

CREATE YOUR MEAL

GO REGULAR 14.95

GO LARGE 16.95

KIDS EAT HALF PRICE

STEP ONE

HALLOUMI* 

**Choose Grilled or Crispy*

CAULIFLOWER BANG BANG BITES 

MEATBALLS IN TOMATO SAUCE

SWEET POTATO MASALA STEW 

BBQ CHICKEN THIGHS + 1.50

CHICKEN BREAST* + 1.95

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

GARLIC & CHILLI KING PRAWNS  + 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  12.95

Asian slaw, sriracha mayo, house fries

CRISPY BUTTERMILK CHICKEN 12.95

Lettuce, mayo, house fries

CRISPY MUSHROOM  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  

HOUSE FRIES  

SWEET POTATO FRIES   + 1.00

EGG FRIED RICE 

SWEET POTATO MASH  

NEW POTATOES 

With Wild Garlic Butter

STIR FRY VEG  

CHORIZO BEANS

PESTO PASTA 

TRUFFLE MAC CHEESE 

MIXED GREENS 

WRAPS

Wrap Dishes


CHICKEN  10.95

**Grilled or Crispy*


Sriracha mayo, mixed leaf lettuce, house fries

GRILLED HALLOUMI 10.95

Hummus, mixed peppers, house fries

CAJUN STEAK  10.95

Avocado puree, mixed pepper, house fries

 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   

TOMATO SALSA  

TZATZIKI 

SRIRACHA MAYONNAISE  



SWEET CHILLI   

GRAVY 

PEPPERCORN


CURRY MAYONNAISE  

MAYONNAISE 

BBQ  

KETCHUP  

 Vegan Option

 Vegetarian Option


 Includes Chilli / Spicy Dish



SMALL PLATES

EDAMAME BEANS  4.95

Soy & chilli or Sea salt

CHORIZO AND PARMESAN CROQUETTES  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  6.95

Crispy onion, Sriracha

CRISP SWEET POTATO WEDGES  5.95

Pomegranate molasses, hummus, mint

SWEET POTATO MASALA STEW 5.95


Chickpeas, Tomato, Coriander

CAULIFLOWER & SESAME BITES  4.95

Curried aubergine

HALLOUMI BITES  4.95

Honey, chilli

MIXED SALAD   4.95

VIGOUR BRUNCH

FULL ENGLISH BREAKFAST

10.95

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

VEGGIE BREAKFAST

10.95

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

BREAKFAST BUN

8.95

*Fried egg, bacon, sausage patty, Monterey jack cheese
served on a toasted brioche bun.*

Add Black Pudding + £1.00

AMERICAN PANCAKES

9.95

Streaky bacon, maple syrup

FRESH FRUIT PANCAKES

9.95

Banana, blueberries, Strawberries, peanut butter

STEAK & EGGS

10.95

Seared flat iron steak, free range eggs your way

Go Large + £4.00

AVOCADO SMASH

9.95

Poached eggs, toasted sour dough, chilli and lime.

HASHBROWNS


4.95

Aioli, grated Parmesan & chives

 **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

BBQ CHICKEN THIGHS

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

STEP TWO

TERIYAKI NOODLES 🌶️

SWEET POTATO MASH

SPICED RICE 🌶️

HONEY ROAST ROOT VEG

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

SET MEALS

PANCAKES & FRUIT

CHILLI & RICE 🌶️

BOLOGNAISE & PASTA

PLANT BASED MEALS

5 BEAN CHILLI & RICE 🌶️

SWEET POTATO MASALA STEW

CAULI BITES & HONEY ROAST ROOT VEG

🌱 Vegetarian Option

🌶️ Includes Chilli / Spicy Dish

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