



Vital Ingredient Menu

<https://menulist.menu>

119-121 Middlesex Street, London, E17JF, United Kingdom
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The Card of Vital Ingredient from London includes about **179** different dishes and drinks. On average, you pay for a dish / drink about £7. If eating and drinking is too plain for you, go to this sports bar for a variety of large and small snacks and menus and catch live football, tennis or Formula 1 games, At the bar, you can relax with a *freshly tapped beer* or other alcoholic and non-alcoholic drinks. In the end, this restaurant also offers you a large diversity of different, already prepared delicacies.

Vital Ingredient Menu



Bagels

STRAIGHT UP \$2.8

Smoothies

CREATE YOUR OWN SMOOTHIE \$4.1

Crêpevariationen

HAM AND CHEESE \$4.1

Spirits

CALIFORNIAN \$5.4

Bowls

HIGH PROTEIN \$4.6

Cocktails ohne alkohol

VIRGIN MOJITO \$5.3

Chips

ORIGINAL POP CHIPS \$1.3

Protein shakes

FRUIT NUTS \$1.3

Calzone spezialitäten

CHILLI CON CARNE \$6.7

Happy hour

FARMERS MARKET \$6.9

Jacket potatoes

JACKET POTATO WITH CHILLI CON CARNE \$7.9

House specials

SRI LANKAN CHICKEN \$6.7

Croques - klein ca. 25cm

MAGIC \$3.6

Waffles

TROPICAL CRUNCH \$4.6

Sushi roll

SMOKED SALMON AND AVOCADO \$4.6

Breakfast sides

STRAWBERRY JAM \$1.8

Create your own

CREATE YOUR OWN \$7.9

Popular items

NEW YORK DELI \$7.0

Thursday

STRAWBERRY JELLY \$1.3

Drinks and snacks

BBQ POP CHIPS \$1.3

Flatbreads

MEXICAN CHICKEN FLATBREAD \$4.8

Breakfast buffet

CREATE YOUR OWN AVOCADO TOAST \$5.6

Vital Ingredient Menu



Craft cocktails

SUMMER SOLSTICE \$6.9

Healthy choice

KICK STARTER \$5.5

Deli platters

CLASSIC DELI PLATTER \$35.5

Healthy start

ACAI SMOOTHIE BOWL \$6.3

Warm bowls

WARMER \$3.3

Sandwich platters

MEAT SANDWICH PLATTER \$27.9

Sauteed farro bowl

CREATE YOUR OWN BREAKFAST BOWL \$4.1

Pizza flatbreads

CHICKEN CAESAR FLATBREAD \$4.8

Dippsåser

SUPER CHARGER \$5.3

Benny's

NORWEGIAN \$5.6

Dry case

MACAROON BOX \$15.2

Cupcake - regular

ALMOND BUTTER \$2.0

North star scrambles

GREEN EGGS \$5.5

Brunch only at morels

PROTEIN POWERHOUSE \$5.3

Los pequeños clásicos de toda la vida-pitufos

VIVA ESPANA \$6.9

Breakfast and patisserie

LINCOLNSHIRE SAUSAGE SANDWICH \$4.1

These types of dishes are being served

SALAD

Non alcoholic drinks

BOOSTER \$3.6

SPARKLING WATER \$1.3

Salad

CREATE YOUR OWN SALAD \$6.9

CAESAR SALAD

Juices

PURIFY \$4.6

MEAN AND GREEN \$5.3

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Salads



HEALTHY HARVEST SALAD	\$6.9
CHEF SALAD	\$6.9

Side dishes

STREAKY BACON	\$4.1
LARGE FRUIT SALAD	\$3.8
DRIED MANGO	\$1.4

Dessert

FRUIT SALAD	\$2.5
TROPICAL FRUIT SALAD	\$3.2
RASPBERRY JELLY	\$1.3
PINEAPPLE PANNA COTTA	\$3.2

Soft drinks

LEMONADE	\$2.5
ORANGE JUICE	\$2.5
COCA-COLA	\$1.3
WATER	

Dishes are also prepared with these ingredients



NUTELLA	\$2.0
PEANUT BUTTER	\$2.0
APPLE	\$0.7
BANANA	\$0.7
SALMON	

Uncategorized

BREAKFAST PLATTER - AVOCADO SANDWICHES	\$38.0
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BREAKFAST PLATTER - AVOCADO AND BACON SANDWICHES	\$38.0
POWER POTS PLATTER	\$25.4
PERFECT PASTRIES	\$27.9
BREAKFAST YOGHURT STYLE POTS	\$25.4
FRUIT SALAD SELECTION	\$25.4
VEGGIE SANDWICH PLATTER	\$27.9
VEGGIE WRAP & CRUDITE PLATTER	\$31.7
MIXED WRAP & CRUDITE PLATTER	\$31.7
MEAT & VEGGIE WRAP AND SANDWICH PLATTER	\$35.5
VEGGIE WRAP AND SANDWICH PLATTER	\$35.5
INDIAN DELI PLATTER	\$35.5
ASIAN DELI PLATTER	\$40.6
A VITAL TASTER	\$40.6
THE VITAL SALAD PLATTER	\$31.7
POP CHIPS RIDGES SALT & VINGAR	\$1.3
POP CHIPSS RIDGES SMOKEY BACON	\$1.3
CREATE YOUR OWN PORRIDGE	\$3.5
CREATE YOUR OWN POACHED / SCRAMBLED EGGS	\$4.4
FIRE UP	\$4.1
PERFECTLY BUTTERED	\$1.6
ORANGE MARLALADE	\$1.8
HUMMUS, TOMATO, FRESH HERBS AND CHILLI FLAKES	\$3.1
ABT	\$5.4
CREATE YOUR OWN PROTEIN PANCAKES	\$5.0
SWEET BERRY	\$5.0
BIG APPLE	\$4.9

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NUTTY BANANA	\$5.0	TUNA NICOISE	\$6.9
SKINNY CHOCOLATE PEARLS	\$3.7	LEEK & POTATO	\$4.1
APPLE, PEEAR AND KALE	\$3.5	TOMATO & BASIL	\$4.1
REBEL - COCONUT MILK COFFEE	\$2.5	THAI SPICED CHICKEN (DF, GF)	\$4.6
REBEL - COCONUT MILK WITH CACAO	\$2.5	THREE BEAN & SWEETCORN CHILLI	\$6.7
REGULAR HOUSE SALAD, DESSERT & BOTTLED WATER DEAL FOR 2 ONLY	\$19.0	JACKET POTATO WITH SRI LANKAN CHICKEN	\$7.9
REGULAR HOUSE SALAD, DESSERT & BOTTLED WATER DEAL FOR 3 ONLY	\$26.6	JACKET POTATO WITH THREE BEAN & SWEETCORN CHILLI	\$7.9
REGULAR HOUSE SALAD, DESSERT & BOTTLED WATER DEAL FOR 4 ONLY	\$34.2	SWEET CHILLI SALMON FLATBREAD	\$5.1
REGULAR HOUSE SALAD WITH A RAW & NAKED SMOOTHIE DEAL FOR 2 ONLY	\$25.3	SUPERBERRY FRUIT SALAD	\$3.8
REGULAR HOUSE SALAD WITH A RAW & NAKED SMOOTHIE DEAL FOR 3 ONLY	\$36.1	HONEY, YOGHURT GRANOLA	\$2.3
REGULAR HOUSE SALAD WITH A RAW & NAKED SMOOTHIE DEAL FOR 4 ONLY	\$46.9	BLUEBERRY, GRANOLA AND YOGHURT POT	\$2.9
CHICKEN SATAY STICKS BOX	\$16.5	NUTELLA YOGHURT POT	\$2.5
CHICKEN TIKKA STICKS BOX	\$16.5	BANNA AND CUSTARD	\$2.5
ONION BHAJJI BOX	\$12.7	COCONUT, MANGO CHIA	\$1.9
CRUDITE BOX	\$12.7	BLUEBERRY QUINOA POT	\$1.9
CLASSIC BROWNIE BOX	\$15.2	ARTISAN WHITE ROLL	\$1.3
OATTY APRICOT BAR BOX	\$15.2	ARTISAN MULTIGRAIN ROLL	\$1.3
OATY COCONUT BAR BOX	\$15.2	WHOLEMEAL FLATBREAD	\$1.0
PERFECT PASTERIES	\$27.9	CAKE - CHOCOLATE & RASPBERRY	\$3.7
NACHOS GRANDE	\$6.9	CAKE - CHOCOLATE	\$3.7
BANG BANG CHICKEN	\$6.9	CAKE - LEMON & BLUEBERRY	\$3.7
SUPER COBB	\$6.9	CAKE - STRAWBERRY	\$3.7
PROTEIN POWER	\$6.9	CHOCOLATE BROWNIE	\$2.9
OMEGA BOMB	\$6.9	CHOCOLATE COOKIE HONEYBUN	\$2.5
ORIENTAL PRAWN	\$6.9	CRANBERRY FLAPJACK	\$2.9
		ENERGY BALL CACAO AND ALMOND	\$2.2
		ENERGY BALL HAZELNUT AND RAISIN	\$2.2
		LIGHTLY SALTED PROPERCORN	\$1.3

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NATURAL NUTS	\$1.4	WHOLEEARTH SPARKLING GINGER	\$1.6
PEANUT BUTTER PROPERCORN	\$1.3	REBEL - COCNUT MILK COFFEE	\$2.5
SKINNY BEETROOT PEARLS	\$3.7	REBEL - COCNUT MILK W/ CACAO	\$2.5
SKINNY CHOCOCLATE PEARLS	\$3.7		
SKINNY COCONUT BITES	\$3.7		
SKINNY SWEET POTATO BROWNIES	\$3.7		
SPICY CHILLI MIX	\$1.3		
SUPERFOOD BAR CACAO ORANGE	\$1.3		
SUPERFOOD BAR PEANUT PROTEIN	\$1.3		
SUPERFOOD BAR RAW CACAO	\$1.3		
SUPERFOOD BAR SALTED CARAMEL	\$1.3		
SWEET SALTY PROPERCORN	\$1.3		
TYRELLS MATURE CHEDDAR CRISPS	\$1.3		
TYRELLS SEA SALT VINEGAR CRISPS	\$1.3		
TYRELLS SEA SALTED CRISPS	\$1.3		
TYRELLS SWEET CHILLI RED PEPPER CRISPS	\$1.3		
YOGHURT COATED MIX	\$1.3		
APPLE & RASPBERRY	\$2.9		
AVOCADO MATCHA, GREEN TEA & PINEAPPLE	\$3.5		
CARROT, APPLE & GINGER JUICE	\$3.2		
SUPERFOOD BERRY SMOOTHIE	\$3.2		
VIT C HIT	\$5.3		
BRAIN FIXER	\$5.3		
VITAL IMMUNE BOOST	\$5.3		
TURMERIC AND GINGER ELIXIR	\$5.3		
MATCHA PURE	\$5.3		
CACAO, SEED AND NUT BOOST	\$5.3		
WHOLEEARTH SPARKLING ELDERFLOWER	\$1.6		

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VITA COCO PURE

\$2.9

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Made with menulist.menu

Opening Hours:

Monday 10:00 - 15:30

Tuesday 10:00 - 15:30

Wednesday 10:00 - 15:30

Thursday 10:00 - 15:30

Friday 10:00 - 15:30