

PURE


SALADS

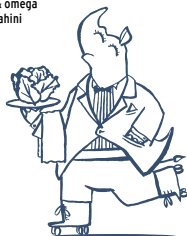
AVAILABLE FOR DELIVERY FROM 11.30AM

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

Celebrity Skin
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, Parmesan cheese & free-range poached egg on crunchy cos lettuce. Caesar dressing on the side.

Rainbow Veg 
Roasted sweet potato, chargrilled veg, broccoli, pickled beetroot, kale, pickled red onion & omega seeds on crunchy cos. Tahini dressing on the side.



GRAIN BOWLS

AVAILABLE FOR DELIVERY FROM 11.30AM
Served on a bed of tricolour quinoa & grains.

Glorious Grains 
Sweet potato falafel, chargrilled veg, pickled beetroot, houmous, Grandma's dressing and pickled red onion on a bed of tricolour quinoa & grains.

Miso Tasty
Chargrilled British chicken, roasted sweet potato, kale and edamame crush on a bed of tricolour quinoa & grains. Miso & plum dressing on the side.

Salmon Lovin'
Hot smoked salmon, free range poached egg, cucumber and quick-pickled vegetables on a bed of tricolour quinoa & grains. Salsa verde dressing on the side.

HOT FOOD

AVAILABLE IN STORE AND FOR DELIVERY FROM 11:30AM

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.

Thai Chicken Curry
Green Thai curry with chicken, baby corn, mangetout & green pepper, topped with edamame beans, chilli berries & cashew nuts.

High Protein Chili 
Spicy beef and kidney bean chilli and guacamole, with a side of corn chips

Chicken Shawarma
Richly spiced Persian-style stew with chicken, topped with houmous and pomegranates.

Butter Chicken 
Traditional butter chicken in a creamy, aromatic sauce topped with spicy greens and toasted almonds.


TOASTIES

Delicious fillings in a toasted wheat bran wrap

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


Chicken Picante 
Chargrilled British chilli chicken, Mexican beans, avocado puree, cheddar, 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, 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.


Parsnip & Carrot 
Velvety parsnip and carrot soup gently spiced with red chilli & cumin.

Autumn Vegetable 
Hearty and warming seasonal soup with cauliflower, carrot, celery, leek, borlotti beans and barley.



WRAPS


WHEAT BRAN WRAPS, HANDMADE BY US EVERY DAY. AVAILABLE FOR DELIVERY FROM 11.30AM

Rudolph Roots 
Roasted root vegetables with rosemary, cranberry sauce and vegan stuffing in a wheat bran wrap.

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

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

Chilli Harissa Chicken
Chargrilled British chicken, roasted sweet potato, harissa houmous, cucumber, pickled red onion, toasted flaked almonds, mixed leaves and harissa dressing.

Falafalo Soldier 
Sweet potato falafel, houmous, Pure slaw, toasted flaked almonds and Grandma's dressing.

Chicken Fajita
Chargrilled British fajita chicken, herby coconut yoghurt, avocado, mature cheddar cheese, tomato, jalapenos & mixed leaves.




BAGELS

AVAILABLE FOR DELIVERY FROM 11.30AM

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

Wham! & Cheese
Honey roast ham and mature cheddar cheese on a multigrain bagel.

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

HOT BREAKFAST

AVAILABLE FOR DELIVERY FROM 8.00AM. AVAILABLE IN OUR SHOPS UNTIL 11.30AM WEEKDAYS AND MIDDAY ON WEEKENDS.

BREAKFAST 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.

Avocado & Roasted Tomato 
Avocado, sautéed mushrooms, roasted vine tomatoes, spinach and vegan mayo 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 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
Emmental
Cumberland Sausage
Sautéed Mushrooms
Avocado
Bacon
Smoked Salmon
Sourdough Roll & 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.

PURE PORRIDGE
Rolled gluten free oats soaked and cooked with gluten free oat milk or whole milk
Bramley Apple & Raspberry 
Bramley apple compote and raspberries.

Blackcurrants & Toasted Almonds 
Blackcurrant compote and toasted flaked almonds.

Banana & Honey 
Sliced banana and blossom honey
Pure & Pip 
Forest berries and Pip & Nut™ Crunchy Peanut Butter

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

COLD BREAKFAST

AVAILABLE FOR DELIVERY FROM 8.00AM. AVAILABLE IN OUR SHOPS UNTIL 11.30AM WEEKDAYS AND MIDDAY ON WEEKENDS.

YOGHURT

Top Banana 
Banana and blossom honey topped with probiotic Greek-style yoghurt and nutty granola.

Raspberry & Peanut Butter 
High protein probiotic Greek-style yoghurt topped with raspberry compote and peanut butter.

Cherry Cherry Good 
Vanilla oat kefir & coconut yoghurt topped with cherries and nutty granola.

BIRCHERS

Go Nuts 
Swiss bircher made with gluten free oats, probiotic Greek-style yogurt, topped with almonds, pumpkin seeds, dates and hazelnuts.

Rise & Shine Bircher 
Swiss bircher made with gluten free oats, probiotic Greek-style yoghurt and blueberries.

Festive Fruit & Nut Bircher 
Swiss bircher made with gluten free oats, pumpkin seeds, flaked almonds and dried cranberries.

FRUIT SALADS


Mango & Pineapple 
Juicy mango and pineapple chunks


Super Fruit Salad 
A large pot of Watermelon, Grapes, Mango and Apple.


PASTRIES


Croissant 


Chocolate Croissant 

Vegan Almond Croissant 

Cinnamon Bun 


Pastel de Nata 


Blueberry Muffin 


Apple, Bran & Cinnamon Muffin 

SMOOTHIES

AVAILABLE FOR DELIVERY FROM 8.00AM | HANDMADE BY US DAILY

Brain Boost 
Almond milk, banana, dates, Pip & Nut peanut butter and cacao nibs.
250ml & 500ml

Give Me Glo 
Pineapple, coconut milk, coconut yoghurt, banana, orange juice & turmeric.
250ml & 500ml

Pure Protein 
Skimmed milk, vanilla protein, blueberries, strawberries & almond butter.
250ml & 500ml

Get Vit 
Mango, coconut yoghurt, apple juice, spinach and fresh ginger.
250ml & 500ml


JUICES & SHOTS

AVAILABLE FOR DELIVERY FROM 8.00AM

Orange Juice 
100% pure orange juice
250ml

Ginger Shot 
A zesty shot of ginger, lemon and cayenne
100ml

Daily Sweet Greens 
Kale, spinach, celery, romaine, cucumber, apple and lemon
250ml

The Immunity Shot 
Give your body a boost with a blend of ginger, turmeric, apple cider vinegar and black pepper.
100ml

SNACKS & TREATS

AVAILABLE FOR DELIVERY FROM 8.00AM


SWEET THINGS

Dark Chocolate & Hazelnut Cookie 


Oat & Cranberry Cookie 

Santa's Vegan Cookie 


Mince Pie 

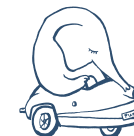
Salted Caramel Brownie 

DESSERTS

Super Rice Pudding 

Peanut Butter Choc Pot 

Lemon Oatly Cheesecake 



COFFEE

Magic Gingerbread Latte 
Latte
Flat White
Cappuccino
Americano
Cortado
Espresso
Macchiato
Mocha

ICED

Iced Latte
Iced Americano
English Breakfast
Earl Grey Tea
Green Tea
Peppermint Tea

SPECIALITY

Magic Festive Matcha 
Hot Chocolate
Chai Latte
Matcha

TEA

 = VEGETARIAN  = VEGAN  = MILD SPICE  = SPICY  = SEASONAL SPECIAL

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.

