

## BREAKFAST

Please ask your server for today's choices.

All butter croissant <b>V</b>	488 kcal	4.25
Chocolate and hazelnut filled croissant <b>V</b>	390 kcal	4.95
Blueberry filled croissant <b>VE</b>	398 kcal	4.95
Ham and cheese croissant	528 kcal	5.95
Cheese and fire roasted tomato croissant <b>V</b>	445 kcal	5.95
Cheese twist <b>V</b>	438 kcal	4.75
Fruit salad <b>VE GF*</b>	117 kcal GF/VE 117 kcal	6.50
Yoghurt, granola, strawberries and strawberry compote <b>V GF* VE*</b>	440 kcal   GF/VE* 440 kcal	5.95
Raspberry and white chocolate pastry <b>V</b>	416 kcal	4.95
Mixed berry muffin <b>VE</b>	362 kcal	4.75
Vegan chocolate muffin <b>VE</b>	404 kcal	4.75
Gluten free chocolate muffin <b>GF</b>	375 kcal	4.75

## PASTAS 10.25

Pasta dishes are served with a salad of your choice from the salad selection

### PASTA SAUCES:

Spicy arrabiatta <b>VE* GF*</b>	270 kcal   GF 270 kcal   VE 212 kcal
Bolognese <b>GF*</b>	403 kcal   GF 403 kcal
Mushroom and baby spinach <b>V GF*</b>	336 kcal   GF 336 kcal
Tomato and basil <b>VE* GF*</b>	231 kcal   GF 231 kcal   VE 173 kcal

### PASTA CHOICE:

Garganelli <b>V</b>	363 kcal
Gnocchi <b>VE</b>	397 kcal
Tagliatelle <b>V</b>	268 kcal
Gluten Free <b>VE GF</b>	477 kcal   VE 477 kcal

Oven-baked beef lasagne	461 kcal	12.50
Oven-baked ricotta and spinach cannelloni <b>V</b>	591 kcal	12.50

## PANINIS AND GLUTEN FREE SANDWICHES

Served warm, our paninis and gluten free sandwiches are served with a salad of your choice from the salad selection

Moroccan chicken, chargrilled pepper and spinach panini <b>GF*</b>	722 kcal   GF 582 kcal	10.50
On a harissa mayonnaise base.		
Tomato, mozzarella and spinach panini <b>V GF*</b>	796 kcal   GF 655 kcal	10.50
On a green pesto base.		
Bacon and brie panini <b>GF*</b>	900 kcal   GF 759 kcal	10.50
On a cranberry and spinach base.		
Grilled vegetable panini <b>V VE GF*</b>	510 kcal   GF 369 kcal	10.25
Mediterranean vegetables and houmous.		

## VITALÉ PLATTER GF\*

21.50 Perfect for two to share

Includes all items below or select individually to complement your meal

Feta cheese and pesto <b>V GF*</b>	387 kcal   GF 387 kcal	5.50
Fire-roasted tomatoes <b>V VE GF*</b>	113 kcal   GF/VE 113 kcal	4.50
Prosciutto wrapped melon <b>GF*</b>	191 kcal   GF 191 kcal	5.50
Houmous <b>V VE GF*</b>	150 kcal   GF/VE 150 kcal	3.95
Olives <b>V VE GF*</b>	127 kcal   GF/VE 127 kcal	3.95
Stuffed vine leaves <b>V VE GF*</b>	151 kcal   GF/VE 151 kcal	3.95
Rosemary and garlic focaccia <b>V VE</b>	708 kcal   VE 708 kcal	5.50
Served with olive oil and balsamic vinegar dip.		

## VITALÉ VEGETARIAN PLATTER V GF\*

21.50 Perfect for two to share

Includes all items below or select individually to complement your meal

Feta cheese and pesto <b>V GF*</b>	387 kcal   GF 387 kcal	5.50
Fire-roasted tomatoes <b>V VE GF*</b>	113 kcal   GF/VE 113 kcal	4.50
Houmous <b>V VE GF*</b>	150 kcal   GF/VE 150 kcal	3.95
Olives <b>V VE GF*</b>	127 kcal   GF/VE 127 kcal	3.95
Stuffed vine leaves <b>V VE GF*</b>	151 kcal   GF/VE 151 kcal	3.95
Jalapeno red pepper houmous and vegetable crisps <b>V VE GF*</b>	500 kcal   GF/VE 500 kcal	5.50
Rosemary and garlic focaccia <b>V VE *</b>	708 kcal   VE 708 kcal	5.50
Served with olive oil and balsamic vinegar dip.		

## SALAD SELECTION

Caesar <b>GF*</b>	518 kcal   GF 501 kcal	3.95
Shredded lettuce tossed with bacon, croutons and shaved hard cheese drizzled with a creamy Caesar dressing.		
Mixed salad <b>V VE GF*</b>	145 kcal   GF/VE 145 kcal	3.95
Shredded lettuce, peppers, beetroot and carrot, diced tomatoes, cucumber and onion with a roasted garlic and lemon dressing.		
Asian <b>GF*</b>	79 kcal   GF 79 kcal	3.95
Crunchy sliced vegetables in a zingy Asian dressing.		
Middle Eastern mixed bean <b>V GF*</b>	125 kcal   GF 125 kcal	3.95
Kidney beans, chick peas, sweetcorn, cherry tomatoes and roast butternut squash with a Middle Eastern mint dressing.		
Chargrilled broccoli and cauliflower <b>V VE GF*</b>	142 kcal   GF/VE 142 kcal	3.95
With toasted pine kernels.		

## SNACK SELECTION

A selection of 3 snack bowls for 6.75

Chilli Corn Crackers <b>VE GF</b>	130 kcal
Black Pepper Crackers <b>V GF</b>	126 kcal
BBQ Crunch Crackers <b>VE</b>	169 kcal

## VITALÉ SPECIAL

Pumpkin Tortellini <b>V</b>	11.75
Sautéed wild mushrooms, sage butter sauce. 1012 kcal	

## CAKES

*Please ask your server for today's choices.*

Red velvet cake <b>V</b>	368 kcal	6.50
Victoria sponge <b>V GF*</b>	556 kcal   GF 532 kcal	6.50
Chocolate fudge cake <b>V VE*</b>	858 kcal   VE 528 kcal	6.50
Carrot cake <b>VE* GF*</b>	595 kcal   GF 447 kcal   VE 438 kcal	6.50
Chocolate brownie <b>V GF*</b>	309 kcal   GF 422 kcal	6.50
Caramel and ginger slice <b>V</b>	650 kcal	6.50
Lemon drizzle slice <b>V GF</b>	192 kcal	6.50
Lemon meringue slice <b>GF*</b>	385 kcal   GF 385 kcal	6.50
Lemon and white chocolate tulip muffin <b>V</b>	326 kcal	4.75
Toffee and banana muffin <b>V</b>	484 kcal	4.75
Triple chocolate muffin <b>V</b>	487 kcal	4.75
Mixed berry muffin <b>VE</b>	362 kcal	4.75
Vegan chocolate muffin <b>VE</b>	404 kcal	4.75
Chocolate muffin <b>V GF</b>	375 kcal	4.75
Berry fruits tart	396 kcal	6.50
Scone, jam and clotted cream <b>V GF*</b>	700 kcal   GF 583 kcal	5.95

## TEAS AND COFFEE

Americano	17 kcal   add milk 34 kcal	3.50
Espresso	single 17 kcal 2.25   double 17 kcal	2.95
Cappuccino	94 kcal	3.50
Latte	120 kcal	3.50
Mocha	133 kcal	3.95
Hot chocolate	371 kcal	3.95
Double choc mallow	469 kcal	4.75
with cream, marshmallows and Flake.		

**Decaffeinated coffee and dairy free milk for tea and coffee available - please ask your server.**

Traditional teas		3.25
Everyday Brew 0 kcal   add milk 34 kcal		
Earl Grey 0 kcal   add milk 34 kcal		
Decaffeinated 0 kcal   add milk 34 kcal		

Herbal infusion tea	0 kcal	3.25
Green Tea   Super Fruit   Honeybush and Rooibos		
Peppermint   Chamomile		

### Liqueur coffee

\*not included in hot drink package options. 6.95

Choose from:

Baileys coffee 390 kcal | Calypso coffee 342 kcal  
Irish coffee 358 kcal

### Liqueur hot chocolate

\*not included in hot drink package options. 6.95

Choose from:

Baileys chocolate 449 kcal | Calypso chocolate 409 kcal  
Amaretto chocolate 398 kcal

## AFTERNOON TEA\*

**22.50 per person.** (Minimum of 2 people)  
*Includes any drink from our hot drink or soft drink selection.*

### Selection of sandwiches including:

Smoked salmon and cucumber 161 kcal,  
egg mayonnaise **V** 158 kcal, chicken salad 93 kcal.

### Served alongside a sweet selection, including:

Carrot cake **V** 151 kcal, chocolate and orange torte **V** 238 kcal, fruit tartlet **V** 120 kcal, macarons **V** 51 kcal and scone, jam and clotted cream **V** 700 kcal

## GLUTEN FREE AFTERNOON TEA\*

### Selection of sandwiches including:

Smoked salmon and cucumber 200 kcal,  
egg mayonnaise **V** 302 kcal, chicken salad 196 kcal

### Served alongside a sweet selection, including:

Chocolate and orange torte **V** 239 kcal,  
macarons **V** 102 kcal, fresh strawberries 11 kcal and gluten free scone, jam and clotted cream 583 kcal

## VEGAN AFTERNOON TEA\*

### Selection of sandwiches including:

Vegan smoked Applewood,  
tomato with apple and ale chutney 186 kcal,  
vegan tuna mayonnaise 222 kcal

### Served alongside a sweet selection, including:

Red velvet cake 282 kcal, mocha cake 296 kcal  
fresh strawberries 11 kcal

**Why not add a glass of Prosecco to your Afternoon Tea for an additional 5.25**

*\* Please note that Afternoon Tea is not included in the lunch package for Spa Days or Spa Breaks.*

## TEA-TIME TREAT

**7.25 per person** Available between 3pm-6pm

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

**Upgrade to a glass of bubbles for 5.25**

(V) No meat or fish (VE) Vegan (VE\*) Vegan Available (GF\*) Gluten Free Available

Adults need around 2000 kcal a day.



Intended allergen ingredient information for all menu items is available via the QR code. We do not provide details of "may contain" allergen statements and cannot make changes to our menu items. Due to supplier manufacturing processes, Gluten Free dishes are suitable for guests with Coeliac disease but may be unsuitable for guests who are allergic to cereal proteins. Similarly, some Vegan ingredients carry "may contain" warnings from suppliers so should not be relied on to avoid specific allergens. We use ingredients containing allergens throughout our kitchens, including cooking different foods in the same equipment. It is not possible to guarantee that any item is 100% allergen free due to the risk of cross-contamination. If this causes concern due to the severity of an allergy, please consider carefully before ordering. Please note, some of our meat/fish dishes may contain bones.

## COCKTAILS

2 for 15.95

### Bellini prosecco

8.50

With peach purée

### Mojito

9.95

World famous classic from Cuba. A refreshing blend of Bacardi Superior Rum, mint, lime and sugar syrup.

### Raspberry mojito

9.95

A thirst quenching blend of Bacardi Superior Rum, mint, lime, sugar syrup and raspberries.

### Gin garden

9.95

A blend of gin, prosecco and elderflower liqueur served over ice with cucumber.

### Aperol spritz

9.95

A refreshing blend of Aperol, prosecco, soda and fresh orange.

### Espresso martini

9.95

A blend of vodka shaken with coffee liqueur, ice finished with coffee beans.

### Passionfruit martini

9.95

Vanilla vodka shaken with passionfruit and served with a shot of prosecco and fresh passionfruit.

### Vitalé royale

9.95

A twist on the classic French cocktail using Chambord and prosecco.

### Sangria jug for two

14.50

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

### Pimm's and lemonade

7.95

A classic refreshing drink served over ice with fresh fruit, cucumber and mint.

## MOCKTAILS

### Apple and mint smash (non-alcoholic)

169 kcal

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

## WHITE WINE

### Canyon Road Pinot Grigio - USA

175ml 5.95 | 250ml 7.75 | Bottle 22.50

Medium bodied with flavours of apple and pear with hints of floral for a crisp clean finish.

### Boomerang Bay Chardonnay - Australia

175ml 6.95 | 250ml 9.25 | Bottle 26.95

Carefully crafted to retain all the fresh flavours of citrus and tropical fruits, balanced by crisp acidity and delightful lingering finish.

### Honu Sauvignon Blanc - New Zealand

175ml 7.50 | 250ml 9.75 | Bottle 28.95

Fresh, crisp and zesty with aromas of citrus and passionfruit combined with flavours of lime and gooseberry.

## ROSÉ WINE

### Canyon Road White Zinfandel - USA

175ml 5.95 | 250ml 7.75 | Bottle 22.50

Glorious pink in the glass with a fruity bouquet.

This wine reveals the flavours of strawberry and watermelon.

### Ca'Del Lago Pinot Grigio Rose - Italy

175ml 6.95 | 250ml 9.25 | Bottle 26.95

Notes of cherry and strawberry backed by floral notes of violets and roses with a rounded finish.

If a particular wine or year is not available, we reserve the right to offer you the nearest alternative. Wines on this menu have an alcohol content of between 9% and 15%. For further ABV information please ask at the bar. Wines by the glass are also available as a 125ml measure, please ask at the bar.

You must be over 18 years old to purchase or consume alcoholic beverages. Proof of age may be required, and we only accept a valid photocard Driving Licence, Passport, Military ID or Prove-It card with a pass logo hologram. No other ID's will be accepted, and we reserve the right to refuse service. Please drink responsibly.

## NON / LOW ALCOHOLIC WINE

### Freixenet 0.0% Cava Blanco - Spain Bottle 20cl 6.25

Pale in colour with persistent bubbles, giving tropical and citrus notes.

### Rawsons Retreat Semillon Chardonnay 0.5% - Australia

175ml 4.95 | 250ml 6.25 | Bottle 16.95

This low alcohol Semillon Chardonnay is delightfully refreshing, sourced from vineyards in South Eastern Australia.

### Rawsons Retreat Cabernet Sauvignon 0.5% - Australia

175ml 4.95 | 250ml 6.25 | Bottle 16.95

This low alcohol Cabernet Sauvignon is luscious and smooth.

## BOTTLED BEER AND CIDER

### Peroni 5.0% ABV

330ml 5.95

### Coors 4.0% ABV

330ml 5.95

### Corona 4.5% ABV

330ml 5.95

### Estrella Daura Damm Gluten Free 5.4% ABV

330ml 5.95

### Rekorderlig Mango Raspberry 4.0% ABV

500ml 6.50

### Rekorderlig Passionfruit 4.0% ABV

500ml 6.50

### Westons Stowford Press 4.5% ABV

500ml 6.50

### Peroni Nastro Azzuro 0.0% ABV

330ml 4.25

## SPARKLING WINE

### Pommery Champagne - France Bottle 56.95

Ample and delicate with initial notes of berries.

### Bellino Prosecco - Italy Bottle 26.95

Fine persistent soft fizz surrounds a fruit spectrum of apple, pear and a hint of peach.

### Il Cortigiano Prosecco - Italy Bottle 20cl 11.50

Vibrant pale prosecco with light citrus flavours and a hint of peach.

### Italia Prosecco Rosé - Italy Bottle 26.95

Fresh and delicately fruity with red berry and floral aromas. A lively palate with ripe strawberry notes and a clean, refreshing finish.

## RED WINE

### Los Gansos Pinot Noir - Chile

175ml 6.50 | 250ml 8.50 | Bottle 24.95

Light and fruity with fine tannins combining with sweet fruits to create a rich texture.

### Coastal Reserve Merlot - Spain

175ml 6.50 | 250ml 8.50 | Bottle 24.95

A Merlot from Spain where the summer heat beautifully ripens the grapes cultivating rich juicy plum and red fruit flavours.

### Boomerang Bay Shiraz - Australia

175ml 5.95 | 250ml 7.75 | Bottle 22.50

A smooth fruity wine with aromas of peppers, dark berries and spice.

### 7 Fires Malbec - Argentina

175ml 6.95 | 250ml 9.25 | Bottle 26.95

Notes of luscious blackberry, cherry and plum, complemented by subtle hints of violet and sweet spice on the silky-smooth palate.

## SOFT DRINKS

### Fresh orange juice 141 kcal

3.25

### Fruit juice

3.95

### Orange 204 kcal | Apple 186 kcal

### Elderflower pressé

3.75

### Raspberry lemonade

3.75

### Organic lemonade

3.75

### Sparkling or still water

330ml 3.00 | 750ml 5.00

### Pepsi/Pepsi Max/7Up

330ml 3.75