



Eggs

Just Eggs 1.99
Just scrambled eggs, with your choice of salt, pepper or chilli flakes

Mexican Eggs 3.99
Scrambled or poached egg with roasted peppers, chorizo, chilli flakes, avocado and wilted spinach

Better Breakfast 3.99
Scrambled or poached eggs with crispy bacon, baby plum tomatoes, avocado and wilted spinach

Omega Salmon 4.49
Scrambled or poached eggs with roasted salmon, omega seeds, avocado and wilted spinach

Fiery Eggs 4.49
Scrambled or poached eggs with feta cheese, baby plum tomatoes, chilli flakes, avocado and wilted spinach



Toast & Bagels

Plain /Spread	0.99
Marmite	1.49
Peanut Butter	1.49
Avocado	3.29
Bacon	3.20

Porridge & Bowls

Choose from gluten free traditional dairy porridge or vegan oat and quinoa porridge

Plain:

Traditional (GF)	1.29	1.79
Oat and quinoa (GF, VG)	1.39	1.89

Or create your own:

Traditional porridge	2.79	2.99
Vegan porridge	3.09	3.29
Breakfast bowl		3.59

Choose 1:

Blueberries, strawberries, kiwi, mango, pomegranate, pineapple, banana, grapes

Choose 2:

Dried cranberries, chia seeds, coconut chips, dates, pumpkin seeds, peanut butter, honey, agave, mango puree, blueberry compote



Tea & Coffee

*Almond and coconut milk options 50p extra

Espresso	1.30	1.60
Macchiato	1.30	1.60
Latte*	1.95	2.30
Cappuccino*	1.95	2.30
Flat White*	2.25	
Americano	1.65	1.85
Tea		1.45

Raw & Naked

Freshly made smoothies blended with your choice of coconut water, apple juice, semi-skimmed milk, almond or coconut milk.

Virgin Mojito 4.29
Spinach, pomegranate seeds, chia seeds, chopped apple, blueberries, mint, ginger and a splash of lemon juice

Cacao and Nut Booster 4.29
Banana, cacao nibs, agave, natural peanut butter, coffee beans and almond milk

Mean and Green 4.29
Spinach, avocado, chopped apple, pumpkin seeds, cucumber, parsley and a splash of lemon juice



Soups

Tomato and Basil (VG, GF) 3.25 4.25

Butternut, Lentil & Spinach (VG, GF) 3.25 4.25

Thai Spiced Chicken (GF) 4.25 4.75

Happy Fri-yay!

Get 50% off all salads, hot food and more after 2.30pm every Friday*

*Subject to availability

Follow us:



Vital Ingredient



@vitalingredient

Hot Food

Eat your way with our create your own hot food menu: 5.99 / 6.99

1. Choose your base:
Brown Rice (VG, GF)
Quinoa and Buckwheat (VG, GF)
Jacket Potato (VG, GF)

2. Choose your sauce:
Cajun vegetable stew (VG, GF)
Sri Lankan curry (VG, GF)
Katsu curry (V, GF)

3. Choose your deli:
Baked falafel (VG)
Butternut Squash (VG, GF)
Roasted Chicken (GF)
Grilled Halloumi (V, GF)



Chilli Con Carne (GF) 5.25 6.25
With brown rice, quinoa and buckwheat or a jacket potato

Tostilocos (GF) 6.50
Brown rice, chilli con carne, jalapenos, cheddar cheese, sour cream and nacho chips

House Salads

Super Cobb 5.49 6.49
Chicken, crispy bacon, baby plum tomatoes, boiled egg and avocado with blue cheese dressing

Bang Bang Chicken 5.49 6.49
Chicken, carrot, green beans, sweet pepper pearls, sweetcorn, peanuts and sweet chilli dressing

Nachos Grande 5.49 6.49
Chicken, avocado, mixed beans, baby plum tomatoes, cheddar cheese, nachos and mixed herbs with ranch dressing

Chicken Caesar 5.49 6.49
Chicken, crispy bacon, Italian shaved cheese, cucumber and croutons with Caesar dressing

Veggie Power 5.49 6.49
Edamame beans, hummus, pickled red onion, sweetcorn, chunky avocado, omega seeds and sweet pepper pearls with sweet chilli dressing

Chorizo & Sweet Pepper 5.49 6.49
Chorizo, tortilla chips, sweetcorn, roasted peppers and sweet pepper pearls with ranch dressing

The Italian 5.49 6.49
Mozzarella or Chicken, chunky avocado, roasted tomato, mixed quinoa, kalamata olives, croutons and basil pesto with balsamic vinegar and olive oil

The Greek 5.49 6.49
Halloumi or Avocado, feta, kalamata olives, baby plum tomatoes, cucumber, fresh peppers and pickled red onion with balsamic vinegar and olive oil

Salmon Greens & Grains 5.99 6.99
Roasted salmon, edamame beans, chunky avocado, basil pesto, mixed quinoa, baby plum tomatoes and sweet potato with lemon juice and olive oil

Muscle Builder 5.99 6.99
Double chicken, cheddar, egg, baby plum tomatoes, sweet potato and sweetcorn with ranch dressing

Create Your Own

5.99 6.99

1. Choose your base:

Spinach
Cos Lettuce
Mixed Leaf
Mixed Quinoa

2. Choose 2 premiums:

Extra: 1.19

Chicken	Egg
Chorizo	Mozzarella
Tuna	Cheddar
Salmon	Italian Shaved
Bacon	Cheese
Falafel	Feta
Avocado	Halloumi (+50p)

3. Choose 3 veg:

Extra: 0.59

Baby tomatoes	Croutons
Basil pesto	Peanuts
Cucumber	Broccoli
Sweetcorn	Mixed herbs
Sweet potato	Beetroot
Fresh peppers	Hummus
Roasted peppers	Tortilla chips
Grated carrot	Mixed quinoa
Edamame Beans	Jalapenos
Pickled red onion	Kalamata olives
Green beans	
Mixed beans	
Omega seeds	

4. Add your dressing:

Balsamic vinegar	Soy, sesame and ginger
Extra virgin olive oil	Caesar
Lemon juice	Sweet chilli and lime
Blue cheese	French vinaigrette
Ranch	

