

Hot breakfast

Available for delivery from 08:00.

Toasties

Bacon & Egg

Sweet-cured bacon with free-range egg mayonnaise and Pure ketchup in a toasted wheat bran wrap.

Smoked Salmon

Scottish smoked salmon with free-range egg mayonnaise in a toasted wrap.

Super Start

Feta, spinach, sautéed mushrooms, vine tomatoes and free-range egg mayonnaise in a toasted wheat bran wrap.

British Sausage & Egg

British Cumberland sausage with free-range egg mayonnaise and Pure ketchup in a toasted wheat bran wrap.

Halloumi & Avocado

Grilled halloumi cheese with sautéed mushrooms and avocado puree in a toasted wrap.

Super Eggs

Three free-range scrambled eggs and petit pois.

✚ your choice of toppings...

Kale

Sautéed Mushrooms

Avocado

Bacon

Smoked Salmon

Sourdough Roll & Butter

Pure Porridge

Wildfarmed regenerative oats soaked and cooked with gluten-free oat milk or whole milk.

Banana & Honey

Sautéed banana and blossom honey.

Pure & Pip

Forest berries and Pip & Nut™ Crunchy Peanut Butter.



Protein Egg Muffins

Cheese, Tomato & Spinach

Free-range egg muffin, filled with mature cheddar cheese, spinach and tomato.

Ham & Cheese

Free-range egg muffin, filled with ham hock and mature cheddar cheese.

Pure Brekkie

Free-range egg muffin, filled with British cumberland sausage, sweet-cured bacon & Pure ketchup.

Cold breakfast

Available for delivery from 08:00.

Yoghurt

Top Banana

Greek-style yoghurt, banana, blossom honey & nutty granola.

Raspberry & Peanut Butter

Greek-style yoghurt, raspberry compote & peanut butter.

Berry Delightful

Coconut protein yoghurt alternative topped with forest berries & nutty granola.



Birchers

We use Wildfarmed regenerative oats in our birchers. Wildfarmed are on a mission to farm with nature by implementing regenerative agriculture practices. Better for you, better for taste, better for nature.

Go Nuts

Wildfarmed regenerative oats, Greek-style yoghurt, mixed nuts, dates & seeds.

Rise & Shine

Wildfarmed regenerative oats, Greek-style yoghurt & blueberries.

Berry Overnight Oats

Wildfarmed regenerative oats, coconut protein yoghurt alternative, forest berries & seeds.

Fruit Salads

Mango & Pineapple

Juicy mango and pineapple chunks.

Super Fruit Salad

A large pot of watermelon, grapes, mango and apple.

Melon & Blueberries

Cantaloupe melon and blueberries.

Pastries

Croissant

Chocolate Croissant

Vegan Almond Croissant

Cinnamon Bun

Blueberry Muffin

Apple, Bran & Cinnamon Muffin

Salads & Grain Bowls

Available for delivery from 08:00.

Salads

Chargrilled Harissa Chicken

Chargrilled British chicken, chargrilled veg, spicy greens, pomegranate seeds, buckwheat, quinoa & black rice on mixed leaves. Harissa dressing on the side.

Chicken Caesar

Chargrilled British chicken, Grana Padano, free-range poached egg and sourdough croutons on crunchy cos lettuce. Caesar dressing on the side.

Rainbow Veg

Avocado, chargrilled veg, broccoli, pickled beetroot, kale, quick-pickled veg & omega seeds on crunchy cos. Tahini dressing on the side.

Naked Chicken Burrito

Chipotle spiced British chicken, smoky beans, avocado, pickled veg, corn salsa and omega seeds on mixed leaves. Salsa verde dressing on the side.

Celebrity Skin

Flaked hot-smoked salmon, avocado, cashew nuts, cucumber and tomato on mixed leaves. Pure Vinaigrette dressing on the side.

The King Caesar

Chargrilled British chicken, avocado, broccoli, vine roasted tomato, kale, Grana Padano & free-range poached egg on crunchy cos lettuce. Caesar dressing on the side.

The Mission Possible

Chargrilled British chicken, pickled veg, edamame beans, Pure slaw, broccoli & omega seeds on crunchy cos lettuce. Devil's dressing on the side.

It's officially salad season, and we've given our range a radiant glow-up.



The great big salad shake-up

Grain Bowls

Served on a bed of tricolour quinoa & grains.

Salmon Lovin'

Hot smoked salmon, free-range poached egg, cucumber and quick-pickled vegetables on a bed of mixed grains. Salsa verde dressing on the side.

Glorious Grains

Falafel, hummus, quick-pickled veg and pickled beetroot on a bed of mixed grains. Grandma's dressing on the side.

Sides & Treats

Sides

Available for delivery from 11:30

25g Protein Chicken & Hummus

British chargrilled chicken with hummus and mixed seeds.

10g Protein Eggs & Spicy Greens

Free-range poached eggs and kale.

20g Protein Chicken & Harissa

British chargrilled chicken with mixed seeds and harissa dip.

24 Carrot

Crunchy carrot batons with hummus.

Sweet Things

Available for delivery from 08:00

Dark Chocolate & Hazelnut Cookie

Oat & Cranberry Cookie

Salted Caramel Brownie

Desserts

Available for delivery from 08:00

Super Rice Pudding

Peanut Butter Choc Pot

Hot food

Available in-store and for delivery from 11:30.

Pure Bowls

Globally inspired dishes served on wholegrain rice.

Keralan Coconut Curry

Creamy Keralan Coconut Curry, topped with a poached free-range egg and petite pois.

Sweet Potato & Chickpea

Vietnamese style coconut curry with sweet potato and chickpeas, topped with quick-pickled vegetables and coconut yoghurt.

High Protein Chilli

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

Protein Power

Chargrilled British chicken, free-range poached egg, edamame beans and spicy greens on a Thai green sauce and served on our wholegrain rice.

Chicken Shawarma

Richly spiced Persian-style stew with chicken, topped with hummus and pomegranate.

Butter Chicken

Traditional Butter Chicken in a creamy, aromatic sauce topped with spicy greens and pomegranate, served on our wholegrain rice.

Toasties

Delicious fillings in a toasted wheat bran wrap.

Halloumi

Halloumi cheese, hummus, sautéed mushrooms, sun-dried tomatoes and tomato relish.

Chicken Picante

Chargrilled British chilli chicken, Mexican beans, avocado puree, cheddar cheese, Roquito peppers and Devil's dressing.

Chicken New Yorker

Chargrilled British chicken, mature cheddar cheese, gherkins, mustard & vegan mayo.

Truffled Mushroom & Kale

Sautéed mushrooms, kale, mozzarella cheese, and truffle-infused white sauce in a toasted wheat bran wrap.

Soups

Add a Sourdough Roll and Butter.

Thai Green Lentil

Thai-inspired soup with lentils, spinach, lemongrass and coconut.

British Chicken

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

We use recyclable kraft cardboard packaging where we can. All plastic packaging is made from recycled plastic and can be fully recycled.

For more on our sustainability, visit pure.co.uk/thoughtful.



Breads

Available for delivery from 08:00.

Sandwiches

We use Wildfarmed regenerative flour in our new, thick-cut, multigrain sandwiches. Wildfarmed are on a mission to farm with nature by implementing regenerative agriculture practices. Better for you, better for taste, better for nature.

Chargrilled Chicken & Smoked Bacon

Chargrilled British chicken, sweet-cured smoked bacon, free-range egg mayo & vine tomatoes in thick-cut, multigrain bread.

Wiltshire Ham & Mature Cheddar

Chargrilled British chicken, avocado, quick-pickled vegetables, coconut yoghurt, crunchy cos and Grandma's dressing.

Protein Chicken Salad

Chargrilled British chicken, tarragon mayo, vine tomato & cucumber in thick-cut, multigrain bread.

Mature Cheddar Ploughman's

Mature Cheddar cheese, vine tomatoes, Ballymaloe tomato relish & pickled red onions in thick-cut, multigrain bread.

Bagels

Available for delivery from 11:30

Salmon Like You!

Hot smoked salmon, cream cheese, lemon juice and black pepper on a multigrain bagel.

Hass Queen

Avocado, sautéed mushroom, vine roasted tomato, baby spinach & vegan mayo on a multigrain bagel.

Wraps

Wheat bran wraps, handmade by us every day. Available for delivery from 11:30.

Lock, Stock & Hot Smoked Salmon

Hot smoked salmon, lemon mayonnaise, quick-pickled vegetables, cucumber and mixed leaves.

So Cluckin' Good

Chargrilled British chicken, avocado, quick-pickled vegetables, coconut yoghurt, crunchy cos and Grandma's dressing.

Falafalo Soldier

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

Hail Caesar

Chargrilled British chicken, Parmesan, sourdough croutons, mayonnaise and crunchy cos with Caesar dressing.

Ariba Fajita

Chargrilled British fajita chicken, avocado, cheddar, Roquito peppers, tortilla chips and mixed leaves with Devil's dressing in a wheat bran wrap.

Never Bean Better

Smoky beans, corn salsa, sweet potato & pickled veg in a wheat bran wrap.



Pure.

Deliciously good food & coffee.



Vegetarian



Vegan



Mild Spice



Spicy

Prices and range vary in some of our shops. Full product range, ingredients, nutritional and allergen information can be found online at pure.co.uk. Printed on recycled paper.