

Pure. Allergen Guide

Menu Section	Dish Name	Vegan	Vegetarian	Cereals containing Gluten	Milk	Nuts	Peanuts	Egg	Soya	Mustard	Sesame	Celery	Fish	Crustaceans	Molluscs	Lupin	Sulphites
Breakfast	Banana & Honey Yogurt		✓	Wheat, Oats	✓	Almond Pistachio Walnut											
Breakfast	Morning Glory		✓	Wheat, Oats	✓	Almond Pistachio Walnut											
Breakfast	Blueberry Bircher		✓		✓												
Breakfast	Energy Crunch Bircher	✓				Almond			✓								
Breakfast	Green Birchia	✓						✓									
Breakfast	Organic Porridge		✓		✓												
Breakfast	Oat Milk & Seed Porridge	✓															
Breakfast	Golden Syrup	✓															
Breakfast	Banana	✓															
Breakfast	Blueberries	✓															
Breakfast	Peanut Butter	✓					✓										
Breakfast	Energy Crunch	✓				Almond											
Breakfast	Manuka Honey Blend		✓														
Breakfast	Super Eggs		✓		✓			✓									
Breakfast	Protein Bowl	✓							✓								
Breakfast	Sautéed Mushrooms	✓								✓							✓
Breakfast	Avocado	✓															
Breakfast	Goat's Cheese		✓		✓												
Breakfast	Smoked Salmon												✓				
Breakfast	Vine Tomatoes	✓															
Breakfast	Bacon																
Breakfast	Bacon & Avocado Bagel			Wheat, Barley, Rye													
Breakfast	Mushroom & Avocado Bagel		✓	Wheat, Barley, Rye	✓					✓							✓
Breakfast	Toasted Bagel	✓		Wheat, Barley, Rye													
Breakfast	Toasted Bagel With Butter		✓	Wheat, Barley, Rye	✓												
Breakfast	Toasted Bagel With Cream Cheese		✓	Wheat, Barley, Rye	✓												
Breakfast	Toasted Bagel With Peanut Butter	✓		Wheat, Barley, Rye			✓										
Breakfast	Toasted Bagel With Avocado Puree	✓		Wheat, Barley, Rye													
Breakfast	Bacon & Egg Toastie			Wheat				✓		✓							
Breakfast	Super Start Toastie		✓	Wheat	✓			✓		✓							✓
Breakfast	Smoked Salmon Toastie			Wheat				✓		✓			✓				
Breakfast	Almond Croissant		✓	Wheat	✓	Almond		✓									
Breakfast	Wholegrain Croissant		✓	Wheat, Oats, Barley	✓			✓									
Breakfast	Chocolate Croissant		✓	Wheat	✓			✓	✓								
Breakfast	Croissant		✓	Wheat	✓			✓									
Breads	New Yorker			Wheat, Barley, Rye	✓					✓							
Breads	Loch Stock & Hot Smoked Salmon			Wheat, Barley, Rye	✓								✓				
Breads	Big Advogoat		✓	Wheat, Barley, Rye	✓												
Breads	Italian Job		✓	Wheat, Rye	✓						✓						✓
Breads	Salmon Fishing in the Lemon			Wheat, Rye	✓					✓			✓				
Breads	Thai Chicken Satay			Wheat, Rye			✓		✓	✓							
Breads	Señor Chorizo			Wheat, Rye	✓			✓	✓	✓							
Breads	Smokin' Hot Chick			Wheat		Pistachio					✓						
Breads	Ariba Fajita			Wheat	✓						✓						
Breads	Falafalo Soldier	✓		Wheat		Almond				✓	✓						✓
Breads	Korean BBQ	✓		Wheat			✓		✓	✓							
Breads	Olé Chipotle!	✓		Wheat		Almond			✓	✓	✓						✓
Breads	Hail Caesar			Wheat, Rye	✓			✓		✓	✓						✓
Breads	Breadstick	✓		Wheat, Rye, Oats, Barley													
Protein Boxes	Chicken & Egg Protein Box							✓									
Protein Boxes	Salmon Protein Box			Wheat	✓	Almond							✓				
Protein Boxes	Halloumi Protein Box		✓		✓				✓	✓							✓
Deli Pots	Miso Salmon							✓		✓			✓				
Deli Pots	A Bit Moorish	✓							✓	✓	✓						✓

Correct as of 9th October 2018.

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.

Pure. Allergen Guide

Menu Section	Dish Name	Vegan	Vegetarian	Cereals containing Gluten	Milk	Nuts	Peanuts	Egg	Soya	Mustard	Sesame	Celery	Fish	Crustaceans	Molluscs	Lupin	Sulphites
Deli Pots	Chilaca Chicken			Wheat	✓			✓									
Little Pots	Chip Off The Guac	✓															
Little Pots	24 Carrot	✓									✓						
Little Pots	Simply Veg	✓						✓									
Little Pots	Zorba The Beet		✓		✓					✓							✓
Hot Food	Thai Red Chicken				✓			✓					✓				
Hot Food	Edamame Chilli Berries & Coconut Chips	✓							✓								
Hot Food	High Protein Chilli							✓				✓					
Hot Food	Corn Chips & Guacamole	✓															
Hot Food	Moroccan Chicken																
Hot Food	Pure Slaw & Crème Fraiche		✓		✓												
Hot Food	Vietnamese Vegetable Curry	✓							✓			✓					
Hot Food	Turmeric Cauliflower & Pure Pickle	✓															
Hot Food	Lentil Ragu		✓	Wheat	✓												
Hot Food	Pure Bolognese			Wheat	✓							✓					✓
Hot Food	Chicken & Mushroom			Wheat	✓			✓				✓					
Hot Food	Sweet Potato Risotto		✓		✓							✓					✓
Hot Food	Chicken Noodle Soup			Wheat				✓				✓					
Hot Food	Thai Green Lentil Soup	✓										✓					
Hot Food	Indonesian Tomato Soup	✓															
Hot Food	Halloumi Toastie		✓	Wheat	✓					✓	✓						✓
Hot Food	Italian Chicken Toastie			Wheat	✓					✓							✓
Hot Food	Chicken Picante Toastie			Wheat	✓												
Hot Food	Falafel Toastie	✓		Wheat							✓						
Salads	The Jerk			Wheat													
Salads	Chicken Caesar			Wheat, Rye, Oats, Barley	✓			✓		✓	✓						✓
Salads	Sorrento Chicken				✓				✓	✓							✓
Salads	The Mexican					Cashew				✓			✓				✓
Salads	Celebrity Skin								✓	✓							✓
Salads	Plant Life	✓							✓	✓							✓
Salads	Go Thai			Wheat			✓	✓	✓								
Snacks & Treats	Pip & Pure	✓					✓										
Snacks & Treats	Choc'Avo Mousse		✓					✓	✓								
Snacks & Treats	Super Rice Pudding	✓															
Snacks & Treats	Peanut Butter Coffee Cup		✓			Pistachio	✓	✓	✓								
Snacks & Treats	Pure Fruit Salad	✓															
Snacks & Treats	Outer Mango-Lia	✓															
Snacks & Treats	Raw Almonds	✓				Almond											
Snacks & Treats	Raw Cashew Nuts	✓				Cashew											
Snacks & Treats	Semi-Dried Mango	✓															✓
Snacks & Treats	Smoked Corn & Smoked Almonds	✓		Wheat, Barley		Almond											
Snacks & Treats	Quinoa Chips - Tomato & Garlic	✓															
Snacks & Treats	Quinoa Chips - Sour Cream & Chive	✓															
Snacks & Treats	Brown Bag Crisps- Lightly Salted	✓															
Snacks & Treats	Brown Bag Crisps- Oak Smoked Chilli	✓															
Snacks & Treats	Brown Bag Crisps- Sea Salt & Vinegar		✓		✓												
Snacks & Treats	Propercorn Sweet & Salty	✓															
Snacks & Treats	Propercorn Lightly Sea Salted	✓															
Snacks & Treats	Brown Bag Veggie Crisps	✓															
Snacks & Treats	Chia Granola Square		✓	Oats	✓	Pistachio Walnut											
Snacks & Treats	Brownie		✓	Wheat	✓		✓	✓									
Snacks & Treats	White Chocolate & Raspberry Cookie		✓	Wheat	✓		✓	✓									
Snacks & Treats	Double Chocolate Cookie		✓	Wheat	✓		✓	✓									
Snacks & Treats	Banana & Bran Muffin		✓	Wheat, Oats	✓		✓	✓									
Snacks & Treats	Blueberry Muffin		✓	Wheat	✓		✓										
Snacks & Treats	Rhubarb & Apricot Powerball		✓		✓	Almond											✓
Snacks & Treats	Cacao, Almond & Ginger Powerball		✓		✓	Almond											
Snacks & Treats	Mango & Macadamia Powerball	✓				Almond Macadamia											✓
Cold Drinks	AGC	✓															
Cold Drinks	Anti-Oxidiser	✓															
Cold Drinks	Green Tonic	✓										✓					
Cold Drinks	Orange Juice	✓															
Cold Drinks	Go Green	✓															
Cold Drinks	Superberry	✓						✓									
Cold Drinks	Vit-Hit	✓						✓									
Cold Drinks	Brain Boost	✓				Almond	✓										
Cold Drinks	Protein Power	✓						✓									

Correct as of 9th October 2018.

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.

Pure. Allergen Guide

Menu Section	Dish Name	Vegan	Vegetarian	Cereals containing Gluten	Milk	Nuts	Peanuts	Egg	Soya	Mustard	Sesame	Celery	Fish	Crustaceans	Molluscs	Lupin	Sulphites
Cold Drinks	Diet Coke	✓															
Cold Drinks	Belu Water - Still	✓															
Cold Drinks	Belu Water - Sparkling	✓															
Catering	Bread Box		✓	Wheat, Barley, Rye, Oat	✓						✓						
Catering	Vegetable Crudites	✓						✓		✓	✓						
Catering	Zorba The Beet Box		✓		✓					✓							✓
Catering	A Bit Moorish Box	✓						✓	✓	✓							✓
Catering	Deli Box			Wheat, Rye, Oats, Barley	✓	Almond		✓		✓							
Catering	Crisps Box - Regular		✓		✓												
Catering	Crisps Box - Large		✓		✓						✓						
Catering	Quinoa Chips	✓									✓						
Catering	Pastry Box		✓	Wheat, Oats	✓			✓	✓								
Catering	Muffin Box		✓	Wheat, Oats	✓			✓	✓								
Catering	Breakfast Bagel Box - Mixed			Wheat, Barley, Rye	✓					✓			✓				✓
Catering	Breakfast Bagel Box - Veg & Fish			Wheat, Barley, Rye	✓					✓			✓				✓
Catering	Breakfast Bagel Box - Bacon & Avo			Wheat, Barley, Rye													
Catering	Orange Juice Bottle	✓															
Catering	Anti-Oxidiser Bottle	✓															
Catering	Go Green Bottle	✓															
Catering	Superberry Bottle	✓							✓								
Catering	Good Morning Box		✓	Wheat, Oats	✓			✓	✓								
Catering	Salad Box - Chicken Caesar			Wheat, Rye	✓			✓		✓	✓						✓
Catering	Salad Box - The Mexican																
Catering	Salad Box - Celebrity Skin					Cashew				✓			✓				✓
Catering	Salad Box - The Jerk			Wheat													
Catering	Salad Box - Sorrento Chicken				✓			✓	✓								✓
Catering	Salad Box - Halloumi Super Bowl		✓		✓			✓	✓								
Catering	Salad Box - Plant Life	✓						✓	✓								✓
Catering	Salad Box - Go Thai			Wheat			✓	✓	✓								
Catering	Salad Box - Garden Salad	✓						✓									✓
Catering	Wholegrain Bagel Box			Wheat, Barley, Rye	✓			✓		✓			✓				✓
Catering	Mixed Box - Seasonal			Wheat, Rye, Barley, Oats	✓	Almond Pistachio	✓	✓	✓	✓	✓		✓				✓
Catering	Mixed Box - Seasonal (No Pork)			Wheat, Rye, Barley, Oats	✓	Almond Pistachio	✓	✓	✓	✓	✓		✓				✓
Catering	Mixed Box - Meat & Fish			Wheat, Rye, Barley, Oats	✓	Pistachio	✓	✓	✓	✓	✓		✓				✓
Catering	Mixed Box - Vegetarian		✓	Wheat, Rye	✓	Almond	✓		✓	✓	✓						✓
Catering	Wrap Box			Wheat, Rye, Barley, Oats	✓	Almond Pistachio	✓	✓	✓	✓	✓						✓
Catering	Cookie Box		✓	Wheat	✓			✓	✓								
Catering	Chocolate Brownie Box		✓	Wheat	✓			✓	✓								
Catering	Adam's Treat Box		✓	Wheat, Oats	✓	Pistachio Walnut		✓	✓								
Catering	Coffee Break Box		✓	Wheat, Oats	✓	Pistachio Walnut		✓	✓								
Catering	Fruit Salad Box	✓															

Correct as of 9th October 2018.

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.