

THE VIGOUR  
BRUNCH  
CLUB

**VIGOUR BREAKFAST - 8.95**

STREAKY BACON, TURKEY SAUSAGE, A FREE-RANGE EGG YOUR WAY, SWEET POTATO HASH, CHORIZO & PAPRIKA BEANS, MUSHROOMS WITH VINE TOMATOES & HALLOUMI

**TRADITIONAL BREAKFAST - 8.95**

STREAKY BACON, TURKEY SAUSAGE, A FREE-RANGE EGG YOUR WAY, BEANS, HASH BROWN, MUSHROOMS WITH VINE TOMATOES & TOAST

**AVOCADO SMASH - 7.95**

POACHED FREE-RANGE EGGS ON A BED OF SMASHED AVOCADO ON SOUR DOUGH BREAD TOPPED WITH A SPRINKLE OF CHILLI FLAKES & A LIME WEDGE

**EGGS ROYALE - 8.95**

FRESH SMOKED SALMON & POACHED FREE-RANGE EGGS ON SOUR DOUGH BREAD TOPPED WITH A HOLLANDAISE SAUCE & CHIVES

**EGGS BENEDICT - 7.95**

STREAKY BACON & POACHED FREE-RANGE EGGS ON SOUR DOUGH BREAD TOPPED WITH A HOLLANDAISE SAUCE & A SPRINKLE OF PAPRIKA

**STEAK & EGGS - 9.95**

LEAN RUMP STEAK COOKED HOW YOU LIKE WITH FREE-RANGE EGGS YOUR WAY

**BACON & EGG HASH - 8.95**

BAKED DICED POTATOES WITH FREE-RANGE EGGS & STREAKY BACON BITS

**AMERICAN PANCAKES - 8.95**

STREAKY BACON ON A BED OF PANCAKES DRIZZLED WITH MAPLE SYRUP

**FRESH FRUIT PANCAKES - 7.95**

AN ARRAY OF FRESH BANANA & BLUEBERRIES ON A BED OF PANCAKES TOPPED WITH PEANUT BUTTER



# HEALTHY FOOD CHOICES | SERVED ALL DAY

STEP 1 CHOOSE YOUR PROTEIN		STEP 2 CHOOSE YOUR 2 CARBS		STEP 3 CHOOSE YOUR SAUCE		WRAPS 6.95
<b>GO REGULAR 7.95</b>	TOMATO & SPRING ONION TURKEY MEATBALLS					STRIPED COD, CRUSHED MINT, PEAS, LEMON & SALT  CAJUN CHICKEN, AVOCADO, SMOKED BACON  BEETROOT FALAFEL, ROASTED RED PEPPER, SPRING ONION, HALLOUMI
	CHARGRILLED HALLOUMI <small>Gf V</small>		SMOKED PAPRIKA WEDGES <small>Gf</small>		THAI GREEN CURRY	
	KATSU CURRY ROAST CHICKEN THIGHS <small>Gf</small>		STEAMED GREENS <small>Gf Vē</small>		POMODORO & BASIL	
	SMOKED HADDOCK & PEA FISHCAKE		SWEET POTATO MASH <small>Gf</small>		CARIBBEAN JERK	ALL WRAPS SERVED WITH SWEET POTATO FRIES
	BEETROOT & CORIANDER FALAFEL <small>Vē</small>		PLUM & HOISIN NOODLES <small>V</small>		CURRY MAYONNAISE	
	CHARGRILLED SALT & PEPPER CHICKEN <small>Gf</small>	+1.50	HOUSE FRIES <small>Gf Vē</small>	<b>ADD AN EXTRA CARB + 1.50</b>	SWEET CHILLI KETCHUP	
	CRISPY SALT & PEPPER CHICKEN <small>Gf</small>	+1.95	BRAISED APPLE & RED CABBAGE <small>Gf Vē</small>		KATSU CURRY	
	GARLIC & HERB KING PRAWNS <small>Gf</small>	+1.95	SWEET POTATO FRIES <small>Vē</small>		BEETROOT HUMMUS	
	CLASSIC RUMP STEAK <small>Gf</small>	+2.50	BROCCOLI TENDER-STEMS <small>Gf Vē</small>		ROAST RED ONION & PEPPERCORN	
	CAJUN SALMON** <small>Gf</small>	+3.50	ROASTED PEPPERS <small>Gf Vē</small>		CHICKEN GRAVY	
ROAST COD LOIN**	+3.50	LIGHT FRIED RICE <small>Vē</small>				
		PAPRIKA & CHORIZO BEANS <small>Gf Vē</small>				
		POMODORO PASTA				
<b>GO LARGE ** 2.00</b>						<b>BURGERS 8.95</b>  HOUSE BEEFBURGER, BACON, CHEESE, TOMATO, SPRING ONION, RELISH  MONTREAL CHICKEN, CURRY MAYONNAISE  CRISPY SALT & PEPPER HALLOUMI, CRUSHED AVOCADO, BEETROOT, HUMMUS  LAMB KOFTA, MINT, YOGURT  ALL BURGERS SERVED WITH SWEET POTATO FRIES

**1-2-3 HEALTHY CHOICES / KIDS EAT HALF PRICE**

\*\*EXCLUDED FROM GO LARGE

Gf - GLUTEN FREE Vē - 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.