

PURE

SALADS

AVAILABLE FOR DELIVERY FROM 11.30AM

Chicken Caesar
Chargrilled British chicken, chilli beans, tomato, avocado, pineapple salsa & jalapenos on mixed leaves. Devil's dressing on the side.

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

The King Caesar
Chargrilled British chicken, avocado, broccoli, vine roasted tomato, kale, Parmesan cheese & free-range poached egg on crunchy cos lettuce. Caesar dressing on the side.

Mexican Chicken
Chargrilled British fajita chicken, chilli beans, tomato, avocado, pineapple salsa & jalapenos on mixed leaves. Devil's dressing on the side.

Rainbow Veg **VG**
Roasted sweet potato, chargrilled veg, broccoli, pickled beetroot, kale, pickled red onion & omega seeds on crunchy cos. Tahini dressing on the side.



GRAIN BOWLS

AVAILABLE FOR DELIVERY FROM 11.30AM
Served on a bed of tricolour quinoa & grains.

Glorious Grains **VG**
Sweet potato falafel, chargrilled veg, pickled beetroot, houmous, Grandma's dressing and pickled red onion on a bed of tricolour quinoa & grains.

Miso Tasty
Chargrilled British chicken, roasted sweet potato, kale and edamame crush on a bed of tricolour quinoa & grains. Miso & plum dressing on the side.

Salmon Lovin'
Hot smoked salmon, free range poached egg, cucumber and quick-pickled vegetables on a bed of tricolour quinoa & grains. Salsa verde dressing on the side.

HOT BREAKFAST

AVAILABLE FOR DELIVERY FROM 8.00AM. 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.

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

Avocado & Roasted Tomato **VG**
Avocado, sautéed mushrooms, roasted vine tomatoes, spinach and vegan mayo in a toasted wrap.

Super Start **V**
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.

Halloumi & Avocado **V**
Grilled halloumi with sautéed mushrooms and avocado puree in a toasted wrap.

SUPER EGGS **V**
Three free-range scrambled eggs and petit pois
+ your choice of toppings...
Kale
Emmental
Cumberland Sausage
Sautéed Mushrooms
Avocado
Bacon
Smoked Salmon
Sourdough Roll & Butter

ROLLED OMELETTES
Cheese, Tomato & Spinach **V**
Free-range egg omelette, rolled and filled with mature cheddar cheese, spinach and tomato.

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

Pure Brekkie
Free-range egg omelette, rolled and filled with British cumberland sausage, sweet-cured bacon & Pure ketchup.

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

Bramley Apple & Raspberry **VG**
Bramley apple compote and raspberries.

Blackcurrants & Toasted Almonds **VG**
Blackcurrant compote and toasted flaked almonds.

Banana & Honey **V**
Sliced banana and blossom honey

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

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

AVAILABLE IN STORE AND FOR DELIVERY FROM 11:30AM

PURE BOWLS

Globally inspired dishes served on wholegrain rice

Keralan Coconut Curry **V**
Creamy Keralan coconut curry, topped with a poached free range egg and petite pois.

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

Thai Chicken Curry
Green Thai curry with chicken, baby corn, mangetout & green pepper, topped with edamame beans, chilli berries & cashew nuts.

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

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

Butter Chicken **V**
Traditional butter chicken in a creamy, aromatic sauce topped with spicy greens and toasted almonds.

TOASTIES

Delicious fillings in a toasted wheat bran wrap

Halloumi **V**
Halloumi, houmous, sautéed mushrooms, sun-dried tomatoes and tomato relish.

Chicken Picante **V**
Chargrilled British chilli chicken, Mexican beans, avocado puree, cheddar, Roquito peppers and Devil's dressing.

Chicken New Yorker
Chargrilled British chicken, mature cheddar cheese, gherkins, mustard & vegan mayo.

SOUPS

Add a Sourdough Roll and Butter

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

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

NOURISH BOWLS
Protein and veg-packed bowls of goodness

Harissa Chicken **V**
Chargrilled British chicken, spicy greens, chargrilled veg and houmous with tricolour quinoa & grains and a spicy harissa dressing.

Falafel & Tahini **VG**
Sweet potato falafel, spicy greens, chargrilled veg and houmous with tricolour quinoa & grains and a creamy tahini dressing.



COLD BREAKFAST

AVAILABLE FOR DELIVERY FROM 8.00AM. AVAILABLE IN OUR SHOPS UNTIL 11.30AM WEEKDAYS AND MIDDAY ON WEEKENDS.

YOGHURT

Top Banana **V**
Banana and blossom honey topped with probiotic Greek-style yoghurt and nutty granola.

Raspberry & Peanut Butter **V**
High protein probiotic Greek-style yoghurt topped with raspberry compote and peanut butter.

Cherry Cherry Good **VG**
Vanilla oat kefir & coconut yoghurt topped with cherries and nutty granola.

BIRCHERS

Go Nuts **V**
Swiss bircher made with gluten free oats, probiotic Greek-style yogurt, topped with almonds, pumpkin seeds, dates and hazelnuts.

Rise & Shine Bircher **V**
Swiss bircher made with gluten free oats, probiotic Greek-style yoghurt and blueberries.

Berry Kefir Overnight Oats **VG**
Overnight oats soaked in vanilla oat kefir with omega seeds topped with mixed berries.

FRUIT SALADS

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

Super Fruit Salad **VG**
A large pot of Watermelon, Grapes, Mango and Apple.

PASTRIES

Croissant **V**

Chocolate Croissant **V**

Vegan Almond Croissant **VG**

Cinnamon Bun **V**

Pastel de Nata **V**

Blueberry Muffin **V**

Apple, Bran & Cinnamon Muffin **V**

WRAPS

WHEAT BRAN WRAPS, HANDMADE BY US EVERY DAY. AVAILABLE FOR DELIVERY FROM 11.30AM

Hail Caesar
Chargrilled British chicken, Parmesan, sourdough croutons, mayonnaise and crunchy cos with Caesar dressing.

So Cluckin' Good
Chargrilled British chicken, avocado, quick-pickled vegetables, coconut yoghurt, crunchy cos and Grandma's dressing.

Cool Beans **VG**
Chilli beans, pineapple salsa, herby coconut yoghurt, avocado, tomato, jalapenos, tortilla chips & crunchy cos.

Chilli Harissa Chicken
Chargrilled British chicken, roasted sweet potato, harissa houmous, cucumber, pickled red onion, toasted flaked almonds, mixed leaves and harissa dressing.

Falafalo Soldier **VG** **V**
Sweet potato falafel, houmous, Pure slaw, toasted flaked almonds and Grandma's dressing.

Chicken Fajita
Chargrilled British fajita chicken, herby coconut yoghurt, avocado, mature cheddar cheese, tomato, jalapenos & mixed leaves.

Chicken Fajita
Free range chicken, Parmesan, sourdough croutons, mayonnaise and crunchy Cos with Caesar dressing.



SIDES

AVAILABLE FOR DELIVERY FROM 11.30AM

24 Carrot **VG**
Crunchy carrot batons with houmous.

Chicken Protein Power
Chargrilled British chicken, kimchi slaw, edamame crush and cucumber with miso & plum dressing.

Greens, Eggs & Ham
Seasoned kale with ham hock, free range poached egg & mustard mayonnaise.

BAGELS

AVAILABLE FOR DELIVERY FROM 11.30AM

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.

Hass Queen **VG**
Avocado, sautéed mushroom, vine roasted tomato, baby spinach & vegan mayo on a multigrain bagel.

V = VEGETARIAN **VG** = VEGAN **V** = MILD SPICE **V** = 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.

SMOOTHIES

AVAILABLE FOR DELIVERY FROM 8.00AM | HANDMADE BY US DAILY

Brain Boost **VG**
Almond milk, banana, dates, Pip & Nut peanut butter and cacao nibs.
250ml & 500ml

Pure Protein **V**
Skimmed milk, vanilla protein, blueberries, strawberries & almond butter.
250ml & 500ml

Berry Biotic **VG**
Vanilla oat kefir, apple juice, blueberries, blackberries & raspberries.
250ml & 500ml

Give Me Glo **VG**
Pineapple, coconut milk, coconut yoghurt, banana, orange juice & turmeric.
250ml & 500ml

Get Vit **VG**
Mango, coconut yoghurt, apple juice, spinach and fresh ginger.
250ml & 500ml

JUICES & SHOTS

AVAILABLE FOR DELIVERY FROM 8.00AM

Orange Juice **VG**
100% pure orange juice
250ml

Daily Sweet Greens **VG**
Kale, spinach, celery, romaine, cucumber, apple and lemon
250ml

Ginger Shot **VG**
A zesty shot of ginger, lemon and cayenne
100ml

The Immunity Shot **VG**
Give your body a boost with a blend of ginger, turmeric, apple cider vinegar and black pepper.
100ml

SNACKS & TREATS

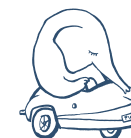
AVAILABLE FOR DELIVERY FROM 8.00AM

SWEET THINGS
Dark Chocolate & Hazelnut Cookie **V**

Oat & Cranberry Cookie **V**

Cherry & Almond Cookie **VG**

Salted Caramel Brownie **V**



DESSERTS

Super Rice Pudding **VG**

Peanut Butter Choc Pot **VG**

Lemon Kefir Cheesecake **VG**

COFFEE

Latte
Flat White
Cappuccino
Americano
Cortado
Espresso
Macchiato
Mocha

ICED

Iced Latte
Iced Americano

TEA

English Breakfast
Earl Grey Tea
Green Tea
Peppermint Tea

SPECIALITY

Hot Chocolate
Chai Latte

