

PURE

SALADS

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

Served on a bed of tricolour quinoa

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

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

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

Sweet Potato & Chickpea
Vietnamese style coconut curry with sweet potato and chickpeas, topped with quick-pickled vegetables and coconut yoghurt

Thai Red Chicken
Thai red curry with chicken, baby corn and sweet potato, topped with edamame & chilli berries and coconut yoghurt, served on wholegrain brown rice.

Chicken Shawarma
Richly spiced Persian-style stew with chicken, topped with hummus and pomegranates.

Mexican Tomato & Bean
Smoky huevos rancheros topped with a poached free range egg and avocado, served on wholegrain brown rice.

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

Super Veg Broth
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

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

Rudolph's Roots
Roasted root vegetables with rosemary, tarragon mayo, cranberry sauce and vegan stuffing

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

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



BAGELS

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.

HOT BREAKFAST

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 wheat bran 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

Ham & Cheese
Free-range egg omelette, rolled and filled with ham hock and mature cheddar cheese

SUPER EGGS
Three free-range scrambled eggs and petite 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

COLD BREAKFAST

YOGHURT

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

Pear-biotic
Probiotic Greek-style yoghurt topped with ripe pear and crunchy granola

Cherry Cherry Good
Coconut yoghurt topped with cherries and crunchy granola

BIRCHERS

Apple Bircher
Swiss bircher made with gluten free oats, probiotic Greek-style yoghurt, apple compote and toasted coconut chips.

Rise & Shine Bircher
Swiss bircher made 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

Pain au Chocolat

Vegan Almond Croissant

Cinnamon Swirl

Pastel de Nata

Blueberry Muffin

SNACKS & TREATS

AVAILABLE FOR DELIVERY FROM 8.00AM

SWEET THINGS

Dark Chocolate & Hazelnut Cookie

Oat & Cranberry Cookie

Ginger Cookie

Salted Caramel Brownie

Mini Christmas Loaf

Mince Pie

DESSERTS

Super Rice Pudding

Peanut Butter Choc Pot



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 & 500ml

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

COFFEE

Latte
Flat White
Cappuccino
Americano
Cortado
Espresso
Macchiato
Mocha

ICED DRINKS

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

SPECIALITY

Hot Chocolate
Chai Latte
Gingerbread Latte

V = VEGETARIAN VG = 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. PRINTED ON RECYCLED PAPER.

