

Plant

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

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


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 £5.35 **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 £5.65

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HOT FOOD

AVAILABLE IN STORE AND FOR DELIVERY FROM 11:30AM

HOT BOXES
Globally inspired dishes served on wholegrain rice and quinoa

Vegan Coconut Curry
Sweet potato, tomato, red chilli, Panch Phoran and coconut milk curry with broccoli, served on our wholegrains £6.95 **VG J**

Thai Red Chicken
Thai red curry with chicken, bamboo and water chestnuts with edamame & chilli berries, served on our wholegrains £6.99 **J**

High Protein Chili
Spicy beef and kidney bean chilli and guacamole, served on our wholegrains with a side of corn chips £7.25 **J**

Chipotle Chicken
Chicken breast & thigh, black beans, peppers, red onion and chipotle adobo paste with Mexican beans, served on our wholegrains £6.75 **J**

PASTA
Traditional recipes served on spinach fusilli

Chicken & Mushroom
Free range fired chicken and petit pois in a creamy mushroom sauce on spinach fusilli, topped with Italian hard cheese £6.65 **J**

Pure Bolognese
Beef and fava bean Bolognese and vine tomatoes on our spinach fusilli, topped with Italian hard cheese £6.50

Our plastic packaging is made from recycled plastic and can be fully recycled again.
To learn more, visit pure.co.uk/thoughtful

TOASTIES

Halloumi
Halloumi, hummus, sautéed mushrooms, sun-dried tomatoes and tomato relish in a toasted wheat bran wrap £5.15 **V**

Chicken Picante
Free range fired chicken, Mexican beans, avocado puree, cheddar, Roquito peppers and Devil's dressing in a toasted wheat bran wrap £5.25 **J**

Caulipower Cheese
Roasted cauliflower, chargrilled vegetables, pesto crème and vegan cheddar cheese in a toasted wheat bran wrap £4.99 **VG**

FREE RANGE CHICKEN BITES
Baked free-range chicken bites, coated in a delicious, gluten-free crumb. Perfect for dipping in Chili Mayo £4.65 **J**

SOUPS
Add a Sourdough Roll and Butter for 99p £3.30 | £3.99

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

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

Classic Minestrone
Rich tomato broth with courgette, carrot, basil and orzo pasta **VG**

Plant Soup of the Week **VG**

A weekly changing special soup. Always plant based, no dairy or gluten and absolutely delicious.

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 £4.15

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

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 **J**

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
Hot smoked salmon, cucumber, 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 £2.35

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 £2.25 **VG**

Sweet Spot
Baked sweet potato, spinach and coconut bites, coated in a delicious, gluten-free crumb. Perfect for dipping in hummus £3.25 **VG**

Free's a Crowd
Baked free-range chicken bites, coated in a delicious, gluten-free crumb. Perfect for dipping in Chili Mayo £3.55 **J**

Broc Star
Roasted broccoli florets and chipotle hummus £2.85 **VG J**

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 £3.45

Smoked Salmon
Scottish smoked salmon with free-range egg mayonnaise in a toasted wrap £3.55

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

PLANT TOASTIES

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**

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 Toast +1.15p

FRUIT SALADS

Mango & Pineapple
Juicy mango and pineapple chunks £3.45 **VG**

Blueberry & Melon
Cantaloupe melon and blueberries £2.85 **VG**

MUFFINS

Blueberry & Almond Muffin
£2.55 **V**

PURE PORRIDGE

Rollled gluten free oats soaked and cooked with gluten free oat milk
Banana & Honey
Sliced banana and blossom honey £2.75 **V**

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

Energiser
Sliced banana and forest berries £3.45 **VG**

YOGHURT

Banana & Honey Yoghurt
Banana and blossom honey topped with probiotic Greek-style yoghurt and crunchy granola £2.60 **V**

Good Morning
Coconut yoghurt topped with forest berries and crunchy granola £2.99 **VG**

O'Mega Breakfast
Coconut yoghurt and flaxseeds topped with forest berries £2.99 **VG**

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 £2.65 **VG**

Energy Crunch Bircher
Swiss bircher made with gluten free oats and coconut yoghurt, topped with almonds, pumpkin seeds, dates and hazelnuts £2.65 **VG**

PASTRIES

Croissant
£1.75 **V**

Wholegrain Croissant
£1.99 **V**

Pain au Chocolat
£1.99 **V**

Vegan Almond Croissant
£1.99 **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

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 £3.15 **VG**
500ml £5.25

Get Vit
Mango, coconut yoghurt, apple juice, spinach and fresh ginger
250ml £3.15 **VG**
500ml £5.15

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
Oat Milk Latte £2.55

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**

DESSERTS

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

POWERBALLS

Cacao, Almond & Ginger Powerball £1.99 **V**
Mango & Macadamia Powerball £1.99 **VG**

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

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

