

SMALL PLATES

EDAMAME BEANS (V) (VE) 🌶️ 3.95 <i>Soy & chilli or sea salt</i>	SHORT RIB OF BEEF 7.95 <i>Chimichurri, hen of the woods, sour dough</i>	"FISH AND CHIPS" 6.95 <i>Warm tartare sauce, crushed pea</i>
HALLOUMI BITES (V) 🌶️ 4.95 <i>Honey, chilli</i>	PORK BELLY 5.95 <i>Caramelised apple, miso cabbage, black pudding crumb</i>	CRISPY SWEET POTATO (V) (VE) 4.95 <i>Pomegranate molasses, hummus, mint</i>
CAULIFLOWER BANG BANG BITES (V) (VE) 4.95 <i>Curried aubergine dip</i>	SLOW COOKED LAMB SHOULDER 5.95 <i>Pearl barley risotto, sheep's yoghurt, onion</i>	SWEET POTATO MASALA STEW (V) (VE) 5.95 <i>Chickpeas, tomato, coriander</i>
SEARED TUNA 🌶️ 5.95 <i>Sesame, avocado and wasabi, grapefruit, pickled daikon</i>	CURRIED CHICKEN WINGS 🌶️ 5.95 <i>Date and tamarind, pistachio dukka, heritage carrots</i>	MIXED GREENS 🌶️ (V) 4.95 <i>Chilli and garlic oil</i>
CRISPY BUTTERMILK CHICKEN 🌶️ 5.95 <i>Asian slaw, sriracha</i>	SALT BAKED BEETROOT (V) 5.95 <i>Goat's cheese aero, granny smith, hazelnut</i>	SPICED PAKORA (V) (VE) 🌶️ 4.95 <i>Mint yoghurt</i>

VIGOUR BRUNCH

FULL ENGLISH BREAKFAST 8.95 <i>Back bacon, smoked streaky, pork sausage, black pudding, vine tomatoes, flat mushroom, sour dough toast, free-range eggs your way & beans.</i>	VEGGIE BREAKFAST (V) 7.95 <i>Vegetarian sausage, flat mushroom, vine tomatoes, baked beans, avocado, halloumi, free range eggs your way, toasted sour dough.</i>	STEAK & EGGS 9.95 <i>Seared flat iron steak, free range eggs your way</i> Go Large + £4.00
AMERICAN PANCAKES 7.95 <i>Streaky bacon, maple syrup</i>	FRESH FRUIT PANCAKES (V) 7.95 <i>Banana, blueberries, peanut butter</i>	AVOCADO SMASH (V) 7.95 <i>Poached eggs, toasted sour dough, chilli and lime.</i>

(VE) Vegan Option

(V) Vegetarian Option

🌶️ Includes Chilli / Spicy Dish

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

CREATE YOUR MEAL

GO REGULAR

10.95

Regular meal includes one choice from step one, two choices from step two and a sauce from step three.

GO LARGE

12.95

Go large on step one

KIDS EAT HALF PRICE

Kids under 12 will receive 50% off their meal.

Mon to Fri / 3pm - 6pm.

STEP ONE

HALLOUMI* (V)

*Choose Grilled or Crispy

CAULIFLOWER BANG BANG BITES (VE)

MEATBALLS IN TOMATO SAUCE

SWEET POTATO MASALA STEW (VE)

BBQ CHICKEN THIGHS + 1.50

CHICKEN BREAST* + 1.95

*Choose
Crispy Buttermilk,
Salt & Pepper Grilled,
Lemon & Herb Grilled

GARLIC & CHILLI KING PRAWNS (S)

SEARED FLAT IRON STEAK + 3.50

BAKED SALMON + 7.50

(VE) Vegan Option

(V) Vegetarian Option

(S) Includes Chilli / Spicy Dish

STEP TWO

TERIYAKI NOODLES (S) (V) (VE)

HOUSE FRIES (V) (VE)

SWEET POTATO FRIES (V) (VE)

EGG FRIED RICE (V)

SWEET POTATO MASH (V) (VE)

NEW POTATOES

With Wild Garlic Butter

STIR FRY VEG (V) (VE)

CHORIZO BEANS

PESTO PASTA (V)

MIXED GREENS (V)

STEP THREE

KATSU CURRY (S) (V) (VE)

TOMATO SALSA (V) (VE)

TZATZIKI (V)

SRIRACHA MAYONNAISE (S) (V)

SWEET CHILLI (S) (V) (VE)

GRAVY (V)

PEPPERCORN

CURRY MAYONNAISE (S) (V)

MAYONNAISE (V)

BBQ (V) (VE)

KETCHUP (V) (VE)

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

WRAPS

Wrap Dishes

CHICKEN (S) 9.95

*Grilled or Crispy
Sriracha mayo, mixed leaf lettuce, house fries

GRILLED HALLOUMI (V) 9.95

Hummus, mixed peppers, house fries

CAJUN STEAK (S) 9.95

Avocado puree, mixed pepper, house fries

BURGERS

Burger Dishes

BACON & CHEESE 10.95

Lettuce, salsa, house fries.

SPICY CRISPY BUTTERMILK CHICKEN (S) 10.95

Asian slaw, sriracha mayo, house fries

CRISPY BUTTERMILK CHICKEN 10.95

Lettuce, mayo, house fries

CRISPY MUSHROOM (V) 9.45

Buttermilk mushroom burger, halloumi, salsa, house fries

SIDES

Range of Sides

CRISPY HALLOUMI BITES (V) (S) 4.95

CAULIFLOWER BANG BANG BITES (V) 4.95

FRIES (V) (VE) 2.95

MIXED SALAD 3.95

VIGOUR MEAL PLANS

Meal Plans

Meal plans include one choice from step one, two choices from step two and a sauce from step three.

STEP ONE

SALT & PEPPER CHICKEN BREAST

**Choose Grilled or Crispy*

LEMON & HERB CHICKEN BREAST

MEATBALLS IN TOMATO SAUCE

GARLIC & CHILLI PRAWNS 🌶️

SEARED FLAT IRON STEAK

HALLOUMI 🍌

**Choose Grilled or Crispy*

SWEET POTATO MASALA STEW 🍌

BBQ CHICKEN THIGHS

CAULIFLOWER BANG BANG BITES 🍌

STEP TWO

TERIYAKI NOODLES 🌶️ 🍌 🍌

SWEET POTATO MASH 🍌

EGG FRIED RICE 🍌

NEW POTATOES

With Wild Garlic Butter

STIR FRY VEG 🍌 🍌

CHORIZO BEANS

PESTO PASTA 🍌

BALSAMIC ROAST PEPPERS

MIXED GREENS 🍌

STEP THREE

ALL SAUCES FROM CREATE YOUR MEAL

SWEET CHILLI 🌶️ 🍌 🍌

TOMATO SALSA 🍌 🍌

TZATZIKI 🍌

SRIRACHA MAYONNAISE 🌶️ 🍌

CURRY MAYONNAISE 🍌

KATSU CURRY 🌶️ 🍌 🍌

GRAVY 🍌

PEPPERCORN

MAYONNAISE 🍌

BBQ 🍌 🍌

KETCHUP 🍌 🍌

🍌 Vegan Option

🍌 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.

SET MEALS

PANCAKES & FRUIT

CHILLI & RICE 🌶️

BOLOGNAISE & PASTA