

CREATE YOUR MEAL

GO REGULAR 14.95

GO LARGE 16.95

KIDS EAT HALF PRICE

STEP ONE

HALLOUMI* ^(V)

*Choose Grilled or Crispy

CAULIFLOWER BANG BANG BITES ^(V)

MEATBALLS IN TOMATO SAUCE

SWEET POTATO MASALA STEW ^(V)

BBQ CHICKEN THIGHS + 1.50

CHICKEN BREAST* + 1.95

*Choose

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

GARLIC & CHILLI KING PRAWNS ^(V) + 1.95

SEARED FLAT IRON STEAK + 3.50

PAN-FRIED SEA BASS + 5.95

BAKED SALMON + 7.50

BURGERS

Burger Dishes

BACON & CHEESE 12.95

Lettuce, salsa, house fries.

SPICY CRISPY BUTTERMILK CHICKEN ^(V) 12.95

Asian slaw, sriracha mayo, house fries

CRISPY BUTTERMILK CHICKEN 12.95

Lettuce, mayo, house fries

CRISPY MUSHROOM ^(V) 11.45

Buttermilk mushroom burger,
halloumi, salsa, house fries

Upgrade to sweet potato fries for +£1
on all burger and wrap meals

STEP TWO (CHOICE OF TWO)

TERIYAKI NOODLES ^(V) ^(V)

HOUSE FRIES ^(V) ^(V)

SWEET POTATO FRIES ^(V) ^(V) + 1.00

EGG FRIED RICE ^(V)

SWEET POTATO MASH ^(V) ^(V)

NEW POTATOES ^(V)

With Wild Garlic Butter

STIR FRY VEG ^(V) ^(V)

CHORIZO BEANS

PESTO PASTA ^(V)

TRUFFLE MAC CHEESE ^(V)

MIXED GREENS ^(V)

WRAPS

Wrap Dishes

CHICKEN ^(V) 10.95

*Grilled or Crispy

Sriracha mayo, mixed leaf lettuce, house fries

GRILLED HALLOUMI 10.95

Hummus, mixed peppers, house fries

CAJUN STEAK ^(V) 10.95

Avocado puree, mixed pepper, house fries

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

STEP THREE

KATSU CURRY ^(V) ^(V)

TOMATO SALSA ^(V) ^(V)

TZATZIKI ^(V)

SRIRACHA MAYONNAISE ^(V)

SWEET CHILLI ^(V) ^(V)

GRAVY ^(V)

PEPPERCORN

CURRY MAYONNAISE ^(V)

MAYONNAISE ^(V)

BBQ ^(V) ^(V)

KETCHUP ^(V) ^(V)

^(V) Vegan Option

^(V) Vegetarian Option

^(V) Includes Chilli / Spicy Dish



SMALL PLATES

EDAMAME BEANS ^(V) 4.95

Soy & chilli or Sea salt

CHORIZO AND PARMESAN CROQUETTES ^(V) 6.95

Garlic Mayo

TERIYAKI GLAZED CHICKEN WINGS 6.95

Teriyaki and sesame dip

CRISPY SALT AND PEPPER WINGS 6.95

Buffalo hot sauce

SHORT-RIB TACOS 9.95

Birria sauce, Monterey Jack

SALT AND PEPPER RIBS 6.95

SCOUSE 6.95

Pickled beetroot, our sourdough

BUTTERMILK CHICKEN THIGH 5.95

Honey Glaze, Carrot remoulade, Chicken Mayo

COD GOUJONS 7.95

Home made tartare sauce

SHREDDED PORK BAO BUN 7.95

Crispy onion, Sriracha

SHREDDED MUSHROOM BAO BUN ^(V) 6.95

Crispy onion, Sriracha

CRISP SWEET POTATO WEDGES ^(V) 5.95

Pomegranate molasses, hummus, mint

SWEET POTATO MASALA STEW 5.95

Chickpeas, Tomato, Coriander

CAULIFLOWER & SESAME BITES ^(V) 4.95

Curried aubergine

HALLOUMI BITES ^(V) 4.95

Honey, chilli

MIXED SALAD ^(V) ^(V) 4.95

VIGOUR BRUNCH

FULL ENGLISH BREAKFAST

9.95

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

AMERICAN PANCAKES

8.95

Streaky bacon, maple syrup

VEGGIE BREAKFAST

8.95

Vegetarian sausage, flat mushroom, vine tomatoes, baked beans, avocado, halloumi, free range eggs your way, toasted sour dough.

FRESH FRUIT PANCAKES

8.95

Banana, blueberries, peanut butter

STEAK & EGGS

9.95

Seared flat iron steak, free range eggs your way

Go Large + £4.00

AVOCADO SMASH


8.95

Poached eggs, toasted sour dough, chilli and lime.

 *Vegan Option*

 *Vegetarian Option*

 *Includes Chilli / Spicy Dish*

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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 🍌

TRUFFLE MAC CHEESE 🍌

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 🍌 🍌

SET MEALS

PANCAKES & FRUIT

CHILLI & RICE 🌶️

BOLOGNAISE & PASTA

🍌 Vegan Option

🍌 Vegetarian Option

🌶️ Includes Chilli / Spicy Dish



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