

start your day with breakfast at vital

at vital you can choose the way you start the day **with a huge range of hot and cold options:** from piping hot porridge and tasty hot rolls to create your own breakfast bowls or healthy little yoghurt pots from the fridge.

so drop by any of our stores up to 10.30am and enjoy the most vital meal of the day at... vital!

A GREAT
START TO
THE DAY!



.....
have your breakfast delivered: vitalingredient.co.uk/deliveries

drinks

cold drinks

fresh juices & smoothies

freshly squeezed orange juice	£2.95
orange juice	£1.95
apple juice	£1.95
carrot, apple & ginger juice	£2.25
strawberry & banana smoothie	£2.25

bottles & cans

diet coke	£1.00
coke	£1.00
still water	£1.05
sparkling water	£1.05
zico coconut water	£2.35
whole earth organic	£1.25
little miracles	£1.85
glaceau vitaminwater	£1.95

hot drinks

coffee

cappuccino	£2.10
flat white	£2.10
latte	£2.10
americano	£1.85
espresso	£1.25
macchiato	£1.55
extra shot	£0.65
hot chocolate	£2.10

teas

fruit teas £2.25

our aromatic fruit teas contain real fruit pieces and are infused with botanical extracts for an extraordinary taste sensation. see in-store menu for range.

classic leaf teas £1.45

breakfast
peppermint
earl grey
chamomile
green tea

complete drinks menu not available at our smaller stores take care we use nuts in our kitchens, our chefs take great care to remove bones, egg shell & olive stones but from time to time we may miss some.

my breakfast is vital

take out menu



Vital
ingredient

EAT
YOUR
WAY

vitalingredient.co.uk

my breakfast bowl

start the morning the way you want to with a vital 'create your own' breakfast, or one of our house breakfast bowls!

create your own in **3 easy steps!**

1 choose a base

2 select 3 ingredients & add milk or yoghurt

3 add any topping



heat up your mornings

our **hot breakfast** options include favourites like hot bacon, or scrambled eggs with sun kissed tomatoes in a freshly baked artisan roll and freshly filled toasted croissants.



FRESHLY BAKED EVERY MORNING

greek yoghurt pots & minis

fresh from the fridge are our tasty little **greek yoghurt pots** with a choice of base, granola. or why not try our mini superfood quinoa pots with fruit compote for a healthy boost!



SUPERFOOD QUINOA POTS

fresh fruit & juice

you can't get fresher than our zingy freshly squeezed orange juice at vital. with fresh fruit at the counter, and a range of fresh fruit pots, juices & smoothies available from the fridge – you'll be spoilt for choice!



FRESHLY SQUEEZED JUICE

fairtrade coffee & fruit teas

all our coffee is fairtrade, made from the finest sun dried ethiopian arabican beans for a fuller flavour. for something really different & caffeine free, try one of our fruit teas with real fruit pieces.



FULL FLAVOUR. FAIRTRADE COFFEE

porridge

with slow release carbs **porridge** is a great, and healthy, way to start your day. we serve our porridge piping hot with a range of toppings – from fresh fruit to honey. enjoy a breakfast that will keep you full until lunch.

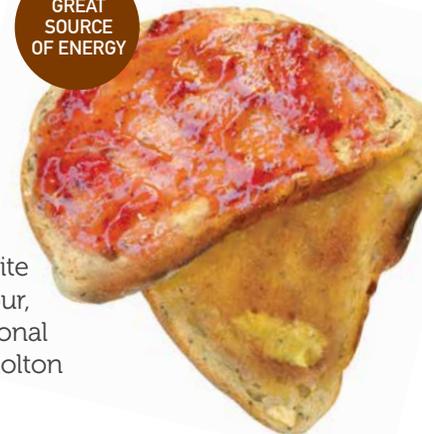


ENERGY BOOSTING OATS

toast

sometimes nothing else will do but good **old toast!** from white or brown bread, or how about a bagel? we also have fruit jam, peanut butter to marmite for adding a bit of flavour, or just enjoy the traditional way with a dollop of molton butter – delicious!

GREAT SOURCE OF ENERGY



breakfast

create your own
breakfast bowl... from £2.95
fruit bowl... from £4.25

(our fruit bowl includes a choice of 5 ingredients,
add milk or yoghurt, plus any 1 topping)

1 choose your base

swiss muesli healthy bran flakes special k
crunchy granola toasted oat clusters

2 select 3 ingredients*

fresh fruits

banana blueberries grapes
pineapple strawberries mango
apple chunks melon pomegranate seeds

chewie

yoghurt raisins toasted coconut raisins
dried goji berries dried cranberries

crunchie

flaked almonds sunflower seeds pumpkin seeds
hazelnuts flax seeds multi seed mix
banana chips walnuts

add milk or yoghurt

choose from...

plain low fat yoghurt, low fat berry yoghurt, milk or soya milk

3 add any topping

squeezie

honey berry puree mango puree

dusting

cinnamon demerara sugar granulated sugar
cocoa

add another ingredient for £0.65

*our ingredients may vary throughout the seasons and our stores



house breakfast bowls

energiser £3.65

slow release of energy

toasted oats agave nectar
banana walnuts
grapes flax & sunflower seeds
dried cranberries plain low fat yoghurt
pumpkin seeds a splash of milk
cinnamon

super brek £3.95

packed with antioxidants

swiss muesli cinnamon
blueberries flax & sunflower seeds
pomegranate seeds honey
dried goji berries plain low fat yoghurt
pumpkin seeds a splash of milk

fruit booster £3.85

slow release of energy

granola apple
dried cranberries flaked almonds
cinnamon plain low fat yoghurt
blueberries a splash of milk

snacks

fresh fruit £0.65
tyrrell's crisps £1.05
popchips £1.05
propercorn £1.05
cake slice – carrot cake / chocolate cake £1.55
cake square – all butter flapjack /
double chocolate brownie / seed & nut £1.25
organic chocolate £1.15
nakd bars £1.15
peppermint mints / gum £1.75

desserts

fresh fruit salad £2.05
jelly pot £1.00
grape pot £1.95
superberry pot £2.55
fresh banana & vanilla custard £1.95
greek yoghurt with a choice of base £1.85
choose from... honey / mango / blueberry
mini greek yoghurt & granola pot £1.45
mini passion fruit & quinoa pot £1.55
mini raspberry & quinoa pot £1.55
mini blueberry & quinoa pot £1.55

hot breakfast

full english

with bacon, scrambled eggs, pork sausage,
baked beans & choice of bloomer toast
with butter £5.95

hot breakfast sandwich

hot bacon & egg toasted bloomer sandwich £3.65
hot artisan bacon sandwich £2.45
hot artisan sausage sandwich £2.45
hot artisan egg & sun kissed tomato sandwich (v) £2.45
wiltshire ham & emmental cheese croissant £2.95
mature cheddar & sun kissed tomato croissant (v) £2.95
extra hot ingredient £0.95

porridge (v)

regular + free topping £1.95
small + free topping £1.85

choose one topping... honey, berry puree,
mango puree, cinnamon, cocoa, demerara sugar
or granulated sugar

extra fruit ingredient £0.65

toast

bloomer with butter + free topping £1.45
bagel with butter + free topping £1.55

choose one topping... strawberry jam, raspberry jam,
marmalade, peanut butter, honey or marmite



HAVE YOU TRIED
OUR ARTISAN HOT
BREAKFAST
SANDWICHES?



all prices are subject
to vat when eating in

salads

regular £6.25
mini £5.15

create a salad bowl in
3 simple steps...

1 choose your base

- cos lettuce...** sweet and crisp
- mixed leaf...** stronger flavour, softer texture
- egg pasta...** italian pasta cooked 'al-dente'
- quinoa...** super grain, high in protein
- brown rice...** healthy & whole grain
- baby spinach...** great source of iron
- guest base...** please check in store or online for this week's guest base

2 select 5 ingredients*

1 item from the deli counter

- | | |
|-----------------------|----------------------|
| pulled chicken breast | shaved parmesan |
| wiltshire ham | grilled sweet potato |
| crispy bacon | sun kissed tomatoes |
| juicy prawns | artichoke hearts |
| pole & line tuna | greek feta |

4 items from the veg counter

- | | | |
|--------------------|------------------|--------------------|
| vine ripe tomatoes | beetroot | sesame noodles |
| cucumber | baby capers | british cheddar |
| mixed peppers | jalapeno peppers | fresh mozzarella |
| red onions | fresh chillies | emmental cheese |
| mixed beans | spicy avocado | mixed seeds |
| fine green beans | flaked almonds | houmous |
| new potatoes | peanuts | falafel |
| asparagus | raisins | edamame beans |
| petit pois | tortilla chips | free range egg |
| broccoli | crispy croutons | grilled vegetables |
| sweetcorn | mixed olives | gherkins |
| grated carrot | | |

add extra ingredients:
deli ingredients £1.25
veg ingredients £0.85

*our ingredients may vary throughout the seasons and our stores all prices are subject to vat when eating in

3 add a dressing

- ranch / lite** classic american dressing (V) (WF) (GF)
- caesar / lite** made to our recipe (no anchovies) (WF)
- blue cheese / lite** made with british blue cheese (V) (WF) (GF)
- honey balsamic** sweetened with honey (V) (WF) (GF) (DF)
- chilli & ginger** a delicious asian fusion (contains sesame) (V) (VG) (GF) (DF)
- french** with dijon mustard (V) (VG) (DF) (WF) (GF)
- mango, chilli & lime** sweet with a little kick (V) (DF) (VG) (WF) (GF)
- balsamic vinegar** (V) (DF) (VG) (WF) (FF)
- extra virgin olive oil** (V) (DF) (VG) (WF) (GF)
- fresh lemon juice** (V) (WF) (GF) (DF) (VG) (FF)

house salads

super cob (GF)

- pulled chicken breast
- crispy bacon
- spicy avocado
- free range egg
- vine ripe tomatoes
- blue cheese dressing**

chef salad

- pulled chicken breast
- wiltshire ham
- emmental cheese
- vine ripe tomatoes
- cucumber
- crispy croutons
- ranch dressing**

oriental prawns

- juicy prawns
- grated carrot
- broccoli
- fine green beans
- edamame beans
- sesame noodles
- peanuts
- chilli & ginger dressing**

chicken caesar

- pulled chicken breast
- crispy bacon
- shaved parmesan
- crispy croutons
- cucumber
- caesar dressing**

tuna niçoise (GF)

- pole & line tuna
- free range egg
- new potatoes
- red onions
- capers
- mixed olives
- fine green beans
- vine ripe tomatoes
- french dressing**

nachos grande (GF)

- pulled chicken breast
- spicy avocado
- mixed beans
- british cheddar
- vine ripe tomatoes
- tortilla chips
- ranch dressing**

rock the kasbah (V) (VG)

- falafel
- houmous
- broccoli
- vine ripe tomatoes
- grated carrot
- mixed peppers
- mixed seeds
- lemon juice & extra virgin olive oil**

sweet greek (V) (GF)

- grilled sweet potato
- greek feta
- broccoli
- vine ripe tomatoes
- grated carrot
- mixed seeds
- mixed peppers
- balsamic vinegar & extra virgin olive oil**

hot food

street food specials £6.95

introducing our exciting new street food range inspired by flavours from around the world.

please check in store or online for our delicious street food specials...

soups

please check in store or online for this week's soups...

classic	small £3.25	large £3.75
gourmet	small £3.65	large £4.25

free toppings... soy sauce, crushed chillies, fresh herbs, parmesan, croutons or salt & pepper

miso soup (V) (VG) **£2.95**

ramen noodle soups £4.85

fresh asian vegetables, rice noodles in a fragrant ginger & lemongrass broth. choose from:

chicken (WF) (GF) (DF) (LF)

pacific prawn (WF) (GF) (DF) (LF)

tofu (V) (VG) (WF) (GF) (DF) (LF)

hot wraps please check in store menu **£4.25**

quick pots (V) (VG) please check in store menu **£3.95**

baked jacket potato **from £5.45**

please check in store menu for filling choices

grab & go

wraps

- falafel & houmous (V) **£1.85**
- chicken caesar **£1.95**
- hoi sin duck **£1.95**
- chicken, bacon & avocado **£1.95**
- tuna crunch **£1.95**

artisan rolls

- mature cheddar & chutney (V) **£2.95**
- chicken & bacon **£2.95**
- ham & emmental **£2.95**
- free range egg & rocket (V) **£2.95**
- tuna & rocket **£2.95**
- blt **£2.95**

raws

- falafel & houmous pot (V) (VG) **£2.05**
- houmous & raw veg pot (V) (VG) (GF) **£2.05**
- mini carrot & houmous pot (V) (VG) (GF) **£1.25**
- mini carrot pot (V) (VG) (GF) **£1.00**
- mini edamame pot (V) (VG) **£1.00**

(V) vegetarian (DF) dairy free (GF) gluten free (LF) low fat
(VG) vegan (FF) fat free (WF) wheat free