

FRESH

SALADS

ALL SALADS ARE SERVED LIGHTLY DRESSED
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
£6.65

Celebrity Skin
Hot-smoked salmon, avocado, cashew nuts, cucumber and tomato on mixed leaves. Pure Vinaigrette dressing on the side
£6.99

Lean & Green
Free range fired chicken, Pure slaw, quick pickled vegetables, cucumber, grated carrot and petit pois on mixed leaves. Salsa Verde dressing on the side
£5.99

Sorrento Chicken
Free range chicken, mozzarella, avocado, sun-dried tomatoes, chilli berries and super seeds on mixed leaves. Lemon & Chia Seed dressing on the side
£6.85

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

A Bit Moorish
Sweet potato falafel, hummus, Pure slaw, sweet red peppers and super seeds on a bed of tricolour quinoa. Grandma's dressing on the side
£4.99 **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
£5.45

Pure. + more

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BREAKFAST

AVAILABLE FOR DELIVERY FROM 8AM. AVAILABLE IN OUR SHOPS UNTIL 11AM WEEKDAYS AND MIDDAY ON WEEKENDS.

BREAKFAST TOASTIES
Toasted wheat bran wraps

Bacon & Egg
Sweet-cured bacon with free-range egg mayonnaise and Pure ketchup in a toasted wheat bran wrap
£3.40

Smoked Salmon
Scottish smoked salmon with free-range egg mayonnaise in a toasted wheat wrap
£3.40

Super Start
Feta, spinach, sautéed mushrooms, vine tomatoes and free-range egg mayonnaise in a toasted wheat bran wrap
£3.25 **V**

TOASTED BAGELS
Multiseed, wholegrain bagel

Bacon & Avocado
Bacon, avocado and tomato in our toasted multiseed bagel
£3.15

Vegan Breakfast Bagel
Sautéed mushrooms, avocado puree, vegan mozzarella, vine tomatoes and spinach in our toasted multiseed bagel
£2.99 **VG**

SUPER EGGS
Three free-range scrambled eggs and petit pois
Under 240 Kcal

£3.35 PLUS your choice of toppings...
Sautéed Mushrooms +85p
Avocado +£1
Bacon +£1.10
Smoked Salmon +£1.40
Toasted Wholegrain Bagel & Butter +£1.10p

FRUIT SALADS

Mango & Pineapple
Juicy mango and pineapple chunks
£2.75 **VG**

British Berries
British strawberries, blackberries and blueberries
£2.99 **VG**

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

£2.50 PLUS your choice of toppings...
Golden syrup FREE
Blossom honey FREE
Banana +60p
Energy Crunch +70p
Peanut Butter +70p
Blueberries +80p

PASTRIES

Croissant
£1.50 **V**

Chocolate Croissant
£1.75 **V**

Almond Croissant
£1.75 **V**

MUFFINS

Blueberry & Almond Muffin
£2.55 **V**

Lemon, Courgette & Basil Muffin
£2.55 **V**

ROLLED OMELETTES

Bacon & Vine Tomato
Free-range egg omelette, rolled and filled with bacon, free-range egg mayonnaise, sautéed mushrooms and vine tomatoes
£3.99

The Vegetarian
Free-range egg omelette, rolled and filled with avocado, vine tomatoes, edamame, spinach and free-range egg mayonnaise
£3.85 **V**

BIRCHERS

Blueberry Bircher
Swiss bircher made with gluten free oats, coconut yoghurt and crushed blueberries
£2.55 **VG**

Energy Crunch Bircher
Swiss bircher made with gluten free oats and coconut yoghurt, topped with almonds, pumpkin seeds, dates and hazelnuts
£2.55 **VG**

YOGHURT

Banana & Honey Yoghurt
Banana and blossom honey topped with probiotic Greek-style yoghurt and crunchy granola
£2.50 **V**

HOT FOOD

AVAILABLE FOR DELIVERY FROM 11.30AM | FULL RANGE SERVED IN SHOPS FROM 11AM

HOT BOXES

Served on wholegrain rice

Vegan Coconut Curry
Sweet potato, tomato, red chilli, Panch Phoran and coconut milk curry with broccoli, served on our wholegrains
£6.85 **VG J**

Thai Red Chicken
Thai red curry with chicken, bamboo and water chestnuts with edamame & chilli berries, served on our wholegrains
£6.95 **J**

High Protein Chilli
Spicy beef and kidney bean chilli and quacamole, served on our wholegrains with a side of corn chips
£6.99 **J**

Chipotle Chicken
Chicken breast & thigh, black beans, peppers, red onion and chipotle adobo paste with Mexican beans, served on our wholegrains
£6.95 **J**

PASTA

Spinach fusilli

Chicken & Mushroom
Free range fired chicken and petit pois in a creamy mushroom sauce on spinach fusilli, topped with Italian hard cheese
£6.45 **J**

Pure Bolognese
Beef and fava bean Bolognese and vine tomatoes on on spinach fusilli, topped with Italian hard cheese
£6.35

Vegano Arrabbiata
Roasted Courgette and Yellow Peppers, arrabbiata sauce and chilli berries on on spinach fusilli, topped with vegan mozzarella
£5.95 **VG J**



TOASTIES

Served in a toasted wheat bran wrap

Halloumi
Halloumi, hummus, sautéed mushrooms, sun-dried tomatoes and tomato relish in a toasted wheat bran wrap
£4.95 **V**

Chicken Picante
Free range fired chicken, Mexican beans, avocado puree, cheddar, Roquito peppers and Devil's dressing in a toasted wheat bran wrap
£4.85 **J**

SOUPS

Add a wholegrain breadstick & butter for 85p

Thai Green Lentil
Thai-inspired soup with lentils, spinach, lemongrass and coconut
£3.30 | £3.99 **VG J**

British Chicken
British chicken, carrots, celery and orzo pasta in a wholesome chicken broth
£3.30 | £3.99

FREE RANGE CHICKEN BITES

Baked free-range chicken bites, coated in a delicious, gluten-free crumb. Perfect for dipping in Chili Mayo
£4.49 **J**

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

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

SMOOTHIES

AVAILABLE FOR DELIVERY FROM 8AM
HANDMADE BY US DAILY

250 / 500ml

Brain Boost
Almond milk, banana, dates, Pip & Nut peanut butter and cacao nibs
£2.99 / £4.99 **VG**

Mango Power
Mango, banana, coconut yoghurt, vegan protein powder and orange juice.
£2.99 / £4.99 **VG**

Superberry
Blackberries, blueberries, raspberries, banana, coconut milk and apple juice
£2.99 / £4.99 **VG**

Get Vit
Mango, coconut yoghurt, apple juice, spinach and fresh ginger
£2.99 / £4.99 **VG**

JUICES

AVAILABLE FOR DELIVERY FROM 8AM
HANDMADE BY US DAILY

250 / 500ml

Orange Juice
100% pure orange juice
£2.45 / £4.85 **VG**

Anti-Oxidiser
Apple, orange, pomegranate juice and fresh mint
£2.99 / £4.99 **VG**

Martha's Marvellous Apple Juice
100% pure apple juice
£2.45 / £4.85 **VG**

COFFEE

Latte £2.99
Flat White £2.99
Cappuccino £2.99
Americano £2.35
Cortado £2.55
Espresso £1.95
Macchiato £1.95
Mocha £3.10

HOT DRINKS

English Breakfast £1.99
Earl Grey Tea £1.99
Green Tea £1.99
Peppermint Tea £1.99
Chocolate £3.10
Chai Latte £2.95

ICED DRINKS

Iced Latte £2.99
Iced Americano £2.35



SNACKS & TREATS

AVAILABLE FOR DELIVERY FROM 8AM

SWEET THINGS

Dark Chocolate & Hazelnut Cookie
£1.65 **V**

Oat & Cranberry Cookie
£1.65 **V**

Salted Caramel Brownie
£2.15 **V**

Vegan Flapjack
£2.15 **VG**

Soft Dried Mango
£1.85 **VG**

DESSERTS

Choc'Avo Mousse
£2.85 **V**

Super Rice Pudding
£2.85 **V**

POWERBALLS

Cacao, Almond & Ginger Powerball
£1.99 **V**

Mango & Macadamia Powerball
£1.99 **V**

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
£3.99

Hey Pesto
Mozzarella, sun-dried tomatoes, chargrilled vegetables, spinach, super seeds and vegan Pesto Crème dressing in a wheat bran wrap
£3.75 **V**

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**

Allo Sunshine
Free range fired chicken, mango, Pure slaw, red peppers, spinach and Greek yoghurt in a wheat bran wrap
£3.50

Falafalo Soldier
Sweet potato falafel, hummus, Pure slaw, toasted flaked almonds and Grandma's dressing in a wheat bran wrap.
£3.99 **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

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

MINI WRAPS

Ham Solo
Honey roasted ham, mature cheddar, cucumber and Greek yoghurt in a mini wheat wrap
£2.25

Hummus Be Joking
Hummus, grated carrots and spinach in a mini wheat wrap
£1.95 **VG**

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
£2.15 **VG**

Sweet Spot
Baked sweet potato, spinach and coconut bites, coated in a delicious, gluten-free crumb. Perfect for dipping in hummus
£3.15 **VG**

Free's a Crowd
Baked free-range chicken bites, coated in a delicious, gluten-free crumb. Perfect for dipping in Chili Mayo
£3.45 **J**

Broc Star
Roasted broccoli florets and chipotle hummus
£2.75 **VG J**