

CREATE YOUR MEAL

Box Prices

GO REGULAR

7.95

Regular boxes includes one protein, two carbs and a sauce of your choice.

Upgrade from 1.95

GO LARGE

9.95

Large boxes includes one protein, two carbs and a sauce of your choice.

Upgrade from 1.95

KIDS EAT HALF PRICE

Kids under 12 will receive 50% off their box meal.

Kids eat FREE Mon to Fri / 3pm - 6pm.

Upgrade from 1.95

STEP ONE

BBQ CHICKEN THIGHS

HALLOUMI*

*Choose Grilled or Crispy

YAYAS MEATBALLS

SPICED COURGETTE & SWEETCORN FRITTERS

SALT & PEPPER CHICKEN* + 1.95

*Choose Grilled or Crispy

CHILLI KING PRAWNS 🌶️ + 1.95

SEARED FLAT IRON STEAK + 3.50

BAKED SALMON + 3.50

STEP TWO

TERIYAKI NOODLES

HOUSE FRIES

SWEET POTATO FRIES

EGG FRIED RICE

SWEET POTATO MASH

GARLIC BUTTERED NEW POTATOES

STIR FRY VEG

CHORIZO BEANS

MACARONI CHEESE

TENDERSTEM BROCCOLI & TOASTED SESAME

STEP THREE

KATSU CURRY

TOMATO SALSA

CURRY MAYO

SRIRACHA MAYONNAISE

SWEET CHILLI 🌶️

VIGOUR GRAVY

GREEN PEPPERCORN

TAHINI

CUMIN YOGHURT

TZATZIKI

🌶️ Includes Chilli / Spicy Dish 🌱 Vegetarian Option

WRAPS

Wrap Dishes

SALT & PEPPER*

6.95

*Grilled or Crispy

Sriracha mayo, mixed leaf lettuce, House Fries

GRILLED HALLOUMI 🌱

6.95

Hummus, mixed peppers, House Fries

CAJUN STEAK

7.95

Mixed Peppers, House Fries

BURGERS

Burger Dishes

VIGOUR BACON & CHEESE

8.95

Bacon, Cheese, House fries

CRISPY BUTTERMILK CHICKEN

8.95

Asian slaw, House Fries

SPICED COURGETTE & SWEETCORN FRITTER 🌱

7.95

Tomato Salsa, House Fries

SIDES

Range of Sides

CRISPY HALLOUMI BITES 🌱

3.95

CAULIFLOWER BANG 🌱
BANG BITES

3.95

FRIES

2.95

CORN ON THE COB 🌱

2.95

ⓘ Please inform us of any food allergies or dietary requirements for all other dietary or allergen information please ask one of the team.

MEAT & FISH

Small Plates

SEARED FLAT IRON STEAK	9.95
<i>Chimchurri, tahini, Roasted Cauliflower</i>	
PORK BELLY	7.95
<i>Sweetcorn, Chorizo Jam, pork quaver</i>	
PIGS IN BLANKETS	7.95
<i>Honey, sesame</i>	
DEEP FRIED SQUID	6.95
<i>Charred pineapple, harissa, baby gem</i>	
SCOUSE	6.95
<i>Braised beef, sourdough, red cabbage</i>	
MARINATED TUNA 🌶️	7.95
<i>avocado and wasabi, watermelon, soy seeds</i>	
SALMON	7.95
<i>Lentil Dahl, pickled carrot, coriander oil, coconut</i>	
VFC CHICKEN 🌶️	7.95
<i>Buttermilk, Asian slaw, Sriracha</i>	

VEGAN / VEGE

Small Plates

SPICED COURGETTE & SWEETCORN FRITTERS 🌶️ 🌱	5.95
<i>Tomato Salsa</i>	
SWEET POTATO MASALA STEW 🌱	7.95
<i>Chickpeas, Tomato, Coriander</i>	
LOB SCOUSE 🌱	5.95
<i>Shiitake, red cabbage, sourdough</i>	
CAULIFLOWER BANG BANG BITES 🌱	3.95
<i>Curried aubergine dip</i>	
ROASTED CARROTS 🌱	5.95
<i>Spiced lentils, coconut yoghurt, dukka, coriander</i>	
TENDERSTEM BROCCOLI 🌱	4.95
<i>Flaked almonds, White Gazpacho</i>	
CRISPY HALLOUMI BITES 🌶️	3.95
<i>Honey, chilli</i>	

SWEET POTATO 🌱

Deep fried, pomegranate molasses

4.95

SPICED PAKORA 🌶️ 🌱

Mint yoghurt

4.95

EDAMAME BEANS 🌶️ 🌱

Soy, Chilli

3.95

VIGOUR BRUNCH

VIGOUR BREAKFAST

Back bacon, smoked streaky, proper pork banger, black pudding, vine tomatoes, flat mushroom, sourdough toast, free-range eggs your way.

8.95

VEGGIE BREKKIE 🌱

Vegetarian sausage, flat mushroom, vine tomatoes, baked beans, avocado, Halloumi, free range eggs of your way, toasted sourdough.

7.95

AVOCADO SMASH 🌶️ 🌱

Poached eggs, toasted sourdough, chilli and lime.

6.95

Add Smoked Salmon + £2.50

EGGS BENEDICT

Thick cut ham, toasted Muffin, poached eggs, hollandaise sauce.

7.95

SMOKED SALMON

Scrambled eggs, toasted sourdough, lemon.

7.95

STEAK & EGGS

Seared flat iron steak, free range eggs your way

9.95

Go Large + £4.00

AMERICAN PANCAKES

Streaky bacon, Vigour pancakes, maple syrup

7.95

BREKKIE WRAP

Proper park banger, back bacon, hash brown, scrambled eggs

7.95

FRESH FRUIT PANCAKES

Banana, blueberries, Vigour pancakes, peanut butter.

6.95

ACAI BOW

Thick smoothie bowl, fresh fruit, granola, seeds.

4.95

🌶️ Includes Chilli / Spicy Dish 🌱 Vegetarian Option

We pride ourselves on our neighbourhood dining concept. What constitutes a 'neighbourhood' dining spot? The jury is still out. We think it's somewhere you regularly visit. It's somewhere you'll find regulars. It's somewhere what uses local suppliers for it's fresh ingredients. It's somewhere you can go for a wine, beer or coffee with your mates, then a sit down meal with your mum the next. Hard to categorise, yes, but we certainly fit the bill

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VIGOUR MEAL PLANS

Meal Plans

STEP ONE

BBQ CHICKEN THIGHS

S&P CHICKEN

**Choose Grilled or Crispy*

CHILLI KING PRAWNS 🌶️

FLAY IRON STEAK

YAYAS MEATBALLS

HALLOUMI

**Choose Grilled or Crispy*

SWEETCORN FRITTERS

STEP TWO

TERIYAKI NOODLES

SWEET POTATO MASH

GARLIC NEW POTATOES

CHORIZO BEANS

EGG FRIED RICE

BOILD RICE

STIR FRY VEG

TENDERSTEMS

BALSAMIC ROAST PEPPERS

STEP THREE

ALL SAUCES FROM CREATE YOUR MEAL

SET MEALS

STIR FRY

Chicken, Steak or Prawns

CHILLI & RICE

BOLOGNAISE & PASTA

BREAKFAST

PANCAKES & FRUIT

PLANT BASED MEALS

5 BEAN CHILLI & RICE

GOODNESS STEW

STIRFRY & NOODLES

CAULI BITES, GARLIC POTATO & VEG

INFUSED RICE BOX