



main menu

bread & pastries

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

breakfast from £3.25

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 £6.25
Served with rosemary and garlic focaccia

Rosemary & Garlic Focaccia £3.25
With olive oil and balsamic vinegar

Jalapeño & Red Pepper Houmous £3.50
Served with sweet potato crisps with sea salt

vitalé platter

Perfect for two to share £14.95

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 £13.95

Vitalé platter dishes are also available individually so you can create your own mezze feast from £2.75

flatbreads £7.95

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**

Salmon & Smoked Haddock Fishcake £8.50
Packed with flaked salmon, delicious smoked haddock and herbs

Mediterranean Stuffed Potato £7.50
Fluffy, double-baked jacket potato filled with pesto, tomatoes, olives, basil, roasted garlic, feta cheese and olive oil

Stuffed Portobello Mushroom £7.50
Roasted portobello mushroom filled with a rich tomato confit and topped with goat's cheese

Oven-Baked Frittata* £8.75
Egg frittata filled with spinach, bacon and cheddar cheese, baked until golden

Vegetarian option is available £8.25

Garlic & Rosemary Roast Chicken* £8.95
Freshly roasted pieces of chicken seasoned with garlic and rosemary

Chargrilled Halloumi* £7.95
Chargrilled halloumi with fire-roasted tomatoes

Puttanesca Tartlet (Gluten-free) £7.95
Crispy based Puttanesca tart with red peppers, tomatoes and black olives

panini & pasta

Our panini range is an array of Mediterranean flavours and textures. **Take a look at the counter for today's selection** from £7.95

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

Oven-Baked Beef Lasagne £9.50

Oven-Baked Ricotta & Spinach Cannelloni £9.50

Fresh Pasta & Sauces from £8.75
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 £2.95

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 £10.95

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

Available between 3pm-6pm

Upgrade to a glass of bubbles for £3.25

cakes & desserts from £3.50

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

drinks menu

cocktails £6.95 each or 2 for £10.95

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 Mare and elderflower cordial infused with fresh mint and lemon

Mediterranean Gin & Tonic
Gin Mare infused with fresh rosemary and served over ice with tonic and lime

Sangria Jug for two £12.95

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) £3.50

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

champagne & sparkling

Gancia Prosecco bottle 750ml £19.95

Extra Dry Italy bottle 20cl £8.95

Galanti Pinot Grigio Spumante Rosé Italy bottle £19.95

Ripe, red summer fruit flavours

Veuve Clicquot Yellow Label Brut France bottle £55.00

This cuvée bears the yellow label of excellence

Moët & Chandon Brut Imperial France bottle £50.00

Crisp and clean, this classic Champagne shows citrus aromas and hints of biscuity flavours

Moët Ice Imperial France bottle £60.00

The first and only Champagne speciality created to be enjoyed over ice, combining fun, fresh and free sensations while remaining true to the Moët & Chandon style

white wine

Casa Albali Verdejo-Sauvignon Blanc, Valdepeñas Spain

Refreshing with citrus and tropical fruit

175ml £4.75 250ml £6.25 Bottle £17.95

Solstice Pinot Grigio delle Venezie Italy

Soft, fresh and lively with notes of ripe pear

175ml £4.95 250ml £6.50 Bottle £18.95

Between Thorns Chardonnay SE Australia Bottle £18.95

Luscious pineapple and mango flavours with a creamy finish.

Vidal Sauvignon Blanc, Marlborough NZ Bottle £24.95

Crisp herbaceous passion fruit and melon

Chablis Gloire de Chablis, J. Moreau et fils France Bottle £34.95

Distinctive, dry flinty elegance

rosé wine

Parini Pinot Grigio Rosé delle Venezie Italy

A delicate rose with wild strawberry notes

175ml £5.75 250ml £7.95 Bottle £22.95

Vendange White Zinfandel California, USA

Medium sweet with attractive, fresh zingy strawberry

175ml £5.25 250ml £6.95 Bottle £20.95

Estandon Lumiere de Provence Rosé, Coteaux Varois France Bottle £24.95

Sophisticated red fruit and gentle herbaceous notes

red wine

Casa Albali Tempranillo-Shiraz, Valdepeñas Spain

Cherry and plum with a smooth finish

175ml £4.75 250ml £6.25 Bottle £17.95

Between Thorns Cabernet Sauvignon SE Australia

Delicious blackcurrant with vanilla hints

175ml £4.95 250ml £6.50 Bottle £18.95

Granfort Merlot, Pays d'Oc France

Rich juicy plums and delicate spice

Bottle £17.95

Viña Pomel Centenario Rioja Crianza Spain Bottle £27.50

Black fruit, liquorice and subtle toasty notes

Salentein Barrel Selection Malbec, Uco Valley, Mendoza Argentina Bottle £34.95

Blackberry, blueberry and redcurrant with dark chocolate flavours

beers

Peroni Nastro Azzuro 5.1% ABV 330ml £4.75

Meantime Pilsner 4.4% ABV 330ml £4.75

Estrella Galicia (Gluten-free) 5.4% ABV 330ml £4.95

Brewdog Elvis Juice (tin) 6.5% ABV 330ml £4.75

Heineken 00 0.0% ABV 330ml £3.25

soft drinks

Sparkling or Still Water 330ml £2.50 750ml £3.95

Fresh Orange Juice £2.95

Elderflower Pressé £3.25

Raspberry Lemonade £3.25

Organic Lemonade £3.25

Pepsi 330ml £2.95

Diet Pepsi/Pepsi Max/7Up 330ml £2.75

Liptons 500ml £3.25

Purdeys Edge 330ml £3.50

Purdeys Rejuvenate 330ml £3.50

smoothies £4.50

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 Teas £2.75

The Full English

The Mighty Assam

The Earl

Herbal Infusion Teas £2.95

Nutty Chocolate Assam

Passion Fruit Ceylon

Simply Sencha

Apple & Elderflower Green Tea

Jasmine Petals & Pearls

Thoroughly Minted

Superfruity

Pure Camomile

coffee & hot chocolate

Americano small £2.75 regular £2.95

Caffè Latte £3.25

Cappuccino small £2.95 regular £3.25

Espresso single £1.95 double £2.25

Hot Chocolate £3.50

Double Chocolate £4.25

With a flake and marshmallows

speciality hot chocolate £4.95

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

Mint Chocolate **Caramel Fudge**

Chocolate Orange **Cinnamon Crunch**

Rocky Road

*Not available at Whinfall Forest

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 contain' 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 the server. As usual, we welcome your comments and observations. Thank you.

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

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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