

HOT FOOD

AVAILABLE FOR DELIVERY FROM 11.30AM

FULL RANGE SERVED IN SHOPS 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 /

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 //

No 88

The Vegan £4.65

Sweet potato falafel, butternut aioli, vine tomatoes, broccoli florets and coconut yoghurt //

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 /

No 114

High Protein Chilli £6.99

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

No 115

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

No 101

Greens & Grains £3.30 | £3.99

Cannellini beans, mushroom, celery, bulgar wheat, quinoa, kale and spinach in a vegetable broth V 190 / 280 Kcal

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 £3.30 | £3.99

British chicken, carrots, celery and orzo pasta in a wholesome chicken broth 120 / 180 Kcal



SALADS

ALL SALADS ARE SERVED LIGHTLY DRESSED

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No 1

Chicken & Bacon Caesar £6.25

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

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 //

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 and Sesame Ginger dressing VG /

BREAD

FRESHLY BAKED WHOLEGRAIN BREADS

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BAGELS

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 vine 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

AVAILABLE FOR DELIVERY FROM 11.30AM

No 152

Hail Caesar £3.95

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

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 //

DELI POTS

AVAILABLE FOR DELIVERY FROM 11.30AM

No 171

A Bit Moorish £4.25

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

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

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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

DRINKS

AVAILABLE FOR DELIVERY FROM 8AM.

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

AVAILABLE FOR DELIVERY FROM 8AM.

FRUIT SALADS

Pure Fruit

Salad £3.45

Outer Mango-licia

£3.25

SWEET THINGS

Double Chocolate

Cookie £1.60

White Chocolate

& Raspberry

Cookie £1.60

Blueberry Muffin

£2.25

Lemon Muffin £2.25

Popcorn Bar £1.75

Trail Bar £1.75

Brownie Bar £1.75

Dark Chocolate

Fruit & Nuts £1.65

Go Nuts £1.65

Salted Caramel

Almonds £1.85

Smoked Corn &

Almonds £1.65

Soft Dried Mango

£1.85

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

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

BREAKFAST TOASTIES*

Toasted wheat bran wraps

No 40

Bacon & Egg £3.30

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

No 41

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

Chocolate flakes +25p

Banana +60p

Energy Crunch +70p

Peanut Butter +70p

Blueberries +80p

YOGHURTS

No 195

Banana & Honey £2.50

Banana and Manuka honey blend and Probiotic Greek-style yoghurt 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

