



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

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



drinks menu



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

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/ 7Up Free/Club Orange

200-220ml 2.25

Lucozade Original

330ml 2.50

Cidona

284ml 2.50

Red Bull

250ml 2.95

Liptons Peach Ice Tea

500ml 2.50

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

IR - May 2019