

## HOT FOOD

FULL RANGE SERVED FROM 11AM

### PASTA

Whole wheat tortiglioni

No 97

**Pure Bolognese** £6.35

Beef and fava bean Bolognese and vine tomatoes with Italian hard cheese

No 95

**Vegano Arrabbiata** £5.95

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

No 96

**Chicken & Mushroom** £6.35

Fired chicken, mushrooms and petit pois with Italian hard cheese

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### RISOTTO

Creamy wholegrain and Arborio risotto rice

No 99

**Sweet Potato & Tenderstem** £6.35

Roasted sweet potato and tenderstem broccoli with Italian hard cheese

V

### TOASTIES

Served in a toasted wheat bran wrap

No 86

**Halloumi** £4.95

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

V

No 87

**Chicken Picante** £4.85

Fired chicken, Mexican beans, avocado puree and cheddar

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### HOT BOXES & SIDES

Served on our wholegrain mix

No. 112

**Vegan Coconut Curry** £6.85

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

V VG

No 113

**Thai Red Chicken** £6.95

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

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No 114

**High Protein Chilli** £6.99

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

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### SOUPS

Add a wholegrain breadstick & butter for 85p

No 102

**Thai Green Lentil** £3.30 | £3.99

Thai-inspired soup with lentil, spinach, lemongrass and coconut VG / 200 / 290 Kcal

No 103

**British Chicken Noodle** £3.30 | £3.99

British chicken breast, carrots, celery and noodles in a Pure broth 130 / 180 Kcal



## SALADS

ALL SALADS ARE SERVED LIGHTLY DRESSED

No 1

**Chicken Caesar** £6.25

Lemon & herb chicken, free-range egg, sourdough croutons and Caesar dressing

No 8

**The Jerk** £6.65

Fired chicken, avocado, tomato, whole wheat pasta and Devil's dressing

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No 2

**Sorrento Chicken** £6.85

Lemon & herb chicken, avocado, sun-dried tomatoes, super beans and Lemon & Chia dressing

No 3

**The Mexican** £6.85

Fired chicken breast, Mexican beans, tortilla chips and Devil's dressing

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No 4

**Celebrity Skin** £6.99

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

No 5

**Sesame Ginger** £6.65

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

VG /

## BREAD

FRESHLY BAKED WHOLEGRAIN BREADS

### BAGELS

No 144

**The Mediterranean** £3.15

Chargrilled vegetables, cream cheese, feta & vine tomatoes.

V

No 141

**Loch Stock & Hot Smoked Salmon** £3.30

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

### BAGUETTES

No 134

**The Italian** £3.99

Lemon-dressed hot-smoked Roasted courgette and yellow Peppers, mozzarella and sun-dried tomatoes with pesto crème in our multigrain baguette. V

No 133

**Lemon Chicken & Avocado** £3.99

Lemon & herb chicken, avocado, Parmesan and rocket with Caesar dressing

V

No 120

**Honey Roasted Ham & Cheddar** £3.99

Honey roasted ham, cheddar, tomato relish & mayonnaise with mixed leaves

## WRAPS

WHEAT BRAN WRAPS, HANDMADE BY US EVERY DAY

No 152

**Hail Caesar** £3.95

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

No 157

**Falafalo Soldier** £3.99

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

VG

No 153

**Smokin' Hot** £3.95

Fired chicken, Pure slaw and chipotle hummus with mixed leaves

No 164

**Soy Good** £3.99

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

V VG

No 156

**Ariba Fajita** £3.99

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

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## DELI POTS

No 171

### A Bit Moorish £4.25

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

No 172

### Super Salmon £4.75

Hot-smoked salmon, roasted courgette and yellow peppers, avocado, baby leaf spinach and toasted flaked almonds on whole wheat fusilli with Pesto Crème dressing. /

No 173

### Cauli Willoughby £4.55

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

## LITTLE POTS

No 182

### 24 Carrot £2.15

Crunchy carrot batons with hummus  
VG UNDER 320 Kcal

No 186

### Feta Together £2.99

Sweet potato, feta, roasted courgette & yellow peppers, beetroot hummus, rocket and super seeds, drizzled with lemon juice. V

No 187

### Chip off the

**Guac** £2.25  
Tortilla corn chips and avocado puree  
VG UNDER 170 Kcal

No 185

### Broc N' Roll £2.55

Broccoli florets, butternut aioli and super seeds  
V VG

## DRINKS

### JUICES

250ml/500ml

All our juices and smoothies are handmade by us daily

No 79

### Orange £2.45 / £4.85

100% orange juice

No 77

### Anti-Oxidiser

£2.99 / £4.99

Apple, orange, pomegranate juice, mint

### SMOOTHIES

250ml/500ml

No 67

### Superberry £2.99 / £4.99

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

No 69

### Get-Vit £2.99 / £4.99

Mango, coconut yoghurt, spinach, ginger, apple juice

No 70

### Brain Boost £2.99 / £4.99

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

No 65

### Mango Power £2.99 / £4.99

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

## SNACKS & TREATS

### POWERBALLS

#### Mango & Macadamia £1.99

#### Cacao, Almond & Ginger £1.99

### DESSERTS

#### Choc'avo Mousse £2.85

#### Super Rice Pudding £2.85

### SWEET THINGS

#### Double Chocolate Cookie £1.60

#### White Chocolate & Raspberry Cookie £1.60

#### Brownie £1.75

#### Popcorn Bar £1.75

#### Trail Bar £1.75

### FRUIT SALADS

#### Pure Fruit Salad £3.45

#### Outer Mango-lia £3.25

## BREAKFAST

### TOASTED BAGELS\*

Multiseed, wholegrain bagel

No 60

### Bacon & Avocado £3.15

Bacon, avocado and tomato

No 61

### Vegan Breakfast Bagel £2.99

Sautéed mushrooms, avocado puree, vegan mozzarella and vine tomatoes

### VIENNOISERIE

#### Croissant £1.50

#### Almond

#### Croissant £1.70

#### Chocolate

#### Croissant £1.70

\*AVAILABLE IN OUR SHOPS UNTIL 11AM WEEKDAYS AND MIDDAY ON WEEKENDS. SOME OF THESE ITEMS ARE NOT AVAILABLE FOR DELIVERY

### TOASTED WRAPS\*

Toasted in a wheat bran wrap

No 40

### Bacon & Egg £3.30

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

No 42

### Smoked Salmon £3.40

Scottish smoked salmon with free-range egg mayonnaise

No 41

### Super Start £3.25

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

### ROLLED OMELETTE\*

Warm free-range egg omelette, filled & rolled

No 43

### Bacon &

### Vine Tomato £3.99

UNDER 350 Kcal

No 44

### The Vegetarian £3.85

V / UNDER 400 Kcal

### 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\*

No 22

### Rolled gluten free oats soaked and cooked with gluten free oat milk. £2.50

VG

PLUS your choice of toppings...

Golden syrup FREE

Blossom honey FREE

Banana +60p

Blueberries +80p

Energy Crunch +70p

Peanut Butter +70p

### YOGHURTS

Probiotic Greek-style yoghurt

No 195

### Banana & Honey £2.50

Banana and Manuka honey blend with a pot of granola crunch  
V

### BIRCHERS

No 197

### Blueberry £2.55

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

No 198

### Energy Crunch £2.55

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

