

Nutritional Key:
(V) Vegetarian
(VG) Vegan
(NG) No G

Pure. Allergen Guide

Menu Category	Dish Name	Vegan	Vegetarian	Cereals containing Gluten	Milk	Nuts	Peanuts	Egg	Soya	Mustard	Sesame	Celery	Fish	Crustaceans	Molluscs	Lupin	Sulphites
Birchers & Yoghurts	Banana & Honey Yoghurt		✓	Oats	✓	Almond, Pecan, Walnut											
Birchers & Yoghurts	Blueberry Bircher	✓	✓						✓								
Birchers & Yoghurts	Energy Crunch Bircher	✓	✓			Almond			✓								
Birchers & Yoghurts	Morning Glory		✓	Oats	✓	Almond, Pecan, Walnut											
Breakfast Toasties	Bacon & Egg			Wheat				✓		✓							
Breakfast Toasties	Smoked Salmon			Wheat				✓		✓			✓				
Breakfast Toasties	Super Start		✓	Wheat	✓			✓		✓							✓
Rolled Omelettes	Bacon & Vine Tomato							✓		✓							✓
Rolled Omelettes	The Vegetarian		✓					✓	✓	✓							
Porridge	Pure Porridge	✓	✓	Oats													
Porridge Topping	Banana	✓	✓														
Porridge Topping	Blueberries	✓	✓														
Porridge Topping	Energy Crunch	✓	✓			Almond, Hazelnut											
Porridge Topping	Golden Syrup	✓	✓														
Porridge Topping	Blossom Honey		✓														
Porridge Topping	Peanut Butter	✓	✓				✓										
Super Eggs	Super Eggs		✓		✓			✓									
Super Eggs Topping	Avocado	✓	✓														
Super Eggs Topping	Bacon																
Super Eggs Topping	Sautéed Mushrooms	✓	✓							✓							✓
Super Eggs Topping	Smoked Salmon												✓				
Super Eggs Topping	Vine Tomatoes	✓	✓														
Toasted Bagel	Bacon & Avocado			Wheat, Barley													
Toasted Bagel	Vegan Breakfast Bagel	✓	✓	Wheat, Barley						✓							✓
Toasted Bagel	Toasted Bagel	✓	✓	Wheat, Barley													
Toasted Bagel	Toasted Bagel With Butter		✓	Wheat, Barley	✓												
Toasted Bagel	Toasted Bagel With Cream Cheese		✓	Wheat, Barley	✓												
Breakfast	Toasted Bagel With Peanut Butter	✓	✓	Wheat, Barley			✓										
Viennoiserie	Croissant		✓	Wheat	✓			✓									
Viennoiserie	Almond Croissant		✓	Wheat	✓	Almond		✓									
Viennoiserie	Chocolate Croissant		✓	Wheat	✓			✓	✓								
Viennoiserie	Pain aux Raisin		✓	Wheat	✓			✓									
Bagels	Loch Stock & Hot Smoked Salmon			Wheat, Barley	✓								✓				
Breads	Breadstick	✓	✓	Wheat, Barley													
Baguette	All Day Breakfast			Wheat, Barley	✓			✓		✓							
Baguette	Honey Roasted Ham & Cheddar			Wheat, Barley	✓					✓							
Baguette	Lemon Chicken & Avocado			Wheat, Barley	✓			✓		✓							✓
Baguette	The Italian		✓	Wheat, Barley, Oat	✓				✓								✓
Wrap	Soy Good	✓	✓	Wheat					✓		✓						✓
Wrap	Smokin Hot			Wheat							✓						
Wrap	Ariba Fajita			Wheat	✓												
Wrap	Falafalo Soldier	✓	✓	Wheat		Almond				✓	✓						✓
Wrap	Hail Caesar			Wheat, Rye, Oats	✓			✓		✓							
Hot Box	High Protein Chilli								✓				✓				
Hot Box	Thai Red Chicken							✓	✓				✓				
Hot Box	Vegan Coconut Curry	✓	✓							✓							
Pasta & Risotto	Chicken & Mushroom			Wheat	✓			✓									✓
Pasta & Risotto	Pure Bolognese			Wheat	✓							✓					✓

Correct as of 7th July 2020

As most of our food is handmade in our on-site kitchens every day, we cannot guarantee that our food is completely free of any allergen.

Nutritional Key:
(V) Vegetarian
(VG) Vegan
(NG) No G

Pure. Allergen Guide

Menu Category	Dish Name	Vegan	Vegetarian	Cereals containing Gluten	Milk	Nuts	Peanuts	Egg	Soya	Mustard	Sesame	Celery	Fish	Crustaceans	Molluscs	Lupin	Sulphites
Pasta & Risotto	Arrabbiata	<	<	Wheat					<								<
Pasta & Risotto	Sweet Potato & Tenderstem		<		✓							<					<
Soup	British Chicken Noodle			Wheat								<					
Soup	Thai Green Lentil	✓	<									<					
Toastie	Chicken Picante			Wheat	✓												
Toastie	Halloumi		<	Wheat	✓					✓	✓						✓
Salads	Celebrity Skin					Cashew				✓	✓		✓				✓
Salads	Chicken Caesar			Wheat, Rye, Oats	✓			✓		✓							✓
Salads	Sorrento Chicken				✓			✓	✓								✓
Salads	The Jerk			Wheat													
Salads	The Mexican																
Salads	Sesame Ginger	✓	<					✓		✓							✓
Deli Pots	A Bit Moorish	✓	<					✓	✓	✓							✓
Deli Pots	Cauli Willoughby	✓	<	Wheat, Barley, Spelt				✓		✓							✓
Deli Pots	Super Salmon			Wheat, Oat		Almond		✓					✓				✓
Little Pot	24 Carrot	✓	<								✓						
Little Pot	Broc n' Roll	✓	<						✓								
Little Pot	Chip Off The Guac	✓	<														
Little Pot	Feta Together		<		✓			✓									✓
Dessert	Choc'Avo Mousse		<					✓	✓								
Dessert	Pip & Pure	✓	<				✓										
Dessert	Super Rice Pudding	✓	<														
Snacks & Treats	Outer Mango-Lia	✓	<														
Snacks & Treats	Pure Fruit Salad	✓	<														
Snacks & Treats	Banana Bread		<	Wheat	✓			✓									
Snacks & Treats	Lemon, Courgette & Chia Cake	✓	<	Wheat	✓				✓								
Snacks & Treats	Apple & Fig Muffin		<	Wheat	✓			✓									
Snacks & Treats	Blueberry Muffin		<	Wheat	✓			✓									
Snacks & Treats	Cacao, Almond & Ginger Powerball		<		✓												
Snacks & Treats	Mango & Macadamia Powerball	✓	<			Almond, Macadamia											✓
Snacks & Treats	Double Chocolate Cookie		<	Wheat	✓			✓	✓								
Snacks & Treats	White Chocolate & Raspberry Cookie		<	Wheat	✓			✓	✓								
Snacks & Treats	Brownie Bar		<		✓			✓	✓								
Snacks & Treats	Popcorn Bar		<		✓			✓	✓								
Snacks & Treats	Trail Bar		<	Almond Walnut Pecan	✓												
Snacks & Treats	Dark Chocolate Fruit & Nuts	✓	<		✓	Cashew			✓								
Snacks & Treats	Go Nuts	✓	<		✓	Almond, Brazil Nut, Cashew											
Snacks & Treats	Nut & Raisin Mix	✓	<		✓	Cashew Macadamia											
Snacks & Treats	Salted Caramel Almonds		<		✓	Almond			✓								
Snacks & Treats	Smoked Corn & Almonds	✓	<		✓	Almond											
Snacks & Treats	Soft Dried Mango	✓	<		✓												
Juices	Anti-Oxidiser	✓	<														
Juices	Orange Juice	✓	<														
Smoothies	Brain Boost	✓	<			Almond	✓										
Smoothies	Mango Power	✓	<						✓								
Smoothies	Superberry	✓	<						✓								
Smoothies	Get Vit	✓	<						✓								

Correct as of 7th July 2020

As most of our food is handmade in our on-site kitchens every day, we cannot guarantee that our food is completely free of any allergen.