



HEALTHY FOOD CHOICES | SERVED ALL DAY

STEP 1 CHOOSE YOUR PROTEIN		STEP 2 CHOOSE YOUR 2 CARBS		STEP 3 CHOOSE YOUR SAUCE	
REGULAR £7.95	TOMATO, CHILLI & BASIL MEATBALLS <small>Gf</small>	GARLIC ROASTED BABY POTATOES <small>Gf Ve</small>	ADD AN EXTRA CARB +£1.50		
	CHARGRILLED HALLOUMI <small>Gf V</small>	STEAMED GREENS <small>Gf Ve</small>			
	KATSU ROAST CHICKEN THIGHS <small>Gf</small>	SOY & SPRING ONION NOODLES <small>V</small>			
	CORIANDER & CUMIN FALAFEL <small>Ve</small>	SWEET POTATO MASH <small>Gf Ve</small>			
	COD & PEA FISHCAKE	SEASONED FRIES <small>V</small>			
	LAMB & MINT KOFTA +£1.50	PESTO & PINE NUT PASTA <small>V</small>			
	CRISPY SALT & PEPPER CHICKEN +£1.50	BARBEQUE & CHILLI COLESLAW <small>Gf V</small>			
	CHARGRILLED SALT & PEPPER CHICKEN <small>Gf</small> +£1.50	SPICED AROMATIC RICE <small>Gf Ve</small>			
	GREEN THAI PRAWNS <small>Gf</small> +£1.95	SWEET POTATO FRIES <small>Ve</small>			
	ROAST TUNA STEAK <small>Gf</small> +£2.50	POMEGRANATE & MINT COUSCOUS <small>Ve</small>			
PEPPERED RUMP STEAK <small>Gf</small> +£2.50	PAPRIKA & CHORIZO BEANS <small>Gf</small>				
	COCONUT & HONEY GLAZED CAULIFLOWER <small>Gf V</small>				

WRAPS £6.50

- CAJUN CHICKEN, AVOCADO, CRISPY SMOKED BACON
- CHARRED TUNA, DRESSED ROQUETTE, SWEETCORN RELISH
- CUMIN FALAFEL, CURRY MAYONNAISE, CHARGRILLED HALLOUMI V
- ALL WRAPS SERVED WITH SEASONED FRIES

BURGERS £8.95

- CHEESE AND BACON BEEF BURGER, TOMATO AND ONION SALSA
- SALT & PEPPER CHICKEN BURGER, CHORIZO, CHILLI KETCHUP
- CHARGRILLED HALLOUMI, GUACAMOLE, FRIED EGG V
- ALL BURGERS SERVED WITH SEASONED FRIES

1-2-3 HEALTHY CHOICES + COMPLIMENTARY SALAD / KIDS EAT HALF PRICE

*INDICATES 50% EXTRA PROTEIN

Gf - GLUTEN FREE Ve - VEGAN V - VEGETARIAN

WE USE NO REFINED SUGARS, ADDITIVES OR PRESERVATIVES. ALL FOOD COOKED FRESH DAILY ON SITE BY OUR TEAM OF CHEFS. FOR ANY OTHER DIETARY OR ALLERGEN INFORMATION PLEASE ASK ONE OF OUR TEAM MEMBERS.



HEALTHY OPTIONS BRUNCH MENU | SERVED DAILY 10.00AM - 12.30PM

TRADITIONAL BREAKFAST £8.50	MUFFIN OR THICK BUTTERED TOAST	WRAPS
<p>EGGS YOUR WAY, CUMBERLAND SAUSAGE, HASH BROWNS, HEINZ BAKED BEANS, CRISPY SMOKED BACON, ROAST BUTTON MUSHROOMS, CHARGRILLED TOMATO</p>	<p>SCOTTISH SMOKED SALMON, SCRAMBLED EGG £8.95</p>	<p>SCRAMBLED EGG, AVOCADO, CRISPY SMOKED BACON £6.95</p>
<p>VIGOUR BREAKFAST £7.50 ^{Gf}</p>	<p>CRISPY SMOKED BACON, POACHED EGG, HOLLANDAISE SAUCE £6.95</p>	<p>SMOKED SALMON, DRESSED ROQUETTE, SWEETCORN RELISH £8.95</p>
<p>POACHED EGG, TURKEY SAUSAGE, PAPRIKA AND CHORIZO BEANS, GRILLED HALLOUMI, ROAST BUTTON MUSHROOMS, CRISPY SMOKED BACON</p>	<p>GRILLED WELSH RAREBIT, COURSE GRAIN MUSTARD, CHERRY TOMATO ^v £6.95</p>	<p>ROAST MUSHROOM WILTED SPINACH, CHARRED FALAFEL ^{Ve} £5.95</p>
<p>STEAK AND FRIED EGGS £9.95</p>	<p>WILTED SPINACH & GREEN PEPPERS, SOFT POACHED EGGS, HOLLANDAISE SAUCE ^v £5.95</p>	<p>ON THE SIDE</p>
<p>FRESH SALAD LEAVES, OLIVE OIL</p>	<p>ROAST RED PEPPER, AVOCADO SMASH, SOFT POACHED EGGS ^v £6.95</p>	<p>THICK BUTTERED TOAST £2.25</p>
		<p>CHEESE ON TOAST £4.95</p>
		<p>WARM AVOCADO ^{Gf Ve} £2.95</p>

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VIGOUR MEAL PLANS

BASIC RANGE	PREMIUM RANGE	XL PREMIUM RANGE	JUICE PLANS
<p>Av 363 CALORIES PER BOX</p> <p>OUR BASIC RANGE OFFERS FOOD SIMPLICITY THAT WILL ASSIST WITH A HEALTHY, WELL BALANCED DIET</p>	<p>Av 383 CALORIES PER BOX</p> <p>OUR PREMIUM RANGE OFFERS A VARIETY OF DIFFERENT DISHES OFF OUR RESTAURANT MENUS</p>	<p>Av 520 CALORIES PER BOX</p> <p>OUR XL RANGE IS PART OF A DAILY DIET THAT OFFERS INCREASED PROTEIN ALONGSIDE OUR PREMIUM RANGE</p>	<p>Av 240 CALORIES PER JUICE</p> <p>OUR JUICE PLANS OFFER HIGH NUTRITIONAL VALUE WHILST KEEPING THE CALORIES LOW</p>
SAMPLE MENU	SAMPLE MENU	SAMPLE MENU	SAMPLE MENU
STEAMED CHICKEN BREAST, BOILED RICE, FRESH SPINACH	SALT & PEPPER CHICKEN, CARIBBEAN RICE, LEMON QUINOA	RUMP STEAK, PIRI PIRI RICE	FOUR JUICES/THREE DAYS
GRILLED RUMP STEAK, GREENS, BOLIED RICE	HONEY ROASTED HALLOUMI, PESTO PASTA, ASIAN SLAW	SALT & PEPPER CHICKEN, SWEET POTATO MASH	STRAWBERRY, HONEY & MINT
KING PRAWNS, GREEN BEANS, OLIVE OIL PASTA	KATSU CHICKEN, PIRI PIRI RICE, BROCCOLI	PORK STEAK, RED PEPPER PASTA	MAPLE, CARROT & ORANGE
ROAST CHICKEN THIGHS, MASHED POTATO, STEAMED GREENS	CHILLI & LIME PRAWNS, BACON CREAMED LEAKS	HONEY ROAST HALLOUMI, HONEY & MUSTARD MASH	BROCCOLI, PEAR & SPINACH
CHARGRILLED PORK, ROAST SWEET POTATO	SPICED APPLE GRILLED PORK, ROAST SWEET POTATO	CHILLI & LIME PRAWNS, POMEGRANATE COUSCOUS	BASIL, BANANA & BISCUIT
FROM £45**	FROM £55**	FROM £65**	£50

*ALL BASED ON AVERAGE COOKED WEIGHT **ALL PRICES BASED ON BUYING A FOUR WEEK PLAN WITH 10% DISCOUNT
 WE USE NO REFINED SUGARS, ADDITIVES OR PRESERVATIVES. ALL FOOD COOKED FRESH DAILY ON SITE BY OUR TEAM OF CHEFS
 PLEASE INFORM A MEMBER OF THE TEAM OF ANY ALLERGENS OR SPECIAL DIETARY REQUIREMENTS BEFORE PLACING YOUR ORDER



VIGOUR MEAL PLAN PRICES

	BASIC RANGE			PREMIUM RANGE			XL PREMIUM RANGE			JUICE PLANS
DAYS PER WEEK:	5	6	7	5	6	7	5	6	7	
2 MEALS:	£50	£60	£70	£55	£66	£77	£75	£90	£105	3 DAYS 4 JUICES PER DAY
3 MEALS:	£75	£90	£105	£82.50	£99	£115.50	£112.50	£135	£157.50	£50
4 MEALS:	£100	£120	£140	£110	£132	£154	£150	£180	£210	
	10% DISCOUNT ON ALL 4 WEEKLY PLANS			10% DISCOUNT ON ALL 4 WEEKLY PLANS			10% DISCOUNT ON ALL 4 WEEKLY PLANS			

ALL FOUR WEEKLY MEAL PLANS ARE NON-REFUNDABLE.

#GUILTFREEDINING