



Breakfast

Please ask your server for today's choices.

- Granola & Yoghurt 307 kcal | All Butter Croissant 404 kcal
- Raspberry & White Chocolate Pastry 455 kcal
- Cheese & Fire Roasted Tomato Croissant 445 kcal
- Chocolate & Hazelnut Filled Croissant 390 kcal
- Ham & Cheese Croissant 443 kcal | Cheese Twist 438 kcal
- Blueberry Filled Croissant 398 kcal

Cakes

Please ask your server for today's choices.

- Red Velvet Cake 446 kcal | Victoria Sponge 323 kcal
- Carrot Cake 595 kcal | Caramel and Ginger Slice 650 kcal
- Berry Fruits Tart 396 kcal | Lemon Meringue Slice 541 kcal
- Chocolate Brownie Gluten Free GF 292 kcal
- Lemon and White Chocolate Tulip Muffin 326 kcal
- Scone, Jam and Clotted Cream 700 kcal
- Triple Chocolate Muffin 487 kcal
- Vegan Chocolate Fudge Cake VE 546 kcal
- Vegan Carrot Cake VE 438 kcal

Vitalé Platter

18.95 Perfect for two to share

Includes all items below or select individually to compliment your meal

- Feta Cheese and Pesto V GF* 387 kcal GF 387 kcal 3.95
- Fire-Roasted Tomatoes V VE GF* 83 kcal GF 83 kcal GF 83 kcal 3.50
- Prosciutto Wrapped Melon GF* 191 kcal GF 191 kcal 3.95
- Houmous V VE GF* 150 kcal GF 150 kcal GF 150 kcal 3.50
- Olives V VE GF* 114 kcal GF 114 kcal GF 114 kcal 3.50
- Stuffed Vine Leaves V VE GF* 151 kcal GF 151 kcal GF 151 kcal 3.50
- Rosemary and Garlic Focaccia V VE 708 kcal 3.95

Vitalé Vegetarian Platter

18.95 Perfect for two to share

Includes all items below or select individually to compliment your meal

- Feta Cheese and Pesto V GF* 387 kcal GF 387 kcal 3.95
- Fire-Roasted Tomatoes V VE GF* 83 kcal GF 83 kcal GF 83 kcal 3.50
- Houmous V VE GF* 150 kcal GF 150 kcal VE 150 kcal 3.50
- Olives V VE GF* 114 kcal GF 114 kcal VE 114 kcal 3.50
- Stuffed Vine Leaves V VE GF* 151 kcal GF 151 kcal VE 151 kcal 3.50
- Rosemary and Garlic Focaccia V VE 708 kcal 3.95
- Jalapeno Red Pepper Houmous and Vegetable
- Crisps V VE GF* 458 kcal GF 458 kcal VE 458 kcal 3.95

Afternoon Tea*

20.00 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 232 kcal
- Egg Mayonnaise 538 kcal
- Chicken Salad 370 kcal

Served alongside a selection of cakes including

- Carrot Cake 151 kcal | Chocolate Torte 238 kcal
- Fruit Tartlet 120 kcal | Macarons 51 kcal
- Scone, Jam and Clotted Cream 700 kcal

Why not add a glass of Prosecco to your Afternoon Tea for an additional 5.00

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

Paninis and Pastas

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

Moroccan Chicken, Chargrilled

Pepper and Spinach Panini 658 kcal 8.95

On a harissa mayonnaise base

Tomato, Mozzarella and Spinach Panini V 796 kcal 8.50

On a green pesto base

Bacon and Brie Panini 900 kcal 8.95

On a cranberry and spinach base

Grilled Vegetable Panini V VE 510 kcal 8.50

Mediterranean vegetables and houmous

Oven-Baked Beef Lasagne 461 kcal 10.95

Oven-Baked Ricotta and

Spinach Cannelloni V 521 kcal 10.95

Salad Selection

Caesar GF* 518 kcal GF 501 kcal 3.25

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

Mixed Salad V VE GF*

145 kcal GF 145 kcal VE 145 kcal 3.25

Shredded lettuce, peppers, beetroot and carrot, diced tomatoes, cucumber and onion with a roasted garlic and lemon dressing

Asian GF* 79 kcal GF 79 kcal 3.25

Crunchy sliced vegetables and beansprouts in a zingy Asian dressing

Middle Eastern Mixed Bean V GF*

125 kcal GF 125 kcal 3.25

Kidney beans, chick peas, sweetcorn, cherry tomatoes and roast butternut squash with a Middle Eastern mint dressing

Tea-Time Treat

6.00 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 3.50

Adults need around 2000 kcal a day.

Teas and Coffee

Americano	17 kcal	add milk 34 kcal	2.95
Espresso	single 17 kcal	1.95 double 17 kcal	2.50
Cappuccino	94 kcal		3.25
Caffè Latte	120 kcal		3.25
Hot Chocolate	371 kcal		3.50
Double Choc Mallow	469 kcal		4.25

with a Flake and marshmallows

*Decaffeinated coffee and alternative milks available
- please ask your server for details*

Traditional Teas 2.50

Everyday Brew 34 kcal • Darjeeling Earl Grey 34 kcal

Herbal Infusion Tea 2.50

Green Tea 0 kcal • Super Fruit 0 kcal

Peppermint 0 kcal • Chamomile 0 kcal

Cocktails 7.50 each or 2 for 12.95

Bellini Prosecco

with peach purée

Vitalé Royale

A twist on the classic French cocktail using Chambord and Prosecco

Mojito

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

Berry Mojito

Bacardi Carta Blanca Rum, Crème De Cassis, lime juice and mint over ice with soda

Gin Garden

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

Espresso Martini

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

Passion Fruit Martini

42 Below Vodka, passion fruit liqueur, passion fruit juice, shaken and served with fresh passion fruit and a shot of prosecco

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 and Mint Smash (non-alcoholic) 169 kcal 3.95

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

Soft Drinks

Fresh Orange Juice 141 kcal 3.25

Fruit Juice 3.25

Orange 204 kcal | Apple 186 kcal

Elderflower Pressé 3.50

Raspberry Lemonade 3.50

Organic Lemonade 3.50

Sparkling or Still Water 330ml 2.75

Pepsi/Pepsi Max/7Up 330ml 3.50

Bottled Beer and Cider

Peroni 5.0% ABV 330ml 5.50

Corona 4.5% ABV 330ml 5.50

Estrella Galicia Gluten free 5.5% ABV 330ml 5.50

Heineken '00' 0.0% ABV 330ml 3.50

Peroni Libera 0.0% ABV 330ml 3.50

Weston's 'Stowford' Press 4.5% ABV 500ml 5.95

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.

Sparkling Wine

Moët & Chandon Brut Impérial

Bottle 750ml 49.95

An excellent apéritif, crisp and clean, this classic Champagne shows citrus aromas and hints of biscuity flavours

Prosecco Rosé

Bottle 20cl 9.95 • Bottle 750ml 23.95

Vibrant pale pink Prosecco with light summer fruits with a hint of peach

Prosecco Brut

Bottle 20cl 9.95 • Bottle 750ml 23.95

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

White Wine

Pinot Grigio

175ml 6.25 • 250ml 8.25 • Bottle 23.95

Dry white wine with a punchy acidity with flavours of citrus, apples and honeysuckle

Sauvignon Blanc

175ml 6.75 • 250ml 8.95 • Bottle 25.95

Dry, light and refreshing with flavours of passion fruit, grapefruit and citrus

Chardonnay

175ml 6.25 • 250ml 8.25 • Bottle 23.95

Dry and medium-bodied emanating fresh, crisp notes of pear, guava, lemon-peel, and apple

Macon Villages • Bottle 25.95

Excellent softer style of Burgundy. Full of citrus, ripe apple and stone fruit flavours

Red Wine

Merlot

175ml 5.75 • 250ml 7.50 • Bottle 21.95

Deep-coloured and intensely juicy yet light and supple on the palate with a soft finish

Shiraz

175ml 5.75 • 250ml 7.50 • Bottle 21.95

Deep-coloured, bold and full-bodied

Cabernet Sauvignon

175ml 6.25 • 250ml 8.25 • Bottle 23.95

Full-bodied, complex and fruit forward with hints of black pepper and tobacco

Pinot Noir

175ml 6.25 • 250ml 8.25 • Bottle 23.95

Lightly coloured with a medium body with aromas of red fruits

Rosé Wine

White Zinfandel

175ml 6.25 • 250ml 8.25 • Bottle 23.95

A mesmerizing blend of floral and fruit with gentle but crisp acidity

Grenache Rosé

175ml 6.25 • 250ml 8.25 • Bottle 23.95

Light rose petal aromas and a taste of strawberry. It's sweet and ripe with a refreshing dry finish

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



Allergens: We use ingredients containing allergens as part of the preparation of food in all of our eateries. We also cook different foods with the same equipment. It is not possible to guarantee that any product is 100% free from any allergen due to the risk of cross-contamination in our kitchens. Intended allergen ingredient information for all items on our menu is available on our allergen portal via our QR code. We cannot make changes to our menu items and currently do not provide details of any 'may contain' allergen statements. If this causes you concerns due to the severity of your allergy please consider carefully before ordering. We are reviewing how we improve this in future. *Some of our meat/fish dishes may contain bones