



for optimum health & wellbeing



VITAO

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WELCOME TO VITAO

Vitao has been creating flavoursome forward thinking gourmet food and drinks for over twelve years. Our passions lie with nutrient rich ingredients and so all of our meals are hand prepared, using only fresh produce. We place importance on food that is beneficial for the body, mind and planet, providing customers with local, seasonal and organic ingredients.

Vitao's mission is to promote a nutritious vegan lifestyle that is delicious and nutritious, while also being accessible and sociable. We wish to demonstrate how easy, approachable and satisfying it can be to eat well.

BUFFET

Mon-Sat 11:00 to 22:45

Sun 11:00 to 21:00

Join us daily between 11:30 to 17:30 to enjoy a wide variety of delicious food with our buffet, whilst gaining a valuable insight into veganism and an optimum nutritional experience.

À LA CARTE

Mon-Sat 17:30 to 22:00

Sun 17:30 to 20:00

From 17:30 onwards you can enjoy a relaxed and vibrant atmosphere, accompanied by candle lit table service, welcoming staff and a wholesome À la carte menu.

OPENING HOURS

Monday to Saturday 11:00 to 23:00

Sunday: 11:00 to 21:00

CASH ONLY

For groups larger than 6 people there is a £15 per person minimum spend necessary. Also a 10% service charge is added to groups of more than 6 people.



EVERYONE'S DELICIOUS NUTRITION

ALL OUT INGREDIENTS ARE FREE FROM: • ANIMAL PRODUCTS • ADDED SUGAR • WHEAT • GLUTEN • GMO • ARTIFICIAL CHEMICALS • UNHEALTHY COOKING METHODS, AND MORE...

ALL OF THE INGREDIENTS MENTIONED BELOW WILL BE STATED WHENEVER USE, AND WHEN UNDERLINED THEY MAY BE LEFT OUT OR REPLACED. PLEASE ASK US FOR OPITIONS AND FURTHER INFOMATION.



HAVE AN ALLERGY?

BEFORE PLACING YOUR ORDER PLEASE INFORM A MEMBER OF STAFF IF A MEMBER OF YOUR PARTY HAS AN ALLERGY.

INGREDIENTS IN THIS RESTAURANT MAY HAVE HAD CONTACT WITH: • SOY BEANS • SESAME • TREE NUTS • CELERY • SULPHUR DIOXIDE



REPLENISHING INFUSION

WITH ORGANIC LOOSE LEAF TEA & FRESH INGREDIENTS.

HERB & SPICE TEA IN £2.20 * OUT £1.80

FRESH GINGER AND LEMON WITH ROOIBOOS 40p extra

FRESH LEMONGRASS AND LIME 40p extra

VITALITY TEA

IMMUNITY AND THROAT COMFORT TEA

RELAXING TEA

good for grounding the airy 'vatta' person

INVIGORATING TEA

good for uplifting the earthy 'kapha' person

REFRESHING TEA

good for cooling the fiery 'pitta' person

SIMPLY TEA IN £2.20 * OUT £1.80

Can be served with or without mylk.

For more options see the Vespresso Bar

EARL GREY

ENGLISH BREAKFAST

ROOIBOS

DARJEELING

HERBAL TEA IN £2.20 * OUT £1.80

GINKO

CHAMOMILE

NETTLE

ROSEHIP

ECHINACEA

PASSION FLOWER

GOTU KOLA

PEPPERMINT

FRESH MINT WITH GREEN TEA 40p extra

SIMPLY ORIENTAL TEA

IN £2.20 * OUT £1.80

GREEN TEA

GREEN TEA WITH JASMINE

GENMAICHA green tea with roasted rice

HOJICHA roasted japanese tea

KUKICHA roasted tea twig

PREMIUM ORIENTAL TEA IN £3.10 * OUT £2.50

SILVER NEEDLE (WHITE) Unfermented, with a gentle aroma, slightly sweet flavour (lowest in caffeine)

TIEH-KUAN YIN OOLONG (BLUE/GREEN) Semi-fermented with a naturally bitter/sweet and floral flavour

MATCHA(GREEN) High-grade green tea powder, important in Japanese tea ceremonies

PUERH (BLACK) Fully oxidised, giving a dark and mysterious colour, with an earthy and robust taste

Coconut Nectar is a genuine low GI sweetener, not like agave syrup.

Yacon syrup is pre-biotic. Suitable for everyone, even for diabetics and those with candida!



REAWAKENING VESPRESSO

WITH ORGANIC COFFEE OR ALTERNATIVES SUPERFOOD IN YOUR FAVOURITE STYLE.

VESPRESSO IN £1.70 * OUT £1.45 Shot	VACCHIATO IN £1.95 * OUT £1.65 Mylk foam Shot	BULLETPROOF IN £3.15 * OUT £2.60 cacao butter coconut butter Shot	ICED VAMERICANO IN £2.60 * OUT £2.20 Ice Water Shot
VAMERICANO IN £2.20 * OUT £1.85 Water Water Shot	FLAT WHITE IN £2.40 * OUT £2.00 Mylk foam Mylk Shot	CAFFE LATTE IN £2.60 * OUT £2.20 Mylk Mylk Shot	ICED 'LATTE' IN £3.00 * OUT £2.60 Ice Mylk Shot
MOCACAO IN £3.40 * OUT £3.000 Mylk Whole Cacao Shot	VAPPUCCINO IN £2.40 * OUT £2.00 Mylk foam Mylk Shot	MATCHA LATTE IN £3.40 * OUT £3.00 Mylk Tea Shot	ICED CREMALATTE IN £3.00 * OUT £2.60 Ice Soya & Coconut Shot
CHAILATTE IN £3.40 * OUT £3.00 Mylk Tea Shot	HOT CHOCOLATE IN £3.40 * OUT £3.00 Mylk Choc Shot	DARK CHOCOLATE IN £3.60 * OUT £3.20 Water Choc Shot	ICED CHOCOLATE IN £3.40 * OUT £2.70 Ice Mylk Choc Shot

ALTERNATIVELY ADD OR REPLACE A SHOT OR MORE Shots

You can replace coffee with one of the shots below for £0.40 extra or simply add a shot for £0.80 extra each

- | | | |
|---------------------------------|---------------------------|---------------------------------|
| 1. COFFEE | 7. VANILLA ROOIBOS (TEA) | 13. GINSENG (SUPER ROOT) |
| 2. DE-CAFE COFFEE | 8. RAW CACAO (CHOCOLATE) | 14. SUPERGREEN (GRASS & ALGAE) |
| 3. NO-CAFE (COFFEE ALTERNATIVE) | 9. RAW CAROB (SUPER BEAN) | 15. REISHI (SUPER MUSHROOM) |
| 4. PURE MATCHA (TEA) | 10. MESQUITE (SUPER BEAN) | 16. UPPER TANTEIN/CHAKRA TONIC |
| 5. JASMINE MATCHA (TEA) | 11. LACUMA (SUPER FRUIT) | 17. CENTRE TANTEIN/CHAKRA TONIC |
| 6. VANILLA CHAI (TEA) | 12. MACA (SUPER ROOT) | 18. LOWER TANTEIN/CHAKRA TONIC |

Coconut Nectar is a genuine low GI sweetener, not like agave syrup. * MAY CONTAINS GLUTEN

Yacon syrup is pre-biotic sweetener which is suitable for everyone, even for diabetics and those with candida!



SUPERFOOD & BOOSTER TO ADD INTO MILKSHAKES/SMOOTHIES/VESPRESSOS

CAROB: CHOLESTEROL LOWERING AND DIGESTIVE AID.
CACAO: POWERFUL ANTIOXIDANT WITH PLENTY FEEL GOOD FACTOR (CONTAINS CAFFEINE).
SPIRULINA: BLOOD BUILDER WITH HIGH B12 CONTENT, ALKALIZING, HIGH IN COMPLETE PROTEIN.
CHLORELLA: POWERFUL DETOXIFIER AND REMINERALIZER, HIGH IN COMPLETE PROTEIN, ALKALIZING.
BARLEY GRASS: FOR GOOD BONES & JOINTS, VERY HIGH VIT. C.
SUPERGREEN: SPIRULINA + BARLEY GRASS + CHLORELLA = ALKALINE BOMB.
GINSENG: ENERGY BOOST FOR PHYSICAL AND MENTAL ENDURANCE, HELPS TESTOSTERON PRODUCTION.
GINKO: FOR MENTAL CLARITY, IMPROVED CIRCULATION AND MEMORY.
MACA: FOR INCREASED LIBIDO AND STAMINA.
GUARANA: FOR WEIGHT LOSS AND MENTAL ALERTNESS (CONTAINS CAFFEINE).
MESQUITE: NUTRIENT BOOST.
GOTU KOLA: SKIN TONIC AND ANTISTRESS.
SAW PALMETTO: HORMONAL BALANCER & SEXUAL TONIC.
LUCUMA: GOOD SKIN AND SUGAR STABILIZER.
ECHINACEA: COLD AND FLU SUPPORT.
MORINGA: HIGH PROTEIN AND FIBRE CONTENT, POWERFUL BODILY FLUID DETOXIFIER.
REISHI: IMMUNE STRENGTH AND LUNG SUPPORT.
CHAGA: KING OF MUSHROOMS, ALL ROUND SYSTEM SUPPORT.

NUTS & SEED TO ADD INTO BLENDED DRINKS (MILKSHAKES, SMOOTHIES AND LASSI)

CHIA SEED: POWERFUL NUTRITIONAL ANTIOXIDANTS, OMEGA3.
FLAX SEED: VITAMIN B1, OMEGA3, PREVENTING CANCER, LOWERING CHOLESTEROL, BLOOD SUGAR REGULATOR.
PUMPKIN SEED: MAGNESIUM, ZINC, OMEGA3, ANTI-DIABETIC, ANTIOXIDANTS, ANTI-INFLAMMATORY BENEFIT.
HEMP SEED: OMEGA 3-6, VIT. B1-B2-B6-D-E, REDUCES CHOLESTEROL AND BLOOD PRESSURE, PROTEIN.
SESAME SEED: IRON, VIT. B1, SELENIUM, CALCIUM, FIBERS, CHOLESTEROL-LOWERING, LOWERS BLOOD PRESSURE.

FRUIT & VEG & ROOT TO ADD INTO JUICES, COCKTAILS & BLENDED DRINKS

APPLE: VIT. A - C, CALCIUM, POTASSIUM, IRON.
BLACKBERRY/BLUEBERRY/STRAWBERRY/RASBERRY/CURRANT: VIT. C, ANTI-OXIDANT, ANTI-INFLAMMATORY.
LIME/LEMON: PHYTONUTRIENTS, ANTIOXIDANT, ANTIBIOTIC EFFECTS, VITAMIN C, AGAINST RHEUMATOID ARTHRITIS.
PINEAPPLE: VITAMIN A, B, C, MANGANESE, POTASSIUM, BROMELAIN (PROTEIN DIGESTION).
PAPAYA: VIT. C, A, E, BETA-CAROTENE, FIBERS, MAGNESIUM, POTASSIUM, PAPAIN (FIBRE AND PROTEIN DIGESTION).
PASSION FRUIT: VIT. C, SOURCE OF FIBERS, VITAMIN A AND VITAMIN C, BOTH STRONG ANTI-OXIDANTS.
PEAR: COPPER, IRON, POTASSIUM, MANGANESE AND MAGNESIUM AS WELL AS B-COMPLEX, RIBOFLAVIN.
KIWI: POTASSIUM, VITAMIN E, COPPER AND IRON, CAN HELP WITH CONSTIPATION, DEPRESSION, CHRONIC FATIGUE.
CUCUMBER: VITAMIN K, B VITAMINS, COPPER, POTASSIUM, VITAMIN C, AND MANGANESE, ALKALISING.
CELERY: REDUCES "BAD" CHOLESTEROL, LOWERS BLOOD PRESSURE, STRESS-RELIEF, ALKALISING.
KALE: BETA-CAROTENE, VITAMIN C, ANTIOXIDANTS, NECESSARY TO SYNTHESIZE COLLAGEN, CALCIUM. ALKALISING
SPINACH: VITAMIN K, VITAMIN C, IRON, CALCIUM AND MAGNESIUM, VITAMIN C IS A POWERFUL ANTIOXIDANT.
WHEATGRASS: VITAMIN A, VITAMIN C, B VITAMINS, CALCIUM, PHOSPHORUS, MAGNESIUM, ALKALISING
CARROT: CANCER PREVENTION, AND ANTI-AGING, BETA-CAROTENE, GOOD FOR EYESIGHT.
BEETROOT: POTASSIUM, MAGNESIUM, IRON, VITAMINS A, B6 AND C, FOLIC ACID, ANTIOXIDANTS AND FIBRE.
GINGER: STIMULATES CIRCULATION AND SOOTHE BURNS, DIGESTION, USED TO TREAT NAUSEA AND VOMITING.
LEMONGRASS: ANTIOXIDANT AND ANTI-MICROBIAL PROPERTIES.



RECUITIVATING PROBIOTICS

CREATING HEALTHY GUT FLORA AND DIGESTIVE SYSTEM.

VOCKTAILS

RASPASSION - BOOSTING THE POWER OF COMPASSION
Raspberries, passion fruit, mint, kefir, coconut nectar

Price
IN / OUT

£5.90 / £4.70

AROMANCE - ENHANCES YOUR ROMANTIC FEELINGS
Strawberries, orange, rosemary/thyme, kefir, coconut nectar

£5.90 / £4.70

VIRGIN ORJASM - THAT FIRST-TIME EXCITEMENT IN A JUICE
Jasmine, orange, lemon, beetroot, kombucha, pomegranate, coconut nectar

£6.50 / £5.20

MOJO MOJITO - AWAKENING YOUR SENSUAL SIDE
Green tea, mint, lime, kombucha, cucumber, coconut nectar

£6.50 / £5.20

KOMBUCHA & KEFIR

May contain coconut nectar

PLAIN KOMBUCHA (FERMENTED MUSHROOM TEA)

£3.50 / £2.80

PLAIN KEFIR WATER (FERMENTED GRAIN WATER)

£3.50 / £2.80

Or you can add any ingredients below for
extra 50p each:

BLUEBERRY	CURRANT
STRAWBERRY	GINGER
RASPBERRY	PASSIONFRUIT

1 LITRE BOTTLES OF KOMBUCHA & KEFIR ARE ALSO AVAILABLE FOR TAKEAWAY £8.00

PROBIOTIC MYLKS

VLASSIS *Almond/coconut yogurt drinks with optional coconut nectar

PEACE LASSI - FOR POWER OF MIND
pineapple, passion fruit, passion flower & almond

£5.90 / £4.70

MAGIC LASSI - FOR MASS OF CREATION
mango, mint, mesquite & almond

£5.90 / £4.70

LUSH LASSI - FOR LOVE OF UNITY
raspberry, rose, pomegranate & almond

£6.50 / £5.20

GREEN LASSI - FOR THE GENERATION OF CELLS
kiwi, kale, green cardamom & almond

£6.50 / £5.20



RENURTURING MYLKS

WITH FULL & ALKALISING PROTEIN FOR REBUILDING.

MYLKS *Dairy alternatives, served cold or warm

SOYA MYLK

Price
IN / OUT

£2.40 / £1.80

COCONUT MYLK

£2.80 / £2.20

ALMOND MYLK (subject to availability)

£2.80 / £2.20

MYLKSHAKES *Blends nut and seed protein and fruit with optional coconut nectar.

CHERISH SHAKE TO UPLIFT YOUR CONSCIOUSNESS (TOP CHAKRA)
cacao, cherry/currant/blueberry, sesame seed with hempseed/almond

£5.90 / £4.70

LOVE SHAKE TO OPEN UP YOUR HEART (MIDDLE CHAKRA)
strawberry, pomegranate, & jasmine, macadamia with hempseed/almond

£5.90 / £4.70

SEXOTIC SHAKE FOR AWARENESS OF YOUR SEXUALITY (LOWER CHAKRA)
pineapple, lemon, papaya, rosemary/tyme, clove, pumpkin seed with hempseed/almond

£5.90 / £4.70

GREEN SHAKE FOR BALANCING YOUR WELLBEING (ALL CHAKRA)
kiwi, greens, pear, lime, brazil nut with hempseed/almond

£5.90 / £4.70

REINVIGORATING SMOOTHIES

EASY TO DIGEST LIQUID FOOD FOR INSTANT FUEL AND NUTRIENTS

BERRY BLISS - FOR CLARITY AND HIGH IN ANTI OXIDANT
Blueberry, currant, apple, psyllium husk/flaxseed/ banana & gotu kola

£5.50 / £4.40

HEROTICA - INVIGORATING AND ENHANCING LIBIDO
Orange, mango, passion fruit, psyllium husk/flaxseed/banana & ginseng

£5.50 / £4.40

PROSPERITY - ENHANCE SEXUAL ORGAN AND HAS ANTI-CANCER PROPERTIES
Pineapple, pomegranate, papaya, psyllium husk/flaxseed/banana & saw palmetto

£5.90 / £4.70

GREEN SMOOTHIE - ALKALIZING, REGENERATING AND DETOXING
Greens, pear, kiwi, lime, tyme/rosemary, psyllium husk/flaxseed/banana & supergreen

£5.90 / £4.70



REHYDRATING JUICES

WITH FRESH AND COLD PRESSED JUICE FOR INSTANT NUTRIENTS.



SHOTS IN £3.00 / OUT £2.40
 WHEAT GRASS SHOT
 GINGER SHOT

SUPER JUICES IN £5.90 / OUT £4.80

IMMUNITY JUICE - BOOST DEFENCE SYSTEM

Orange, lemon, lime, mint, chilli, salt, coconut nectar & echinacea.

ROOT POWER JUICE - INCREASES STRENGTH, STAMINA AND DESTRESS £5.90

Carrot, ginger, beetroot, lemongrass, turmeric & maca.

BODY & MIND JUICE - ENERGIZING AND PROVIDING MENTAL CLARITY £5.90

Blueberry/currant - raspberry, apple juice, lime, jasmine & gingko.

GREEN JUICE - FOR REJUVENATION, CLEANSING, REHYDRATING AND ALKALIZING BLOOD £5.90

Celery/fennel, greens, cucumber, ginger, lime, mint & supergreen power.

YOUR CHOICE

1. SELECT ONE OF THE FOLLOWING JUICES IN £3.90 / OUT £3.10

Apple OR Orange OR Carrot OR Cucumber

ADD EXTRA JUICE FOR 40P PER INGREDIENT

• Apple • Orange • Lemon • Lime • Carrot • Celery • Cucumber • Ginger • Beetroot • Pomegranate

2. SMOOTHIE WITH FLAXSEED OR BANANA IN £4.30 / OUT £3.50

OR

MYLKSHAKE WITH HEMPSEED OR ALMOND MYLK

ADD EXTRA FRUITS FOR 40P PER INGREDIENT

• Avocado • Pineapple • Raspberry • Strawberry • Blackcurrant • Banana • Papaya • Mango • Kiwi

3. BOOSTERS 80p PER INGREDIENT

Maca, Reishi, Lúcuma, Mesquite, Carob, Cacao, Ginseng, Spirulina, Chlorella, Saw palmetto, Ginkgo, Echinacea, Barley grass, Supergreen powder, Moringa.

OTHER DRINKS

STILL / SPARKLING SPRING WATER 330ML £1.70 / £1.40

STILL / SPARKLING SPRING WATER 1L £2.90 / £2.30

It's time to tempt your tastebuds with our gourmet Á La Carte menu...

Certain underlined herbs may not be suitable during pregnancy.



REJUVENATING SMALL DISHES

LIVING DISHES WITHOUT HEATING ABOVE 42°C

RAW CRACKERS

SLOW DRIED FLAXSEEDS AND GREEN VEGETABLES

May contains: squash, seasonal greens, non chilli spices, ginger, lemon and lime, sea salt, black pepper, garlic, onion.

KIMCHI optional: no oil

KOREAN SPICED FERMENTED CABBAGE WITH SEAWEED

May contains: apple, cucumber, cayenne pepper, dates, paprika, ginger, sea salt, sesame seed oil, red pepper, miso (soya), garnish, black pepper, garlic, onion.

CHEESE AND CRACKERS

MIXED SEED CRACKERS WITH SUNFLOWER & PUMPKIN SEED-CHEESE

May contains: flax seed, sunflower seed, pumpkin seed, squash, green, non-chilli spices, lemon and lime juice, nutritional yeast, tomato, sea salt, garnish, black pepper, garlic, onion.

CRISPY KALE

DEHYDRATED AND MARINATED CRISPY KALE. ASK FOR THE FLAVOUR OF THE DAY

May contains: non chilli spices, flax seed, squash, lemon or lime, herbs, sunflower seed, sea salt, red pepper, sesame seed, black pepper, garlic, onion.

NACHOS

FLAX SEED TORTILLA CHIPS WITH GUACAMOLE, PINEAPPLE AND TOMATO SALSA

May contains: chilli, coriander, red pepper, olive oil, flax seed, sunflower seed, pumpkin seed, squash, seasonal greens, non-chilli spices, lemon and lime juice, garnish, sea salt, black pepper, garlic, onion.

HUMMUS AND CRACKERS

FLAX SEED CRACKERS WITH SUNFLOWER HUMMUS

May contains: flax seed, sunflower seed, pumpkin seed, squash, cumin, lemon and lime juice, sesame seed, cumin, sea salt, seasonal greens, pomegranate, black pepper, garlic, onion.

PIZZETTE

BUCKWHEAT PIZZA WITH TOMATO SAUCE AND SEED-CHEESE

May contains: sunflower cheese, red pepper, herbs, lemon, nutritional yeast, sea salt, garnish, olives, black pepper, garlic, onion.

RAINBOW SALAD optional: oil

MIXED SALAD WITH MUSTARD DRESSING

May contains: mint, mixed fruit, celery/fennel, carrot, olive oil, sea salt, black pepper, garlic, onion.

GREEN GODDESS optional: oil

MULTI SEASONAL GREENS WITH GUACAMOLE(AVACADO, LIME, CHILI AND CORIANDER)

May contains: lemon, mustard seed, chilli, olive oil, sea salt, garnish, black pepper, garlic, onion.

These dishes do not contain oil unless stated.

For special diet requirements refer to the first page or ask us.

Garnish contains: root vegetables, fruit, sprouts, seeds. Underlined ingredients can be left out or may be replaced.



REVITALISING MAIN DISHES

LIGHTLY STEAMED OR RAW (WITHOUT HEATING ABOVE 42°C)

THAI TWIST RAW

optional: no oil and/or salt

EXOTIC FRUIT & ROOT VEGETABLE WITH THAI SPICE

May contain: mango, pineapple, squash, courgette, cucumberbasil, chilli, root vegetables, sesame seed, tomato, flaxseed, tamarind paprika sauce, dates, lemon mustard sauce, seasonal greens, paprika oil, garnish, sea salt, black pepper, garlic, onion.

OASIS OF SAHARA RAW

optional: no oil

FLAX SEED WRAP WITH AVOCADO, SQUASH HUMMUS (CONTAINS SESAME SEED & SALT), CORIANDER & SUNFLOWER SEED CREAM

May contain: flaxseed, mint, orange, sunflower and pumpkin seed, mango, tomato, chili and pepper, olive oil, paprika, seasonal greens, garnish, sea salt, black pepper, garlic, onion.

LIVING LASAGNA RAW/STEAMED

LAYERS OF SQUASH, TOMATO, PESTO & SEED-CHEESE (CONTAINS NUTRITIONAL YEAST)

May contain: tomato, sunflower and pumpkin seeds, red pepper, lemon, coconut oil, olive oil, nutritional yeast, seasonal greens, garnish, sea salt, black pepper, garlic, onion.

SUPERCHARGE RAW/STEAMED

optional: no oil

STUFFED COURGETTE WITH SEED CHEESE (CONTAINS NUTRITIONAL YEAST) & GREENS

May contain: pumpkin seed, sunflower seed, sesame seed, pumpkin squash, lemon juice, olive oil, nutritional yeast, seasonal greens, flax seed, olive, garnish, sea salt, black pepper, garlic, onion.

SOUTHERN VOLCANO STEAMED

SQUASH, CHICKPEA, COURGETTE AND SEASONAL GREENS WITH SPICY COCONUT CURRY

May contain: root vegetables, sea salt, lemongrass, galangal, chilli, paprika, paprika oil, seasonal greens, garnish, black pepper, garlic, onion.

BUDDHA BLISS STEAMED

optional: no oil

YAM PLENTA WITH ORIENTAL MUSHROOM, BLACK BEAN SAUCE, SEASONAL GREENS AND QUINOA

May contain: fermented blackbeans, mushroom, ginger, sea salt, aubergine, red pepper, root vegetable, sesame seed oil, seasonal greens, garnish, black pepper, garlic, onion.

For special diet requirements refer to the first page or ask us.

Garnish contains: root vegetables, fruit, sprouts, seeds. Underlined ingredients can be left out or may be replaced.



VITAO

-THE PHILOSOPHY-

BEING VEGETARIAN OR VEGAN

Studies have shown that a well-planned, nutritious, Vegan diet delivers extraordinary benefits to your health. Included are significantly lower rates of heart-disease, cancers, and type-2 diabetes. Furthermore, you can expect to enjoy better sleep, skin, and digestion. At Vitao we also believe that following a compassionate, Earth-friendly, diet nourishes your body and mind.

'The Gods created certain kinds of beings to replenish our bodies; they are trees, plants and seeds.' - Plato

Throughout history, some of mankind's greatest achievements have been made by people who love animal and not eating them. These include:

* SOME OF THE WORLD'S GREATEST SCIENTISTS

Albert Einstein, Sir Isaac Newton, Thomas Edison, Charles Darwin, Pythagoras, and Hippocrates, Nikola Tesla

* THE GREATEST PHILOSOPHERS

Socrates, Plato, Aristotle, Pythagoras, Immanuel Kant, Confucius, Chuang Tze, Voltaire

* MASTERS OF CREATIVE ARTS

William Shakespeare, Leonardo Da Vinci, George Bernard Shaw, Albert Schweitzer and Vincent van Gogh.

* MUSICIANS

The Beatles, Bob Marley, Damon Albarn (Blur/Gorillaz), Ralf Hütter (Kraftwerk), Moby, Red Chili Peppers, Leona Lewis and Lenny Kravitz, Bob Dylan

* THE MOST INFLUENTIAL HUMANITARIANS AND SPIRITUAL LEADERS

Lao Tze, Mahatma Gandhi, Buddha, Mahavira, Zoroaster

* WORLD CHAMPION ATHLETES (ALL STRICTLY VEGAN BELOW)

Martina Navratilova (tennis champion) Venus and Serena Williams (tennis champions) and Carl Lewis, who won nine Olympic gold medals, David Hayes (heavy weight boxing champion), Mac Danzig (MMA champion), Jim Morrison (body builder), Scott Jurek (ultramarathon champion), Fiona Oakes (marathon world record holder), Rich Roll (ultra-distance endurance champion), Ruth Heidrich (triathlete champion), John Joseph Keith Holmes (boxing champion), Jake Shields (MMA champion), Timothy Shieff (freerunner), Alexey Voevoda (10x world arm wrestling champion)

David Smith (gold olympian cyclist and rower), Brendan Brazier (triathlete champion), the greatest gladiators in roman times, Shaolin and Wudang warrior monk and many more

* ACTORS AND CELEBRITIES

Brad Pitt, Johny Depp, Dustin Hoffman, Justin Timberlake, Steven Seagal, Demi Moore, Christie Turlington, Shania Twain, Brooke Shield, Brigitte Bardot, Christian Bale, Natalie Portman, Woody Harrelson, Sinead O' Connor, Joaquin Phoenix, Russell Brand, Bill Gate and Kate Winslet (and many, many others!).

We believe these individuals demonstrate how this lifestyle can support a variety of people leading all kinds of lives. Going vegan isn't just necessarily healthy - that's where we can help. Our food not only avoids all animal products, it also contains a balance of nutrients to really achieve delicious optimum health and fitness.



OUR MISSION

Our mission is to lead the way in promoting a nutritious, sustainable, vegan lifestyle that does not compromise on taste. By offering a unique, universally inclusive, approach that caters for all optimal diet principles, Vitao provides a place where everyone can enjoy the compassionate path to true health.

INDIVIDUALITY

We also value individuality and flexibility. While we aim to make everything on our menu as delicious and healthy as possible, we will always give you the choice to customise what you eat. We aim to give a clear and friendly guide to our ingredients, so that whatever your diet or preferences, you can always trust us to provide you with a great meal.

HEALTH

As we are all only too aware these days, we really are what we eat. Living foods, and gently aqueous cooked and carefully prepared dishes, actually make us feel full of life when eaten on a regular basis. We firmly believe in the power that food has to enhance both body and mind. Therefore, Vitao has a unique but simple principle: to maintain and maximise, to the best of our ability, the nutritional value and bioavailability of all our foods served.

EXPERIENCE

Over the years we have been adapting and improving our methods through our experiences in sourcing and preparing the best ingredients.

Along the way we have been helped by our friends - many of whom are well-known nutritionists and raw food experts - as well as the most up-to-date and cutting edge scientific research into our particular areas of plant-based nutrition.

COMMITMENT

To sum up: as ideas and methods change so will our menu, but you can be sure that we will always be using the most current and well-regarded techniques, and the freshest ingredients, with plenty of flexibility. We will always try to do our bit for a healthier planet!

“The most unique restaurant in the UK...
Offers the ultimate in healthy eating ...
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