg on toasted sourdough, finished with sriracha.</i> | | | |
| Tomato and avocado on sourdough toast V | | | 11.50 |
| <i>Grilled tomatoes and crushed avocado on toasted sourdough, topped with toasted pumpkin seeds and finished with sriracha.</i> | | | |
| <i>Ask for Tomato and avocado made vegan VE</i> | | | |
| Poached eggs, pesto and ricotta on sourdough toast V | | | 12.50 |
| <i>Light ricotta cheese, nut-free pesto, two free-range poached eggs, and chilli flakes on toasted sourdough.</i> | | | |
| Free-range scrambled eggs on sourdough toast V | | | 8.95 |
| <i>Toasted sourdough served with free-range scrambled eggs.</i> | | | |
| <i>Ask for Free-range scrambled eggs made gluten free GF</i> | | | |
| Smoked salmon and free-range scrambled eggs on sourdough toast | | | 13.95 |
| <i>Toasted sourdough served with smoked salmon and free-range scrambled eggs.</i> | | | |
| <i>Ask for Smoked salmon and scrambled eggs made gluten free GF</i> | | | |
| Baked eggs shakshuka with sourdough V | | | 13.50 |
| <i>A rich, slow-cooked tomato sauce with onions, peppers, smoked paprika and cumin, oven baked with free-range eggs.</i> | | | |
| <i>Ask for Baked eggs shakshuka made gluten free GF</i> | | | |

TEA-TIME TREAT 9.25

Add some sparkle to your tea-time treat with a glass of prosecco 6.50

*A perfect pick-me-up
Available between 3pm-6pm*

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



Food Menu

VITALÉ PLATTERS AND SHARERS

*Designed to bring people together
Perfect for two to share*

Vitalé Platter 24.95

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)

Vitale Vegetarian Platter V 24.95

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 (served without mozzarella and pesto)

Sharing Camembert V 24.95

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

VITALÉ CREATIONS

Vibrant and flavourful

Buddha bowl V 13.50

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 (Served without French dressing)

Ask for Buddha bowl made vegan VE

Burrata Mediterranean salad V 13.50

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 8.95

Served with sourdough boule.

Ask for Soup of the day made gluten free GF

SNACKS

Little nibbles

A selection of snack bowls for 4.95 or 3 for 9.95

Salted Corn V

Ask for salted corn made gluten free GF

Ask for salted corn made vegan VE

Japanese Cocktail Mix V

Ask for Japanese cocktail mix

made vegan VE

Chilli Rice Crackers V

Ask for Chilli rice crackers made vegan VE

SALADS

Light, wholesome and nutritious

Caesar 13.95

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

Mixed salad V 12.50

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

Ask for Mixed salad made VE

Toppings (served warm)

Marinated prawns with olive oil, garlic and fresh herbs 6.50

Grilled lemon and garlic marinated chicken breast 4.50

VITALÉ SIGNATURE DISH

A celebration of flavour

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

Mediterranean vegetable tart V 12.95

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 13.50

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

Tomato, mozzarella and spinach V 13.50

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

Grilled vegetable V 12.95

Ask for Grilled vegetable made vegan VE

Bacon and brie 13.50

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 15.95

Oven-baked beef lasagne 15.95

Pumpkin ravioli with wild mushroom and sage butter sauce V 13.95

Tagliatelle Bolognese 15.95

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

Tomato and basil garganelli V 13.50

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)

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

Ask for Roasted garlic and rosemary new potatoes made vegan VE

Baba ganoush with flatbread V 4.95

Olives V 4.95

Ask for Olives made gluten free GF

Ask for Olives made vegan VE

CAKES

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 clotted cream V 6.50

Ask to be made gluten free GF

Ask to be made 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.

AFTERNOON TEA

A timeless tradition, made for sharing

28.95 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 6.50

AFTERNOON TEA

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 V

Mini cherry and chocolate dessert V

Caramel, chocolate and coffee layered opera cake

Scone, jam, and clotted cream V

GLUTEN FREE AFTERNOON TEA

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

Sandwich selection

Falafel and tomato 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

V - No meat or fish | GF - Ask for gluten free | VE - Ask for vegan

Please note that some of our meat/fish dishes may contain bones. All beef is of Irish origin.



IMPORTANT ALLERGEN INFORMATION

Use the QR code to access important allergy information and to select suitable items for your specific food allergy or intolerance.

It is your responsibility to ensure that items are suitable based on the information provided on the portal. Menu descriptions may not include all ingredients