

## **BREAKFAST MENU**

9.30am-11.30am

### **Greek Yoghurt with Homemade Granola - £3.95**

Homemade Granola with Thick Greek Yoghurt and a Fresh Mango and Raspberry Compote

Cals: 332 Carbs: 47g Protein: 22g Fat: 7g

### **Protein Pancakes - £5.95**

Protein Packed Pancakes with Fresh Blueberries, Dark Chocolate and Choice of Spread

Cals: 477 Carbs: 61 Protein: 28 Fat: 14

### **Fortis Nut and Oat Porridge - £3.95**

Toasted Porridge Oats with Honey and Fresh, Juicy Berries. Choose From Dairy/Almond/Soya/Oat Milk

Cals: 448 Carbs: 62 Protein: 40 Fat: 4

### **Scottish Salmon Bagel and Toasted Chia Seeds - £6.45**

Smoked Salmon Bagel Topped with Toasted Chia Seeds. Served with a Rocket and Cherry Tomato Salad, Drizzled with a Citrus Dressing and Toasted Pine Nuts

Cals: 397 Carbs: 41 Protein: 34 Fat: 10

### **Poached Eggs on Granary Toast - £5.45**

Served with Spinach and Garlic Oil. Served on Granary Toast

Carbs: 19 Protein: 18 Fat: 14

### **Superfood Frittata - £6.45**

Spanish Style Frittata with Roasted Root Vegetables, Super Greens and Toasted Seeds. Served with a Superfood Salad

Cals: 269 Carbs: 19 Protein: 18 Fat: 14

If you have any allergies, please speak to a member of our team so that we can show you our allergy matrix.

## **LUNCH MENU**

11.45am-2.30pm

### **FORTIS Superfood Buddha Bowl - £6.50**

Seasonal Goodness in a Bowl. Crisp Garlic Broccoli, Peas, Wholemeal Barley, Beetroot, Curried Butternut Squash and Sweet Potatoes with Lightly Pickled Egg, Heritage Carrot Ribbons, Toasted Nuts and Chia Seeds, Finished Off with Watermelon and Peppery Rocket with a Light Balsamic and Honey Dressing

Cals: 229 Carbs: 27g Protein: 12g Fat: 9g

### **Indonesian Style Buddha Bowl - £6.50**

Spiced, Brown Fried Rice Packed with Nourishing Lentils, Pickled Chard, Pak Choi, Sweet Roasted Peppers, Spring Onions, Plum Tomatoes and Curried Chickpeas with Lemongrass and Coriander Green Beans, Toasted Cashew Nuts. Finished with a Drizzle of Our Light Soy Sauce and Coconut Dressing

Cals: 246 Carbs: 32g Protein: 9g Fat: 9g

### **Mexican Style Buddha Bowl - £6.50**

Fajita Style Vegetables with Coriander and lime Quinoa, Smokey Spiced Beans, Fresh Salsa, Avocado, Pickled Chilli, Guacamole, and a Chimichurri Dressing

Cals: 196 Carbs: 33g Protein: 7g Fat: 6g

**Add Chicken £2.50**

**Add Scottish Flaked Salmon £3.00**

**Add Tuna £2.00**

**Add Tofu £2.00**

### **Toasted Burrito Packed with Rice and Your Choice Of Topping - £5.95**

- Slow Cooked BBQ Beef Chilli
  - Cals: 716 Carbs: 69g Protein: 39g Fat: 32g
- Falafel and Spinach
  - Cals: 457 Carbs: 67g Protein: 18g Fat: 15g

Served with a Nutritious Salad and Nachos

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**Moroccan Vegetable Tagine - £6.95**

Flavourful Moroccan Stew Loaded with An Array of Colourful Vegetables, Seasoned with Cumin, Coriander and Ginger

Cals: 196 Carbs: 33g Protein: 7g Fat: 6g

**Pan Fried Chicken Breast with Garlic And Thyme - £7.95**

Pan Fried Succulent Chicken Breast Served with Roasted Vegetables, Crushed Potatoes, Garlic and a Chimichurri Sauce

Cals: 357 Carbs: 28g Protein: 49g Fat: 5g

**Firecracker Spiced Beef - £7.95**

Slow Cooked Tender Beef with Spiced Beans and Spring Onions in a Madras Style Sauce (not too hot!)

Cals: 357 Carbs: 28g Protein: 49g Fat: 5g

**Roasted Sweet Potato Butternut Squash Curry - £7.45**

Coconut and Cashew Nut Curry Served with Brown Rice, Toasted Nuts and Chia seeds. Served with Wholemeal Flat Breads

Cals: 456 Carbs: 55g Protein: 13g Fat: 23g

**Arrabiata Quorn Mince Ragu - £6.95**

Slow Cooked Quorn Mince with Nutritious Roasted Vegetables, Fresh Herbs, Tomatoes and Balsamic, Tossed into Rigatoni pasta

Cals: 466 Carbs: 58g Protein: 24g Fat: 14.

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## **SNACK MENU**

Served from 9am-7pm

### **Fortis Graze Board - £6.00**

A Delicious Selection of Savoury and Sweet Clean Treats to Satisfy Those Hunger Pangs Throughout The Day. Including Crudites, Homemade Lemon and Lime Hummus, Delicious Flapjack Packed with Oats, Coconut and Dark Chocolate, Trail Mix and Seasonal, Exotic Fruit

### **Olive Board - £4.00**

Mixed Olives, Toasted Pitta Homemade Lime Hummus With Pine Nuts And Crudites

### **Healthy Sweet Treats - £2.50 each**

Coconut And Dark Chocolate Flap Jack - Cals: 261 Carbs: 22g Protein: 35g Fat: 8g.

Cherry And Almond Granola Bar - Cals: 261 Carbs: 22g Protein: 35g Fat: 8g.

Fortis Coconut Chocolate Balls - Cals: 261 Carbs: 22g Protein: 35g Fat: 8g.

Homemade Lemon And Lime Hummus With Crudites - Cals: 125 Carbs: 4g Protein: 2g Fat: 12g.

Mixed Fruit Pot - Cals: 104 Carbs: 1g Protein: 1 Fat: 0g.

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## **FORTIS DRINKS MENU**

All drinks are also available for takeaway

### **Banana and blueberry soya milk smoothie (500ml) - £2.95**

Succulent fresh blueberries with a hint of mint and a dash of vanilla whizzed up with soya milk and a drizzle of honey.

**Add Protein Scoop £1**

### **Lean Mean Green Machine Smoothie (500ml) - £2.95**

Kiwi, Kale, Spinach and Melon With Fresh Mint, Lemon Juice And A Splash Of Apple Juice Topped Up With Coconut Water. Ready To Kick Start The Day!

**Add Protein Scoop £1**

### **Refresh and Recover (500ml) - £2.95**

Green Tea and Berry Smoothie - Frosted Berries Topped Up With Cranberry Juice And A Squeeze Of Lime.

**Add Protein Scoop £1**

### **PNI Lean Shake Blended With Crushed Ice - £2.50**

Vanilla  
Strawberry  
Chocolate Caramel

### **Cold Coffee /Tea**

Double Shock Ice - Vanilla Oat Milk Iced Coffee - £2.95  
Coconut Iced Coffee Tremor – Double Coffee Shot with Iced Coconut Milk - £2.95  
Skinny Iced Latte - £2.95  
Iced Tea With Cucumber and Lime - £2.95

### **'Escape' Bubble Tea - £2.95**

Passion Fruit  
Blueberry

Our Special Blend Fruity, Cold Tea with Tapioca Pearls – made with a blend of oat milk, fruit and fruit juices, bursting with flavour. Ask our host for available flavours.

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## **Hot Drinks**

Pot of any tea - £2

English Breakfast

Selection of Herbal/ Green Teas

Selection of Fruit Teas

Cappuccino - £2.95

Latte - £2.95

All hot drinks - £2.95

Americano - £2.50

Espresso - £2

Latte Macchiato - £2.95

Espresso - £2

Macchiato - £2.95

Flat White - £2.95

## **Soft Drinks**

Diet Coke - £1.25

Coke Zero - £1.25

Fanta Zero - £1.25

Fresh Orange - £2

Apple Juice - £2

Cranberry Juice - £2

Bottled Water Still/Sparkling - £2

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