

## 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

### Falafel & Hummus

Falafel, hummus, pomegranate, tomatoes, quick-pickled vegetables and charred corn salsa on mixed leaves. Grandma's dressing on the side  
£6.99 VG ♪

### 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 ♪

### Seoul Food

Free range fired chicken, kimchi, charred corn salsa, edamame beans and Pure Slaw on crunchy Cos. Satay dressing on the side  
£7.25 ♪

### Halloumi & Pomegranate

Halloumi, hummus, pomegranate, chargrilled vegetables and tomatoes on mixed leaves. Pure Vinaigrette dressing on the side  
£7.45 V

## 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 ♪

### 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

### PURE BOWLS

Globally inspired dishes served on wholegrain rice

### Sweet Potato & Chickpea

Vietnamese style coconut curry with sweet potato and chickpeas, topped with quick-pickled vegetables and coconut yoghurt  
£6.99 VG ♪

### Thai Red Chicken

Thai red curry with chicken, baby corn and sweet potato, topped with edamame & chilli berries and coconut yoghurt  
£7.25 ♪

### High Protein Chili

Spicy beef and kidney bean chilli and quacamole, with a side of corn chips  
£7.50 ♪

### Mediterranean Chicken

Chicken and butterbeans in an oregano and tomato sauce, topped with Green Goodness sauce and crumbled feta  
£7.75

### SPECIAL

#### Halloumi & Roasted Pepper Tagine

Richly spiced roasted pepper and aubergine tagine, topped with Green Goodness sauce and halloumi  
£7.75 V

Double up!  
Double your protein and sauce for £2.50

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

To learn more, visit [pure.co.uk/thoughtful](http://pure.co.uk/thoughtful)

### TOASTIES

#### Halloumi

Halloumi, hummus, sautéed mushrooms, sun-dried tomatoes and tomato relish in a toasted wheat bran wrap  
£5.45 V

#### Chicken Picante

Free range fired chicken, Mexican beans, avocado puree, cheddar, Roquito peppers and Devil's dressing in a toasted wheat bran wrap  
£5.35 ♪

#### Korean BBQ Chicken

Free range ssamjang chicken, kimchi slaw, charred corn salsa and chilli ketchup in a toasted wheat bran wrap  
£5.75 ♪



### SOUPS

Add a Sourdough Roll and Butter for £1.45  
£3.50 | £4.25

#### Thai Green Lentil

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

#### British Chicken

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

### FREE RANGE CHICKEN BITES

Baked free-range chicken bites, coated in a delicious, gluten-free crumb. Perfect for dipping in Chilli Mayo  
£4.65 ♪

## LITTLE SIDES

AVAILABLE FOR DELIVERY FROM 11.30AM

### 24 Carrot

Crunchy carrot batons with hummus  
£2.35 VG

### Rainbow Slaw

Candy-stripped beetroot, carrot, red cabbage and spring greens in a creamy mustard dressing  
£1.95 VG



## 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  
£3.55

#### Smoked Salmon

Scottish smoked salmon with free-range egg mayonnaise in a toasted wrap  
£3.65

#### Super Start

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

### YOGHURT

#### Banana & Honey Yoghurt

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

#### Pear-biotic

Probiotic Greek-style yoghurt topped with ripe pear and crunchy granola  
£2.50 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 Bread +£1.15

### ROLLED OMELETTES

#### Bacon & Avocado

Free-range egg omelette, rolled and filled with sweet-cured bacon, avocado and mayonnaise  
£3.99

#### Avocado & Roasted Tomato

Free-range egg omelette, rolled and filled with roasted tomatoes, avocado and mayonnaise  
£3.99 V

### 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  
£2.75 VG

### PURE PORRIDGE

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

£2.30 PLUS your choice of toppings...  
Peanut Butter +60p  
Banana +75p  
Energy Crunch +£75p  
Forrest Berries +£75p  
Honey FREE  
Golden Syrup FREE

Or Pure recommends:

#### Banana & Honey

Sliced banana and blossom honey  
£2.85 V

#### Pure & Pip

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

### PLANT TOASTIES

Toasted mini wraps with vegetarian fillings

#### Vegan Breakfast

Avocado, sautéed mushrooms, roasted vine tomatoes and spinach toasted in a mini wrap  
£2.99 VG

#### Halloumi & Avocado

Melted halloumi, avocado and mustard dressing toasted in a mini wrap  
£3.25 V

### PASTRIES

#### Croissant

£1.65 V

#### Pain au Chocolat

£1.85 V

#### Vegan Almond Croissant

£2.15 VG

#### Cinnamon Swirl

£2.20 V

#### Pastel de Nata

£1.99 V

### MUFFINS

#### Blueberry Muffin

£2.75 V

### FRUIT SALADS

#### Mango & Pineapple

Juicy mango and pineapple chunks  
£2.75 VG

#### Blueberries & Melon

Cantaloupe melon and blueberries  
£2.85 VG

#### Super Fruit Salad

A large pot of Watermelon, Grapes, Mango and Apple  
£3.99 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 VG

### Super Green

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

### Plant Power

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

### Get Vit

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

Hot Chocolate £3.10

Chai Latte £2.95

## ICED COFFEE

Iced Latte £2.99

Iced Americano £2.35

Iced Chai Latte £3.99

Iced Ginger & Chocolate £3.99

## JUICES & SHOTS

AVAILABLE FOR DELIVERY FROM 8AM

### Orange Juice

100% pure orange juice  
250ml £2.75 VG  
500ml £5.25 VG

### Green Juice

Kale, spinach, celery, romaine, cucumber, apple and lemon  
250ml £3.75 VG

### Ginger Shot

A zesty shot of ginger, lemon and cayenne  
60ml £2.35 VG

### Vitamin D Shot

A fruity and refreshing turmeric, orange and ginger shot  
60ml £2.35 VG

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

\*AVAILABLE IN CERTAIN STORES ONLY

## 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

### Satay Away

Free range chicken, Pure Slaw, edamame beans, pineapple, Satay dressing and cos lettuce in an avocado tortilla wrap  
£4.50

### So Cluckin' Good

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

### 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 ♪

### When Harry Met Salmon

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

### Purrito

Mexican beans, charred corn salsa, avocado, quick-pickled vegetables, chipotle hummus and cos lettuce in a wheat bran wrap  
£4.25 VG ♪

### Falafalo Soldier

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

PRICES VARY IN SOME OF OUR SHOPS

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



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