

# 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**   
Avocado, chargrilled veg, broccoli, pickled beetroot, kale, quick-pickled vegetables & 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.

**Grains & Gains**   
Falafel, smoky baba ganoush, quick-pickled vegetables and pickled beetroot on a bed of mixed grains. Tahini dressing on the side.

**Prime Protein**  
British chargrilled chicken, free-range poached egg, broccoli and mixed seeds on a bed of mixed grains. Grandma's dressing on the side.

**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.

**Harissa Chicken**  
British chargrilled chicken, chargrilled vegetables and spicy greens on a bed of mixed grains. Harissa dressing on the side.

## 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.

**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

**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.

**Cherry Delicious**   
Cherries, cocoa and Pip & Nut™ Almond Butter.

**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](http://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.

**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.

**High Protein Chili**   
Spicy beef & kidney bean chili and guacamole, with a side of corn chips.

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

**Souper Green**   
Souper healthy, vegan pea and roasted garlic soup, packed with vitamin C.

**Winter 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

**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.

**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 and mixed leaves.

**Hey Baba**   
Smoky baba ganoush, chargrilled vegetables, quick-pickled vegetables and mixed leaves.



## SIDES

AVAILABLE FOR DELIVERY FROM 11.30AM

**24 Carrot**   
Crunchy carrot batons with houmous.

**20g Protein Chicken & Harissa**  
British chargrilled chicken with mixed seeds and harissa dip.

**25g Protein Chicken & Houmous**  
British chargrilled chicken with houmous and mixed seeds.


**10g Protein Eggs & Spicy Greens**   
Free-range poached eggs and kale.

## 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.

## 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.

**Berry Overnight Oats**   
Oats soaked in a natural coconut yoghurt alternative, with omega seeds and topped with mixed berries.

### 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** 

## 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


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

**Pure Protein**   
Skimmed milk, vanilla protein, blueberries, strawberries & almond butter.  
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** 

**Salted Caramel Brownie** 

### DESSERTS

**Super Rice Pudding** 

**Peanut Butter Choc Pot** 



## COFFEE

Latte  
Flat White  
Cappuccino  
Americano  
Cortado  
Espresso  
Macchiato  
Mocha

## ICED

Iced Latte  
Iced Americano  
Iced Matcha

## SPECIALITY

Hot Chocolate  
Chai Latte  
Matcha

## TEA

English Breakfast  
Earl Grey Tea  
Green Tea  
Peppermint Tea

 = 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](http://PURE.CO.UK). PRINTED ON RECYCLED PAPER.

