

## SALADS

AVAILABLE FOR DELIVERY FROM 11.00AM

**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** **J**

**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 **JJ**

**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 **J**

**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 11.00AM

**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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## BREAKFAST

AVAILABLE FOR DELIVERY FROM 7.45AM. 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 wheat bran 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**

### 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  
£2.99 **VG** **J**

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

### 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 **JJ**

**Korean BBQ Chicken**  
Free range ssamjang chicken, kimchi slaw, charred corn salsa and chilli ketchup in a toasted wheat bran wrap  
£5.75 **J**

### 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**



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)

## HOT FOOD

AVAILABLE IN STORE AND FOR DELIVERY FROM 11.00AM

### 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** **JJ**

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

**High Protein Chilli**  
Spicy beef and kidney bean chilli and guacamole, with a side of corn chips  
£7.50 **J**

**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**

## WRAPS

WHEAT BRAN AND AVOCADO WRAPS, HANDMADE BY US EVERY DAY  
AVAILABLE FOR DELIVERY FROM 11.00AM

**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

**Arriba 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 **JJ**

**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** **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**

## LITTLE SIDES

AVAILABLE FOR DELIVERY FROM 11.00AM

**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**



## SMOOTHIES

AVAILABLE FOR DELIVERY FROM 7.45AM | 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

## JUICES & SHOTS

AVAILABLE FOR DELIVERY FROM 7.45AM

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

**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

## 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



### 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**

### 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**

## SNACKS & TREATS

AVAILABLE FOR DELIVERY FROM 7.45AM

### 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**

### DESSERTS

**Choc'Avo Mousse\*** £2.99 **V**  
**Super Rice Pudding\*** £2.99 **VG**

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

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.

\*AVAILABLE IN CERTAIN STORES ONLY