

HOT FOOD

AVAILABLE FOR DELIVERY FROM 11.30AM

FULL RANGE SERVED IN SHOPS FROM 11AM

PASTA

Spinach fusilli

Pure Bolognese £6.35
Beef and fava bean Bolognese and vine tomatoes with Italian hard cheese

Vegano Arrabbiata £5.95

Roasted Courgette and Yellow Peppers, arrabbiata sauce and chilli berries on whole wheat tortiglioni pasta with vegan mozzarella VG //

Chicken & Mushroom £6.35

Fired chicken, mushrooms and petit pois with Italian hard cheese /

TOASTIES

Served in a toasted wheat bran wrap

Halloumi £4.95

Halloumi, hummus, sautéed mushrooms, sun-dried tomatoes & tomato relish V

Chicken Picante £4.85

Fired chicken, Mexican beans, avocado puree and cheddar //

HOT BOXES & SIDES

Served on our wholegrain mix

Vegan Coconut Curry £6.85

Sweet potato, tomato, red chilli, Panch Phoran and coconut milk curry with broccoli, served on wholegrains V VG

Thai Red Chicken £6.95

Thai red curry with chicken, bamboo and water chestnuts with edamame & chilli berries /

High Protein Chilli £6.99

Spicy beef and kidney bean chilli and quacamole with a side of corn chips /

Chipotle Chicken £6.95

Chicken breast & thigh, black beans, peppers, red onion and chipotle adobo paste with Mexican beans /

SOUPS

Add a wholegrain breadstick & butter for 85p

Thai Green Lentil £3.30 | £3.99

Thai-inspired soup with lentil, spinach, lemongrass and coconut VG /

British Chicken £3.30 | £3.99

British chicken, carrots, celery and orzo pasta in a wholesome chicken broth



SALADS

ALL SALADS ARE SERVED LIGHTLY DRESSED

AVAILABLE FOR DELIVERY FROM 11.30AM

Chicken & Bacon Caesar £6.25

Free-range chicken, free-range poached egg, bacon, sourdough croutons and Caesar dressing

Celebrity Skin £6.99

Hot-smoked salmon, avocado, cucumber, tomato and Pure Vinaigrette dressing

Sesame Ginger £6.65

Tamari tofu, broccoli, black sushi rice, Pure slaw and super seeds on mixed leaves and Sesame Ginger dressing VG /

The Mexican £6.85

Free-range fired chicken breast, Mexican beans, tortilla chips and Devil's dressing //

WRAPS

WHEAT BRAN WRAPS, HANDMADE BY US EVERY DAY

AVAILABLE FOR DELIVERY FROM 11.30AM

Hail Caesar £3.95

Lemon & herb chicken, Parmesan cheese, sourdough Parmesan croutons and mayonnaise with crunchy cos

Falafalo Soldier £3.99

Sweet potato falafel, hummus, Pure slaw, Grandma's dressing and toasted flaked almonds VG

Smokin' Hot £3.95

Fired chicken, Pure slaw and chipotle hummus with mixed leaves

Soy Good £3.99

Tamari tofu, edamame, black sushi rice, Pure slaw, butternut aioli and Sesame & Ginger dressing V VG

Ariba Fajita £3.99

Fired chicken, avocado, chipotle hummus, tomato, mature cheddar, tortilla chips, Roquito peppers, Devil's dressing, chilli berries and mixed leaves //

BAGELS

FRESHLY BAKED WHOLEGRAIN BAGELS

AVAILABLE FOR DELIVERY FROM 11.30AM

Loch Stock & Hot Smoked Salmon £3.30

Hot-smoked salmon, cream cheese, lemon juice and black pepper



DELI POTS

AVAILABLE FOR DELIVERY FROM 11.30AM

A Bit Moorish £4.25

Sweet potato falafel, hummus, Pure slaw and fig chutney with super seeds and super grains
VG

Cauli Willoughby £4.55

Sweet potato, turmeric cauliflower, broccoli, rocket, hummus and butternut aioli with super seeds, topped on a bed of super grains. V VG

LITTLE POTS

AVAILABLE FOR DELIVERY FROM 11.30AM

24 Carrot £2.15

Crunchy carrot batons with hummus
VG UNDER 320 Kcal

Chip off the Guac £2.25

Tortilla corn chips and avocado puree
VG UNDER 170 Kcal

Sweet Spot £3.15

Spinach, sweet potato & coconut baked bites
VG

Free's a Crowd £3.45

Free range chicken baked bites

DRINKS

AVAILABLE FOR DELIVERY FROM 8AM.

JUICES

250ml/500ml

All our juices and smoothies are handmade by us daily

Orange £2.45 / £4.85

100% orange juice

Anti-Oxidiser

£2.99 / £4.99

Apple, orange, pomegranate juice, mint

SMOOTHIES

250ml/500ml

Superberry £2.99 / £4.99

Blackberries, blueberries, raspberries, banana, coconut milk, apple juice

Get-Vit £2.99 / £4.99

Mango, coconut yoghurt, spinach, ginger, apple juice

Brain Boost £2.99 / £4.99

Almond milk, banana, dates, Pip & Nut peanut butter, cacao nibs

Mango Power £2.99 / £4.99

Mango, banana, coconut yoghurt, vegan protein powder, orange juice

SNACKS & TREATS

AVAILABLE FOR DELIVERY FROM 8AM.

FRUIT SALADS

Pure Fruit Salad £3.45

Outer Mango-lia £3.25

SWEET THINGS

Blueberry & Almond Muffin £2.55

Lemon, Courgette & Basil Muffin £2.55

Dark Chocolate & Hazelnut Cookie £1.65

Oat & Cranberry Cookie

£1.65

POWERBALLS

Mango & Macadamia £1.99

Cacao, Almond & Ginger £1.99

DESSERTS

Choc'avo Mousse £2.85

Super Rice Pudding £2.85

BREAKFAST

*ITEMS NOT AVAILABLE FOR DELIVERY

AVAILABLE FOR DELIVERY FROM 8AM. AVAILABLE IN OUR SHOPS UNTIL 11AM WEEKDAYS AND MIDDAY ON WEEKENDS.

TOASTED BAGELS

Multiseed, wholegrain bagel

Bacon & Avocado £3.15

Bacon, avocado and tomato

Vegan Breakfast Bagel £2.99

Sautéed mushrooms, avocado puree, vegan mozzarella and vine tomatoes
VG

BREAKFAST TOASTIES*

Toasted wheat bran wraps

Bacon & Egg £3.30

Sweet-cured bacon with free-range egg mayonnaise and Pure ketchup

Super Start £3.25

Feta, spinach, sautéed mushrooms, vine tomatoes and basil with free-range egg mayonnaise
V

SUPER EGGS* £3.35

Three free-range scrambled eggs, wilted spinach and petit pois
V UNDER 240 Kcal

PLUS your choice of toppings...

Sautéed Mushrooms +85p

Avocado +£1

Bacon +£1.10

Vine tomatoes +£1.20

Goat's Cheese +£1.30

Smoked Salmon +£1.40

Toasted Wholegrain Bagel & Butter +1.10p

PURE PORRIDGE

£2.50

Rolled gluten free oats soaked and cooked with gluten free oat milk
VG

PLUS your choice of toppings...

Golden syrup FREE

Blossom honey FREE

Banana +60p

Energy Crunch +70p

Peanut Butter +70p

Blueberries +80p

YOGHURTS

Banana & Honey £2.50

Banana and Manuka honey blend and Probiotic Greek-style yoghurt with a pot of granola crunch
V

BIRCHERS

Blueberry £2.55

Swiss bircher made with gluten free oats, coconut yoghurt and crushed blueberries
V UNDER 300 Kcal

Energy Crunch £2.55

Swiss bircher made with gluten free oats and coconut yoghurt, topped with almonds, pumpkin seeds, dates and toasted coconut
VG

VIENNOISERIE

Croissant £1.50

Almond

Croissant £1.70

Chocolate

Croissant £1.70

