



## 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.

**Seoul Food** **/**  
Chargrilled British chilli chicken, kimchi, charred corn salsa, edamame beans and Pure slaw on crunchy cos. Miso & plum dressing on the side.

**Mexican Chicken**  
Broccoli, feta, ancient grains, chili beans, tomato, avocado, pineapple salsa & jalapenos on mixed leaves. Devil's dressing on the side.

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

**Greens & Grains** **V**  
Broccoli, feta, ancient grains, baba ganoush, peas & kale on mixed leaves. Lemon & chia dressing on the side.



## GRAIN BOWLS

AVAILABLE FOR DELIVERY FROM 11.30AM

Served on a bed of ancient grains.

**Glorious Grains** **VG**  
Sweet potato falafel, chargrilled veg, pickled beetroot, houmous & pickled red onion on a bed of ancient grains.

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

**Devil Wears Greens** **VG**  
Broccoli, kale, edamame chilli crush & omega seeds on a bed of ancient grains. Devil's dressing on the side.

**Salmon Lovin'**  
Hot smoked salmon, free range poached egg, cucumber and quick-pickled vegetables on a bed of ancient 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** **V**  
Creamy Keralan coconut curry, topped with a poached free range egg and petite pois.

**Sweet Potato & Chickpea** **VG**  
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 Chilli** **/**  
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 hummus and pomegranates.



### TOASTIES

Delicious fillings in a toasted wheat bran wrap

**Halloumi** **V**  
Halloumi, hummus, 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.

**Pastrami & Emmental**  
Peppered beef pastrami, emmental cheese, sauerkraut, gherkins & Russian style dressing.

### SOUPS

Add a Sourdough Roll and Butter

**Thai Green Lentil** **VG** **/**  
Thai-inspired soup with lentils, spinach, lemongrass and coconut.

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

### NOURISH BOWLS

Protein and veg-packed bowls of goodness

**Harissa Chicken** **//**  
Chargrilled British chicken, spicy greens, chargrilled veg and chilli houmous with ancient grains & a spicy harissa dressing.

**Falafel & Tahini** **VG**  
Sweet potato falafel, spicy greens, chargrilled veg and houmous with ancient grains & a creamy tahini dressing.

## WRAPS

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

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

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

**Cool Beans** **VG**  
Chilli beans, pineapple salsa, herby coconut yoghurt, avocado, tomato, jalapenos, tortilla chips & crunchy cos.

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

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

**Chicken Fajita**  
Chargrilled British fajita chicken, sweet potato falafel, hummus, avocado, mature cheddar cheese, tomato, jalapenos & mixed leaves.

**Chicken Fajita**  
Free range chicken, Parmesan, sourdough croutons, mayonnaise and crunchy Cos with Caesar dressing.

**Lock, Stock & Hot Smoked Salmon**  
Hot smoked salmon, lemon mayonnaise, quick-pickled vegetables, cucumber and mixed leaves.

## SIDES

AVAILABLE FOR DELIVERY FROM 11.30AM

**24 Carrot** **VG**  
Crunchy carrot batons with hummus

**You Feta Believe It** **V**  
Baba ganoush with kale, pickled beetroot, lentils, peas & pumpkin seeds topped with crumbled feta.

**Peas & Love** **VG**  
Edamame crush with broccoli, peas, lentils, edamame beans & omega seeds topped with chilli berries.

**Pasta La Vista**  
Wholemeal pasta tumbled in harissa dressing with chargrilled British chicken, petit pois & parmesan shavings.

**Greens, Eggs & Ham**  
Seasoned kale with ham hock, free range poached egg & mustard mayonnaise.

**Good Cauli** **VG**  
Buffalo cauliflower florets with ranch mayonnaise.

## 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** **VG**  
Avocado, sautéed mushrooms, roasted vine tomatoes, spinach and vegan mayo in a toasted wrap.

**Super Start** **V**  
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** **V**  
Grilled halloumi with sautéed mushrooms and avocado puree in a toasted wrap.

**SUPER EGGS** **V**  
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

**ROLLED OMELETTES**  
**Cheese, Tomato & Spinach** **V**  
Free-range egg omelette, rolled and filled with mature cheddar cheese, spinach and tomato.

**Ham & Cheese**  
Free-range egg omelette, rolled and filled with ham hock and mature cheddar cheese.

**Pure Brekkie**  
Free-range egg omelette, rolled and 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  
+ your choice of toppings...  
Peanut Butter  
Banana  
Cherries  
Forrest Berries  
Cinnamon  
Honey

### PURE RECOMMENDS:

**Banana & Honey** **V**  
Sliced banana and blossom honey  
**Pure & Pip** **VG**  
Forrest 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](http://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** **V**  
Banana and blossom honey topped with probiotic Greek-style yoghurt and nutty granola.

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

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

### BIRCHERS

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

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

**Berry Kefir Overnight Oats** **VG**  
Overnight oats soaked in vanilla oat kefir with omega seeds topped with mixed berries.

### FRUIT SALADS

**Mango & Pineapple** **VG**  
Juicy mango and pineapple chunks

**Blueberries & Melon** **VG**  
Cantaloupe melon and blueberries

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

### PASTRIES

**Croissant** **V**

**Chocolate Croissant** **V**

**Vegan Almond Croissant** **VG**

**Cinnamon Bun** **V**

**Pastel de Nata** **V**

**Blueberry Muffin** **V**

**Apple, Bran & Cinnamon Muffin** **V**

## SMOOTHIES

AVAILABLE FOR DELIVERY FROM 8.00AM | HANDMADE BY US DAILY

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

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

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

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

**Berry Biotic** **VG**  
Vanilla oat kefir, apple juice, blueberries, blackberries & raspberries.  
250ml & 500ml

## JUICES & SHOTS

AVAILABLE FOR DELIVERY FROM 8.00AM

**Orange Juice** **VG**  
100% pure orange juice  
250ml

**Ginger Shot** **VG**  
A zesty shot of ginger, lemon and cayenne  
60ml

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

**Vitamin D Shot** **VG**  
A fruity and refreshing turmeric, orange and ginger shot  
60ml

## SNACKS & TREATS

AVAILABLE FOR DELIVERY FROM 8.00AM

### SWEET THINGS

**Dark Chocolate & Hazelnut Cookie** **V**

**Oat & Cranberry Cookie** **V**

**Cherry & Almond Cookie** **VG**

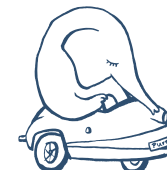
**Salted Caramel Brownie** **V**

### DESSERTS

**Super Rice Pudding** **VG**

**Peanut Butter Choc Pot** **VG**

**Lemon Kefir Cheesecake** **VG**



## COFFEE

Latte  
Flat White  
Cappuccino  
Americano  
Cortado  
Espresso  
Macchiato  
Mocha

## ICED

Iced Latte  
Iced Americano

## SPECIALITY

Hot Chocolate  
Chai Latte

## TEA

English Breakfast  
Earl Grey Tea  
Green Tea  
Peppermint Tea

**V** = VEGETARIAN **VG** = 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](http://PURE.CO.UK). PRINTED ON RECYCLED PAPER.

