



## BREAKFAST

served until 12pm / all day on Sunday

toasted bloomer (wgfo)  
with your choice of jam, marmalade,  
peanut butter, chocolate spread or marmite  
in 2.50 / out 2.00

porridge with two toppings (wgfo)  
soya, almond, hemp or oat milk  
banana, toasted nuts, mixed seeds,  
sultanas, chocolate spread, agave syrup,  
dark choc chips, golden syrup, jam  
in 3.75 / out 3.00  
extra topping 0.60

tofu scramble (s) or mushrooms or  
organic beans on toasted bloomer (wgfo)  
in 5.50 / out 4.75

the fortify breakfast (s)  
sausage, bacon, organic beans, roast tomato,  
tofu scramble (s), mushrooms & bloomer toast  
in 8.00 / out 6.75

extra sausage, bacon or tofu scramble 1.25  
extra beans, mushrooms or tomato 1.00

brown malted bloomer or brown wheat free toast  
(please note that our sausages and bacon contain wheat gluten)

Warmly welcoming you to...  
**Fortify Café - Vegan Eatery**  
Full of goodness!

TripAdvisor Certificate of Excellence 2013, 2014 & 2015

The café is available to  
hire for private events

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Outside catering for  
meetings and celebrations  
(delivery available)

## opening hours

mon to wed 8am - 5pm  
thurs & fri 8am - 5pm & 6pm - 10pm  
sat 8am - 5pm & 6pm - 10pm  
sun 11am - 5pm

last food orders to eat in are  
30 minutes before closing in the daytime and  
45 minutes before closing in the evening



Fortify Café, 32 High Street, Maidstone, Kent, ME14 1JF

T: 01622 670533 / E: [fortifycafe@hotmail.com](mailto:fortifycafe@hotmail.com) / W: [www.fortifycafe.co.uk](http://www.fortifycafe.co.uk)

In the daytime please order and pay at the counter

In the evening we will serve you at your table

## FORTIFY HOUMOUS

Our new recipe houmous with  
raz el hanout spices, topped with  
suntouched tomatoes, red onion,  
lemon olive oil, paprika & served  
with warm flat bread  
in 4.75 / out 4.00

## SALADS

**greek cashew feta salad (n/wf/gf)**  
dill & mint cashew feta, baby gem,  
tomatoes, cucumber, olives, red onion  
with lemon olive oil dressing  
in 8.50 / out 7.75

**houmous salad (wgfo)**  
fortify houmous, herb roasted  
vegetables, suntouched tomatoes,  
olives, mixed seeds and warm flat bread  
in 8.50 / out 7.75

**fresh daily salad selection (wf/gf)**  
our three daily salads on mixed leaves  
(see board for daily selection)  
in 7.50 / out 6.75

add sourdough 0.75  
add wf/gf brown bread 0.75  
add flat bread 1.00

## SOUP & STEW

ALWAYS HOMEMADE  
AND FULL OF GOODNESS!

served with  
-wholemeal sourdough  
or  
-wheat free toast

**soup**  
(wgfo)  
in 5.00 / out 4.00

**stew**  
(wgfo)  
in 6.75 / out 6.00

see specials board

## Vegan? YES! EVERYTHING!

n contains nuts  
s contains soya  
wf wheat free  
gf gluten free  
wgfo wheat/gluten  
free option

marinated

mixed

olives

2.50

## SEITAN KEBAB

Our homemade seitan (wheat meat)  
served in warm flat bread with  
salad and yoghurt sauce

see specials board  
in 6.00 / out 5.25

## MAINS

**falafel burger (s/wgfo)**  
mint yogurt sauce (s) and herb roasted peppers,  
wholemeal bun w/ dressed garden salad  
in 10.50 / out 8.00

**sweet potato and quinoa bake (wf/gf)**  
spinach, tomato, green olives and caraway seeds  
w/ dressed garden salad  
in 10.50 / out 8.00

**mediterranean lasagne (wf/gf)**  
roasted aubergines, courgettes, peppers, mushrooms,  
tomato sauce and mock-zarella w/ dressed garden salad  
in 10.50 / out 8.00

**home baked quiche or frittata (s) (frittata wf/gf)**  
w/ our 3 daily salads (see board for daily selection)  
in 9.50 / out 7.00

all mains are available without salad/salads  
take off 3.00 in / 2.50 out

Eat in prices  
include VAT at 20%

## SANDWICHES

Served with salad garnish and potato crisps (eat in only)

sausage, mustard, smoked gouda cheese (s) in 5.50 / out 4.75  
VLT - bacon, lettuce, tomato, mayo (s) in 5.50 / out 4.75  
fortify houmous, roasted peppers, red onion marmalade, rocket in 5.50 / out 4.75  
homemade falafel & spicy tomato chutney in 5.50 / out 4.75  
mock-zarella, tomato & pesto (n/s) in 5.50 / out 4.75  
tofu egg-less salad, bacon & tomato (s) in 5.50 / out 4.75  
cashew feta w/dill & mint, roast peppers, mushrooms (n) in 5.50 / out 4.75

club sandwich - bacon, muenster cheese, herb roasted peppers, tomato, tofu egg-less salad, lettuce (s) in 7.25 / out 6.00

(please note that our sausages, bacon and seitan contain wheat gluten)

choose from **brown malted bloomer** (toasted or not toasted), **flat bread** (always toasted)  
or **brown wheat free toast** (always toasted)

add a single daily salad side in 2.25 / out 2.00 (see board for daily selection)  
add small soup in 2.50 / out 2.25 (see board for daily selection)  
add any cheese 0.75

## LITTLE BEANS

**bloomer toast & beans (wgfo)** in 2.75 / out 2.25  
**cashew cheddar toastie (n/wgfo)** in 2.75 / out 2.25  
**simple sausage toastie** in 2.95 / out 2.45

## CAKES

carrot cake (s/gf/wf) 4.00 3.50  
chocolate 'guinness' cake (s) 4.00 3.50  
lemon & almond cake (n/gf/wf) 3.50 3.00  
chocolate cake 3.25 2.75  
chocolate brownie (gf/wf) 3.00 2.50  
fruit & nut flapjack (n/gf/wf) 2.25 1.75  
date & oat slice (gf/wf) 2.25 1.75  
sweet and salty rocky road 2.75 2.50  
(n/wf/gf)  
add vanilla ice cream (s) 1.75 / 1.50