

NEW

SALADS

AVAILABLE FOR DELIVERY FROM 11.30AM

Chicken & Bacon Caesar

Free range chicken, bacon, Parmesan, free range poached egg and sourdough croutons on crunchy Cos. Caesar dressing on the side £6.75

Celebrity Skin

Hot-smoked salmon, avocado, cashew nuts, cucumber and tomato on mixed leaves. Pure Vinaigrette dressing on the side £7.25

The Mexican

Free range fired chicken, Mexican beans, chilli berries, avocado, tomato and cucumber on mixed leaves with corn chips. Devil's dressing on the side £6.95 **J**

Bang Bang Cauliflower

Roasted spiced cauliflower and broccoli, quick pickled vegetables, cucumber, grated carrot and super seeds on crunchy Cos. Devil's dressing on the side £6.25 **VG J**

GRAIN BOWLS

AVAILABLE FOR DELIVERY FROM 11.30AM

Cauli Willoughby

Roasted cauliflower, garlic roasted broccoli, Pure slaw, quick-pickled vegetables and hummus on a bed of tricolour quinoa. Grandma's dressing on the side £5.45 **VG**

All Fired Up

Free range fired chicken, roasted broccoli and cucumber on a bed of tricolour quinoa. Devil's dressing on the side £4.99 **J**

Salmon Lovin'

Hot smoked salmon, free range poached egg, cucumber and pickled vegetables on a bed of tricolour quinoa. Salsa Verde dressing on the side £5.85

Pure.
+ more

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HOT FOOD

AVAILABLE IN STORE AND FOR DELIVERY FROM 11.30AM

HOT BOXES

Globally inspired dishes served on wholegrain rice and quinoa

Vegan Coconut Curry

Sweet potato, tomato, red chilli, Panch Phoran and coconut milk curry with broccoli, served on our wholegrains £6.95 **VG J**

Thai Red Chicken

Thai red curry with chicken, bamboo and water chestnuts with edamame & chilli berries, served on our wholegrains £6.99 **J**

High Protein Chili

Spicy beef and kidney bean chilli and quacamole, served on our wholegrains with a side of corn chips £7.25 **J**

Chipotle Chicken

Chicken breast & thigh, black beans, peppers, red onion and chipotle adobo paste with Mexican beans, served on our wholegrains £6.75 **J**

TOASTIES

Halloumi

Halloumi, hummus, sautéed mushrooms, sun-dried tomatoes and tomato relish in a toasted wheat bran wrap £5.15 **V**

Chicken Picante

Free range fired chicken, Mexican beans, avocado puree, cheddar, Roquito peppers and Devil's dressing in a toasted wheat bran wrap £5.25 **J**

Caulipower Cheese

Roasted cauliflower, chargrilled vegetables, pesto crème and vegan cheddar cheese in a toasted wheat bran wrap £4.99 **VG**

SOUPS

Add a Sourdough Roll and Butter for £1.15

£3.50 | £4.25

Thai Green Lentil

Thai-inspired soup with lentils, spinach, lemongrass and coconut **VG J**

British Chicken

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

Super Greens

A bowl full of goodness! Packed with nutrient rich broccoli, peas and spinach. **VG**

FREE RANGE CHICKEN BITES

Baked free-range chicken bites, coated in a delicious, gluten-free crumb. Perfect for dipping in Chilli Mayo

£4.65 **J**



Our plastic packaging is made from recycled plastic and can be fully recycled again.

To learn more, visit pure.co.uk/thoughtful

WRAPS

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

Hail Caesar

Free range chicken, Parmesan, sourdough croutons, mayonnaise and crunchy Cos with Caesar dressing in a wheat bran wrap £4.25

Vegan Work It Out

Roasted broccoli, cucumber, spinach, chipotle hummus and coconut yoghurt in an avocado wrap £4.55 **VG**

Ariba Fajita

Free range fired chicken, avocado, cheddar, Roquito peppers, tortilla chips and mixed leaves with Devil's dressing in a wheat bran wrap £3.99 **J**

Falafalo Soldier

Sweet potato falafel, hummus, Pure slaw, toasted flaked almonds and Grandma's dressing in a wheat bran wrap. £4.15 **VG J**

When Harry Met Salmon

Hot smoked salmon, cucumber, avocado, spinach, Greek yoghurt and lemon juice in a wheat wrap £4.25

So Cluckin' Good

Free range chicken, avocado, pickled vegetables, coconut yoghurt, crunchy Cos and Grandma's Dressing in an avocado tortilla wrap £4.55



Enjoy our award-winning food for your next meeting or event

ORDER ONLINE PURE.CO.UK

LITTLE SIDES

AVAILABLE FOR DELIVERY FROM 11.30AM

24 Carrot

Crunchy carrot batons with hummus £2.35 **VG**

Broc Star

Roasted broccoli florets and chipotle hummus £2.95 **VG J**

BREAKFAST

AVAILABLE FOR DELIVERY FROM 8AM. 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 £3.45

Smoked Salmon

Scottish smoked salmon with free-range egg mayonnaise in a toasted wheat wrap £3.55

Super Start

Feta, spinach, sautéed mushrooms, vine tomatoes and free-range egg mayonnaise in a toasted wheat bran wrap £3.45 **V**

MUFFINS

Blueberry & Almond Muffin

£2.75 **V**

SUPER EGGS

Three free-range scrambled eggs and petit pois

£3.45

PLUS your choice of toppings...

Sautéed Mushrooms +85p

Avocado +£1

Bacon +£1.10

Smoked Salmon +£1.40

Sourdough Toast +£1.15

FRUIT SALADS

Mango & Pineapple

Juicy mango and pineapple chunks £2.75 **VG**

PURE PORRIDGE

Rolled gluten free oats soaked and cooked with gluten free oat milk

Banana & Honey

Sliced banana and blossom honey £2.75 **V**

Pure & Pip

Forest berries and Pip & Nut™ Crunchy Peanut Butter £3.25 **VG**

Energiser

Sliced banana and forest berries £3.45 **VG**

YOGHURT

Banana & Honey

Banana and blossom honey topped with probiotic Greek-style yoghurt and crunchy granola £2.70 **V**

Good Morning

Coconut yoghurt topped with forest berries and crunchy granola £2.99 **VG**

BIRCHERS

Blueberry Bircher

Swiss bircher made with gluten free oats, coconut yoghurt and crushed blueberries £2.75 **VG**

Energy Crunch Bircher

Swiss bircher made with gluten free oats and coconut yoghurt, topped with almonds, pumpkin seeds, dates and hazelnuts £3.25 **VG**

PASTRIES

Croissant

£1.65 **V**

Wholegrain Croissant

£1.99 **V**

Pain au Chocolat

£1.85 **V**

Vegan Almond Croissant

£2.15 **VG**



SMOOTHIES

AVAILABLE FOR DELIVERY FROM 8AM | HANDMADE BY US DAILY

Brain Boost

Almond milk, banana, dates, Pip & Nut peanut butter and cacao nibs 250ml £3.25 **VG**
500ml £5.25

Super Green

Spinach, avocado and apple juice 250ml £2.99 **VG**
500ml £4.99

Plant Power

Strawberries, banana, vanilla protein powder and Oatly plant milk 250ml £3.25 **VG**
500ml £5.25

Get Vit

Mango, coconut yoghurt, apple juice, spinach and fresh ginger 250ml £3.25 **VG**
500ml £5.25

COFFEE

Latte £2.99

Flat White £2.99

Cappuccino £2.99

Americano £3.25

Cortado £2.55

Espresso £1.95

Macchiato £1.95

Mocha £3.10

SNACKS & TREATS

AVAILABLE FOR DELIVERY FROM 8AM

SWEET THINGS

Dark Chocolate & Hazelnut Cookie £1.75 **V**

Oat & Cranberry Cookie £1.75 **V**

Salted Caramel Brownie £2.25 **V**

Vegan Flapjack £2.25 **VG**

POWERBALLS

Cacao, Almond & Ginger Powerball £2.15 **V**

Mango & Macadamia Powerball £2.15 **VG**

HOT DRINKS

English Breakfast £1.99

Earl Grey Tea £1.99

Green Tea £1.99

Peppermint Tea £1.99

Hot Chocolate £3.10

Chai Latte £2.95

ICED COFFEE

Iced Latte £2.99

Iced Americano £2.35

V = VEGETARIAN **VG** = VEGAN
J = MILD SPICE **JJ** = SPICY



Our food is freshly made in our on-site kitchens every day

FULL PRODUCT RANGE, INGREDIENTS, NUTRITIONAL AND ALLERGEN INFORMATION CAN BE FOUND ONLINE AT PURE.CO.UK. PRINTED ON RECYCLED PAPER.

*AVAILABLE IN CERTAIN STORES ONLY