

**Vital** ingredient

EAT  
YOUR  
WAY

# MEET & EAT

## SHARING PLATTERS FOR BUSINESS

### RISE & SHINE OUR BREAKFAST PLATTERS



#### AVOCADO & BACON SANDWICHES

SERVES UP TO 8. £30

Indulge in both, or single out a favourite, this half-half platter makes the perfect split.

(DF)



#### AVOCADO SANDWICHES

SERVES UP TO 8. £30

Bursting with creamy avocado, these sandwiches boast the ingredient of the moment.



#### BREAKFAST YOGHURT STYLE POTS

SERVES UP TO 8. £20

With 4 of each, satisfy your devilish side with naughty Nutella and coconut, or go super-healthy with a gluten and dairy free pot instead.

(VG) (GF)



#### POWER POTS PLATTER

SERVES UP TO 8. £20

A variety of pots packed with protein-boosting ingredients like quinoa, eggs, seed and smoked salmon.

(GF)

### LET'S DO LUNCH OUR MEAT PLATTERS



#### MEAT SANDWICH PLATTER

SERVES UP TO 6. £22

No boring sandwiches in here; just a classic range of our meat varieties and some tasty new flavour combinations too.



#### MEAT WRAP & CRUDITÉ PLATTER

SERVES UP TO 8. £25

With fresh crudités and tempting popcorn, this platter gives a better bite.



#### MEAT & VEGGIE WRAP & SANDWICH PLATTER

SERVES UP TO 10. £28

No fuss, just a delicious collection of meat wraps and sandwiches.



#### A VITAL TASTER

SERVES 4-6. £32

Can't make up your mind? Why not try a tasting platter with a selection of all our best bits?

### LET'S DO LUNCH OUR DELI PLATTERS



#### CLASSIC DELI PLATTER

SERVES UP TO 4 - 6. £28

Roll up your sleeves for seriously delicious pork pies, falafel, bread, pickle pickle pot and tortilla chips.



#### ASIAN DELI PLATTER

SERVES UP TO 4 - 6. £32

Satisfy cravings with tasty treats like satay, smoked tofu, prawn crackers and cashews.



#### INDIAN DELI PLATTER

SERVES UP TO 4 - 6. £28

Expect bit of argy bargy over this mouth-watering selection of chicken tikka, poppadoms, bhajis, and dips.



#### THE VITAL SALAD PLATTER

SERVES UP TO 6 - 8. £25

Pick two house salads on any base from our main menu and everyone can dig in. (Serving tongs included).

**WE DELIVER TO ANY POSTCODE IN ZONE 1  
FROM 8AM UNTIL 8PM MONDAY TO FRIDAY\***

\*Fridays only 8am until 4pm

(VG) Vegan (V) Vegetarian (GF) No Gluten Containing Ingredients (DF) Dairy Free

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## LET'S DO LUNCH OUR VEGETARIAN PLATTERS



### VEGETARIAN SANDWICH PLATTER

SERVES UP TO 6. £22

With a mix of our favourite veggie fillings, this platter is always a sure-fire hit.

(V)



### VEGGIE WRAP & CRUDITÉ PLATTER

SERVES UP TO 6. £25

Bursting with creamy avocado, these sandwiches boast the ingredient of the moment.

(V)



### VEGGIE WRAP & SANDWICH PLATTER

SERVES UP TO 10. £28

For the veggie lot, salad-style wraps and our classic meat-free sandwiches.

(V)

## SOMETHING ON THE SIDE? EXTRA NIBBLES



### SATAY BOX

SERVES 6. £13

Tender chicken, deliciously seasoned.

(DF)



### ONION BHAJI BOX

SERVES 6. £10

Just the ticket for those who fancy a flavoursome bite.

(V) (GF)



### CHICKEN TIKKA BOX

SERVES 6. £13

Marinated chicken strips with just the right amount of spice.

(GF)



### CRUDITÉ BOX

SERVES 6. £10

Crunch through this fresh veg box.

(VG) (DF) (GF)

## ARE YOU SWEET ENOUGH? OUR DESSERT PLATTERS



### MACAROONS BOX

SERVES UP TO 6 - 12. £12

A selection box of marvellous macaroons in pistachio, coffee, chocolate, lemon, raspberry and vanilla flavours in pretty jewel colours.

(V)



### CLASSIC BROWNIE BOX

SERVES 8. £12

Squishy, dangerously chocolatey and properly hard to resist.

(V) (GF)



### OATY APRICOT BAR BOX

SERVES 8. £12

Delicious gluten free honey bun bars with oats and sweet juicy apricot.

(V) (GF)



### OATY COCONUT BAR BOX

SERVES 8. £12

Made with fruit rather than refined sugar, these gluten free bars make the ideal after lunch nibble.

(V) (GF)

### PERFECT PASTRIES

SERVES 10. £22

30 fresh mini pastries including super flaky croissants, pain au chocolates and pain au raisins.

(V)

### FRUIT SALAD SELECTION

SERVES UP TO 6 - 8. £20

Get a fruit hit with these freshly made salads. Choose from super berries, melon, pineapple, grapes & seasonal fruits.

(VG) (DF) (GF)

SEE BELOW FOR  
DETAILS ON HOW  
TO ORDER



IT'S EASY TO ORDER.

SIMPLY DOWNLOAD THE APP OR VISIT [VITALINGREDIENT.CO.UK](http://VITALINGREDIENT.CO.UK) AND CLICK 'ORDER ONLINE.'  
AND REMEMBER, YOU CAN EARN LOYALTY POINTS ON EVERY DELIVERY ORDER TOO.