

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

VFC HALLOUMI*

*Choose Grilled or Crispy

YAYA'S MEATBALLS

SPICED COURGETTE & SWEETCORN FRITTERS

VFC CHICKEN* + 1.95

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

TZATZIKI

SRIRACHA MAYONNAISE

SWEET CHILLI 🌶️

VIGOUR GRAVY

GREEN PEPPERCORN

TAHINI

CUMIN YOGHURT

WRAPS

Wrap Dishes

VFC CHICKEN 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

Avocado puree, mixed peppers, House Fries

BURGERS

Burger Dishes

VIGOUR BACON & CHEESE 8.95

Bacon, Cheese, House fries

CRISPY BUTTERMILK CHICKEN 8.95

Asian slaw, sriracha mayo, House Fries

SPICED COURGETTE & SWEETCORN FRITTER 🍷 7.95

Tomato Salsa, House Fries

SIDES

Range of Sides

CRISPY HALLOUMI BITES 🍷 3.95

CAULIFLOWER BANG 🍷 3.95 BANG BITES

FRIES 2.95

CORN ON THE COB 🍷 2.95

🍷 Vegetarian Option

🌶️ Includes Chilli / Spicy Dish

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



SMALL PLATES

SEARED FLAT IRON STEAK 9.95 <i>Chimichurri, tahini, Roasted Cauliflower</i>	VFC CHICKEN 🌿 7.95 <i>Buttermilk, Asian slaw, Sriracha</i>	CAULIFLOWER BANG BANG BITES ♻️ 3.95 <i>Curried aubergine dip</i>	SPICED PAKORA 🌿 ♻️ 4.95 <i>Mint yoghurt</i>
PORK BELLY 7.95 <i>Sweetcorn, Chorizo Jam, pork quaver</i>	SALT BAKED BEETROOT 6.95 <i>Goat's cheese, Serrano ham, Granny Smith apple.</i>	HEIRLOOM TOMATOES ♻️ 6.95 <i>Avocado, black olive, feta, basil</i>	EDAMAME BEANS 🌿 ♻️ 3.95 <i>Soy, Chilli</i>
HEIRLOOM TOMATOES 6.95 <i>Smoked cod's roe emulsion, sourdough, basil</i>	CONFIT SALMON 7.95 <i>Asparagus, dill, buttermilk dressing</i>	GLAMORGAN ♻️ 3.95 <i>Quail Egg, Roasted onion</i>	TENDERSTEM BROCCOLI ♻️ 4.95 <i>Toasted almonds, White Gazpacho</i>
SPRING LAMB 7.95 <i>Slow cooked shoulder, minted broad beans, charred aubergine, feta</i>	SPICED COURGETTE & SWEETCORN FRITTERS 🌿 ♻️ 5.95 <i>Tomato Salsa</i>	SLOW COOKED HEN'S EGG 7.95 <i>Asparagus, Old Winchester, hollandaise, truffle</i>	
MARINATED TUNA 🌿 7.95 <i>Avocado, Lime, Watermelon, Soy Seeds</i>	SWEET POTATO ♻️ 7.95 <i>MASALA STEW</i> <i>Chickpeas, Tomato, Coriander</i>	HALLOUMI BITES ♻️ 3.95 <i>Honey, chilli</i>	

VIGOUR BRUNCH

VIGOUR BREAKFAST 8.95 <i>Back bacon, smoked streaky, proper pork banger, black pudding, vine tomatoes, flat mushroom, sourdough toast, free-range eggs your way.</i>	VEGGIE BREKKIE ♻️ 7.95 <i>Vegetarian sausage, flat mushroom, vine tomatoes, baked beans, avocado, Halloumi, free range eggs of your way, toasted sourdough</i>	STEAK & EGGS 9.95 <i>Seared flat iron steak, free range eggs your way</i> Go Large + £4.00	BREKKIE WRAP 7.95 <i>Proper pork banger, back bacon, hash brown, scrambled eggs</i>
EGGS BENEDICT 7.95 <i>Thick cut ham, toasted Muffin, poached eggs, hollandaise sauce.</i>	AVOCADO SMASH 6.95 <i>Poached eggs, toasted sourdough, chilli and lime.</i>	AMERICAN PANCAKES 7.95 <i>Streaky bacon, Vigour pancakes, maple syrup</i>	FRESH FRUIT PANCAKES 6.95 <i>Banana, blueberries, Pancakes, peanut butter</i>

♻️ Vegetarian Option

🌿 Includes Chilli / Spicy Dish

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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

YAYA'S 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

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