



# Healthy Options MENU

## GLUTEN FREE

### STARTERS

#### Homemade Soup €4.95

A generous bowl of warming, homemade Soup made from locally sourced ingredients, served without Bread

#### Chicken Caesar Salad €6.95

Cos Lettuce tossed with Caesar dressing, Parmesan, Cherry Tomatoes and Chicken Strips

### MAIN COURSES

#### Chicken Napoli €18.95

Ray Gannon's Chicken Breast served on mash Potato with a Sweet Potato Cream sauce & sautéed Vegetables

#### Sea Bass €17.95

Fillets of Sea Bass, served with Mash Potato and sautéed mediterranean Vegetables

#### Chicken Fajita Salad €14.95

Chicken strips, mixed Peppers, Onions & Mushrooms sautéed in Mexican spices, served on a bed of Mixed Salad with Zero Fat Creme Fraiche

## VEGAN

### STARTERS

#### Vegetable Soup €4.95

A bowl of our homemade Vegetable Soup, using only Vegetable Stock - served with Stout Bread with no Butter

#### Mushroom Bake €6.95

Field Mushrooms in Tomato Relish, topped with Breadcrumbs and grilled until Golden

### MAIN COURSES €14.25

#### Spaghetti Primavera

Roasted Peppers, Courgettes, Onions & Cherry Tomatoes - tossed in Tomato sauce with Spaghetti & topped with Rocket

#### Roasted Vegetable Salad

Peppers, Onions, Courgettes & Mushrooms - pan fried in Balsamic Vinegar, served on a bed of Mixed Salad

#### Vegan Pizza

Tomato Sauce on freshly rolled Pizza Dough with Peppers, Onions, Mushrooms & Olives - topped with Rocket Salad

## HEALTHY OPTIONS

*Dishes that have less calories,  
but still have lots of flavour!*

### BOXTY PIZZAS €14.95

*Unique to Vittos!  
Pizzas served on a Potato Boxty base*

#### Pesto Veggie

Roasted Peppers, Onions, Mushrooms & Olives with melted Goats Cheese - finished with Oregano & Pesto

#### BBQ Chicken

Chargrilled Chicken, Red Onions, Garlic Marinated Tomatoes on a spicy BBQ base

#### Mexicana

Chicken strips, Peppers, Red Onions & Mushrooms in Mexican spices - finished off with Creme Fraiche & Lime wedges

#### Verdure Arrosto

Topped with delicious, sweet Balsamic Roasted Vegetables & fresh Rocket Salad

### SALADS €14.95

#### Chicken Fajita Salad

Chicken strips, mixed Peppers, Onions & Mushrooms sautéed in Mexican spices, served on a bed of Mixed Salad with Zero Fat Creme Fraiche

#### Crispy Asian Salad

Chicken strips, Red Onions, Peppers & Cashew Nuts - sautéed in a spicy Asian marinade of Chilli, Garlic, Ginger & Lime - served on Mixed Salad with fresh Coriander

### GO SKINNY AT

*You can choose any Vittos Pasta or  
Pizza as a Skinny Option*

#### Your choice of Pasta

A smaller serving of your favourite Pasta dish served with a Mixed Salad and our Light House Dressing - we suggest choosing the Tomato based Pasta dishes

#### Your choice of Pizza

on our house dough - stretched for a thinner and crispier base with Plum Tomato sauce & reduced Mozzarella - served with a Mixed Salad and our Light House Dressing

## DESSERTS €5.95

### GLUTEN FREE

#### **Brownies**

Gluten Free Chocolate Brownies served warm with  
Vanilla ice cream

#### **Strawberry & Blackberry Pavlova**

Strawberries & Blackberries on a bed of light, fluffy  
Meringue with Zero Fat Creme Fraiche

### VEGAN

#### **Fruit Granita**

Mixed Fruit served on refreshing crushed Cranberry Ice,  
topped with Icing Sugar & Mint

### SKINNY DESSERTS

#### **Strawberry & Blackberry Pavlova**

Juicy Strawberries & Blackberries on a bed of Crunchy  
Meringue with Zero Fat Crème Fraiche

#### **Mixed Fruit Sundae**

Assorted Mixed Fruits, served with Crushed Walnuts,  
Honey, Zero Fat Crème Fraiche & Fresh Mint Leaves