

SALADS

AVAILABLE FOR DELIVERY FROM 11.30AM

Chicken Caesar

Free range chicken, Parmesan, free range poached egg and sourdough croutons on crunchy Cos. 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

Free range fired chicken, kimchi, charred corn salsa, edamame beans and Pure Slaw on crunchy Cos. Miso & Plum dressing on the side.



GRAIN BOWLS

AVAILABLE FOR DELIVERY FROM 11.30AM

Gut Loving Grains

Sweet potato falafels, charred corn salsa, quick-pickled vegetables and hummus. Grandma's dressing on the side.

Beets & Baba

Smoky baba ganoush, beetroot, chargrilled veg and quick-pickled veg.

All Fired Up

Free range fired chicken, roasted broccoli and cucumber. Devil's dressing on the side

Salmon Lovin'

Hot smoked salmon, free range poached egg, cucumber and pickled vegetables. Salsa Verde dressing on the side

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

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.

Mediterranean Chicken

Mediterranean inspired chicken and butterbeans in an oregano and tomato sauce, topped with tahini dressing and spicy greens

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.

Good Gut Bowl

Chicken, aubergine and bean sprouts in a spicy Korean pepper stew, topped with kimchi, Greek yoghurt and spicy greens

TOASTIES

Delicious fillings in a toasted wheat bran wrap

Halloumi

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

Chicken Picante

Free range fired chicken, Mexican beans, avocado puree, cheddar, Roquito peppers and Devil's dressing

Korean BBQ Chicken

Free range ssamjang chicken, kimchi slaw, charred corn salsa and chilli ketchup

Chicken New Yorker

Free range chicken, mature cheddar cheese, gherkins, mustard and vegan mayo

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

Souper Green Soup

A warming veg broth made with carrots, leeks, onion, celery, herbs and black pepper.



NOURISH BOWLS

Protein and veg-packed bowls of goodness

Harissa Chicken

Marinated free range chicken thigh pieces, cumin roasted cauliflower, spicy spring greens and chilli hummus on tricolour quinoa, with spicy harissa dressing on top.

Roasted Cauliflower & Tahini

Cumin roasted cauliflower, maple carrots, spicy spring greens and hummus on tricolour quinoa, with a creamy tahini dressing on top.

WRAPS

WHEAT BRAN 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

So Cluekin' Good

Free range chicken, avocado, pickled vegetables, coconut yoghurt, crunchy Cos and Grandma's Dressing

Hey Baba!

Smoky baba ganoush, chargrilled veg, quick-pickled veg and mixed leaves

Falafalo Soldier

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

Chilli Chicken

Free range chicken, chilli ketchup, Pure Slaw, Kimchi and mixed leaves

Lock, Stock & Hot Smoked Salmon

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

Heart-Beet

Beetroot & mint hummus, cream cheese, avocado and spinach on a multigrain bagel.

LITTLE SIDES

AVAILABLE FOR DELIVERY FROM 11.30AM

24 Carrot

Crunchy carrot batons with hummus

Rainbow Slaw

Candy-stripped beetroot, carrot, red cabbage and spring greens in a creamy mustard dressing

Chip Off The Guac

Tortilla chips and guacamole



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

Salmon Dill'icious

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

Super Vegan

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

PLUS your choice of toppings...

Sautéed Mushrooms
Avocado
Bacon
Smoked Salmon
Sourdough Bread

PURE PORRIDGE

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

PLUS your choice of toppings...

Peanut Butter
Banana
Pears
Forrest Berries
Cinnamon
Honey

Or Pure recommends:

Banana & Honey
Sliced banana and blossom honey

Pure & Pip

Forest berries and Pip & Nut™ Crunchy Peanut Butter

Hello Sunshine

Mango, hemp seeds and chopped dates.

Cherry Delicious

Cherries, cocoa and Pip & Nut almond butter.

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

ROLLED OMELETTES

Cheese, Tomato & Spinach

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

COLD BREAKFAST

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

YOGHURT

Banana & Honey

Banana and blossom honey topped with probiotic Greek-style yoghurt and crunchy granola

Pear-biotie

Probiotic Greek-style yoghurt topped with ripe pear and crunchy 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

Probiotic Greek-style yoghurt with gluten free oats, probiotic Greek-style yoghurt and blueberries.

FRUIT SALADS

Mango & Pineapple

Juicy mango and pineapple chunks

Blueberries & Melon

Cantaloupe melon and blueberries

Super Fruit Salad

A large pot of Watermelon, Grapes, Mango and Apple

PASTRIES

Croissant

Chocolate Croissant

Vegan Almond Croissant

Cinnamon Swirl

Pastel de Nata

Blueberry 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

Plant Power

Strawberries, banana, vanilla protein powder and Oatly plant milk
250ml & 500ml

Mindul Mango

Mango, pears and coconut milk
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
60ml

Daily Sweet Greens

Kale, spinach, celery, romaine, cucumber, apple and lemon
250ml

Vitamin D Shot

A fruity and refreshing turmeric, orange and ginger shot
60ml

Berry Boost

Apple juice, strawberry pulp, lemon juice and mint
250ml

SNACKS & TREATS

AVAILABLE FOR DELIVERY FROM 8.00AM

SWEET THINGS

Dark Chocolate & Hazelnut Cookie

Oat & Cranberry Cookie

Ginger Cookie

Salted Caramel Brownie

DESSERTS

Super Rice Pudding

Peanut Butter Choc Pot



COFFEE

Latte
Flat White
Cappuccino
Americano
Cortado
Espresso
Macchiato
Mocha

ICED DRINKS

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

SPECIALITY

Hot Chocolate
Dark Hot Chocolate
Chai Latte

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](https://pure.co.uk). PRINTED ON RECYCLED PAPER.

V = VEGETARIAN
VG = VEGAN
/ = MILD SPICE
// = SPICY

