

HOT FOOD

FULL RANGE SERVED FROM 11AM

PASTA & RISOTTO

Hot pots with whole wheat fusilli or wholegrain & Arborio risotto

No 97

Pure Bolognese £6.90

Beef and fava bean Bolognese and vine tomatoes served with Italian hard cheese

No 95

Lentil Ragu £6.45

Lentil and tomato ragu, spiralised courgette and butternut served with a sourdough gratin

V UNDER 440 Kcal

No 96

Chicken & Mushroom £6.55

Chicken breast, mushrooms and petit pois served with a sourdough gratin

/

No 98

Sweet Potato Risotto £7.00

Creamy wholegrain and Arborio risotto and roasted sweet potato served with Italian hard cheese

V

TOASTIES

Served in a toasted wheat bran wrap

No 86

Halloumi £5.45

Halloumi, hummus, sautéed mushrooms, sun-dried tomato & tomato relish

V

No 89

Italian Chicken £5.25

Chicken breast, mozzarella, sautéed mushrooms, sun-dried tomato, spinach and Pesto Crème dressing

No 87

Chicken Picante £5.35

Fired chicken breast, Mexican beans, avocado puree and cheddar

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No 88

Falafel £5.20

Sweet potato falafel, chargrilled vegetables, chipotle hummus, Roquito peppers and relish

VG /

HOT BOXES & SIDES

Served on our six wholegrain mix with a Pure side

No 112

Butternut Rendang £7.85

With pickled seasonal slaw & coconut yoghurt

VG //

No 113

Thai Red Chicken £7.85

With edamame, chilli berries & coconut chips

/

No 114

High Protein Chilli £7.90

With corn chips & guacamole

//

No 115

Malay Chicken Curry £8.20

With roasted sweet potato & cashews

//

Hot Box by itself £5.99

Any side £2.25

Prices may differ for delivery

SOUPS

Add a wholegrain breadstick & butter for 95p

No 100

Tuscan Chicken & Bean £4.40

Chicken, quinoa, mixed beans and Italian herbs

200 / 300 Kcal

No 101

Indonesian Tomato £4.40

Tomato, sweet potato, coconut and mixed vegetables

VG 230 / 340 Kcal

No 102

Thai Green Lentil £4.40

Thai-inspired soup with lentil, spinach, lemongrass and coconut

VG / 200 / 290 Kcal



SALADS

ALL SALADS ARE SERVED LIGHTLY DRESSED

No 1

Chicken Caesar £6.60

Chicken breast, sourdough croutons and Caesar dressing

No 8

The Jerk £7.35

Fired chicken, avocado, whole wheat pasta and Devil's dressing

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No 4

Celebrity Skin £7.70

Hot-smoked salmon, avocado and Pure Vinaigrette dressing

No 10

Chilli Green £7.10

Roasted sweet potato, Mexican beans, avocado, sweet peppers, corn tortilla chips and Devil's dressing

// VG

No 3

The Mexican £7.55

Fired chicken breast, Mexican beans and Devil's dressing

//

No 2

Sorrento Chicken £7.55

Chicken breast, avocado, sun-dried tomatoes and Lemon & Chia dressing

No 11

Spring Chicken £7.00

Chicken breast, vine tomatoes, mixed leaves and olive oil & balsamic vinegar

/ UNDER 350 Kcal

BREAD

FRESHLY BAKED WHOLEGRAIN BREADS

BAGELS

No 140

New Yorker £2.99

Pastrami, cream cheese, Pure pickle and American mustard

No 141

Loch Stock & Hot Smoked Salmon £3.25

Hot-smoked salmon, cream cheese, lemon juice and black pepper

No 142

Big Advogoat £3.15

Avocado, goat's cheese, beetroot hummus, cucumber and spinach

V

FLATBREADS

No 120

Salmon Fishing in the Lemon £4.40

Lemon-dressed, hot-smoked salmon, avocado, cream cheese, cucumber and watercress

No 125

Italian Job £4.25

Mozzarella, sun-dried tomato, fresh basil, avocado, Pesto Crème and mixed leaves

V

No 130

Thai Chicken Satay £4.15

Fired chicken, Satay dressing, Pure slaw, cucumber and crunchy cos

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WRAPS

WHEAT BRAN WRAPS, HANDMADE BY US EVERY DAY

No 152

Hail Caesar £4.35

Lemon & herb chicken, Parmesan cheese, sourdough Parmesan croutons and Caesar dressing with crunchy cos

No 157

Falafalo Soldier £4.40

Sweet potato falafel, hummus, Pure slaw, Grandma's dressing and toasted flaked almonds

VG

No 153

Smokin' Hot Chick £4.35

Fired chicken, Pure slaw, pistachios and chipotle hummus with mixed leaves

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No 163

Clean Greens £4.25

Roasted sweet potato, avocado, chipotle hummus, tenderstem broccoli, super beans and Grandma's Dressing

/ VG

No 162

Korean BBQ £4.25

BBQ jackfruit, black sushi rice, Pure slaw, avocado, Pure pickle, spinach, peanut butter and Satay dressing

/ VG

No 156

Ariba Fajita £4.40

Fired chicken, avocado, chipotle hummus, tomato, mature cheddar, tortilla chips, Roquito peppers, Devil's dressing, chilli berries and mixed leaves

//

DELI POTS

No 171

A Bit Moorish £5.25

Sweet potato falafel, hummus, Pure slaw and fruit relish with super seeds and super grains
VG

No 172

Chilaca Chicken £5.05

Fired chicken breast, petit pois, Parmesan, tomato pesto, chilli berries and coriander with whole wheat pasta
/

LITTLE POTS

No 182

24 Carrot £2.20

Crunchy carrot batons with hummus
VG UNDER 300 Kcal

No 186

Zorba the Beet £3.30

Feta, beetroot, petit pois, fresh mint and pea shoots with Pure Vinaigrette
V UNDER 210 Kcal

No 187

Chip off the

Guac £2.50

Tortilla corn chips and avocado puree
VG UNDER 200 Kcal

No 183

Simply Veg £3.30

Chargrilled vegetables, roasted sweet potato, super seeds, turmeric cauliflower and beetroot hummus
VG UNDER 140 Kcal

PROTEIN BOXES

No 176

Spicy Chicken £6.20

Fired chicken, black sushi rice, sweet peppers, edamame, sugar snap peas with Satay dressing
// UNDER 270 Kcal

No 177

Halloumi £6.55

Halloumi, beetroot, turmeric cauliflower, chargrilled vegetables and a pot of Apple & Beetroot dressing
V UNDER 310 Kcal

No 178

Salmon £6.45

Hot-smoked salmon, chargrilled vegetables, avocado on whole wheat pasta with Pesto Crème dressing
UNDER 320 Kcal

DRINKS

JUICES

250ml/500ml

Handmade & raw

No 76

AGC £3.30

Apple, ginger, carrot

No 79

Orange £2.70 / £5.35

100% orange juice

No 77

Anti-

Oxidiser £3.05 / £5.50

Apple, orange, pomegranate juice, mint

No 80

Green Tonic £3.70

Carrot, cucumber, celery, yellow pepper, spinach and lemon

SPECIALITY

No 81

Lemon & Mint

Tea Fizz £2.15

Lemon, mint, Earl Grey iced tea & sparkling water

SMOOTHIES

250ml/500ml

Blended by us daily

No 66

Go Green £3.30 / £5.50

Avocado, spinach, romaine lettuce, apple, orange, fresh mint

No 67

Superberry £3.20 / £5.40

Blackberries, blueberries, raspberries, banana, coconut milk and apple juice

No 69

Vit-Hit £3.20 / £5.50

Mango, coconut yoghurt, spinach, ginger, apple

No 70

Brain Boost £3.15 / £5.50

Almond milk, banana, dates, peanut butter, cacao nibs

No 65

Protein

Power £3.30 / £5.50

Strawberries, banana, coconut yoghurt, vegan protein powder and apple juice

SNACKS & TREATS

POWERBALLS

Mango & Macadamia

Powerball £2.20

Cacao, Almond &

Ginger Powerball £2.20

DESSERTS

Pip & Pure £2.95

Choc'avo

Mousse £3.05

Super Rice

Pudding £3.05

SWEET THINGS

Double Chocolate

Cookie £1.80

White Chocolate

& Raspberry

Cookie £1.80

Chia Granola

Square £2.20

Brownie £2.20

Blueberry

Muffin £2.75

Banana & Bran

Muffin £2.75

FRUIT SALADS

Pure Fruit

Salad £3.80

Outer Mango-lia £3.60

Move Açai'd £3.30

BREAKFAST

TOASTED BAGELS*

Multi-seed, wholegrain bagel

No 60

Bacon & Avocado £3.45

Bacon, avocado & tomato

No 61

Mushroom &

Avocado £3.30

Sautéed mushrooms, avocado, cream cheese, Italian hard cheese and spinach
V

VIENNOISERIE

Croissant £1.65

Almond

Croissant £1.90

Chocolate

Croissant £1.90

Wholegrain

Croissant £1.90

*AVAILABLE IN OUR SHOPS UNTIL 11AM WEEKDAYS AND MIDDAY ON WEEKENDS.
SOME OF THESE ITEMS ARE NOT AVAILABLE FOR DELIVERY

TOASTED WRAPS*

Toasted in a wheat bran wrap

No 40

Bacon & Egg £3.65

Sweet-cured bacon with free-range egg mayonnaise and Pure ketchup

No 42

Smoked Salmon £3.75

Scottish smoked salmon with free-range egg mayonnaise
UNDER 430 Kcal

No 41

Super Start £3.55

Feta, spinach, sautéed mushrooms, tomato and basil with free-range egg mayonnaise
V UNDER 440 Kcal

ROLLED OMELETTE*

Warm free-range egg omelette, filled & rolled

No 43

Bacon &

Vine Tomato £4.40

UNDER 350 Kcal

SUPER EGGS* £3.70

Three free-range scrambled eggs, wilted spinach and petit pois
V UNDER 330 Kcal

PLUS your choice of toppings...

Sautéed Mushrooms +95p

Chilli Berries +£1.05p

Avocado +£1.10

Bacon +£1.25

Vine tomatoes +£1.20

Goat's Cheese +£1.45

Smoked Salmon +£1.55

Toasted Wholegrain Bagel +95p

PORRIDGE*

No 21

Organic Milk £2.75

V UNDER 280 Kcal

No 22

Almond Milk £2.75

VG UNDER 210 Kcal

PLUS your choice of toppings...

Golden syrup FREE

Manuka honey blend +45p

Banana +70p

Blueberries +90p

Energy Crunch +80p

Peanut Butter +80p

YOGHURTS

Probiotic Greek-style yoghurt

No 196

Morning Glory £2.45

Seasonal compote with a pot of granola crunch
V UNDER 290 Kcal

No 195

Banana & Honey

Yoghurt £2.50

Banana and Manuka honey blend with a pot of granola crunch
V UNDER 380 Kcal

No 199

Catch Fraise £2.70

Fresh strawberries, organic cacao nibs & Manuka honey blend
V UNDER 180 Kcal

BIRCHERS

A Swiss recipe of gluten-free oats, apple juice and either Greek-style yoghurt or coconut yoghurt

No 200

Açai £2.55

VG UNDER 280 Kcal

No 197

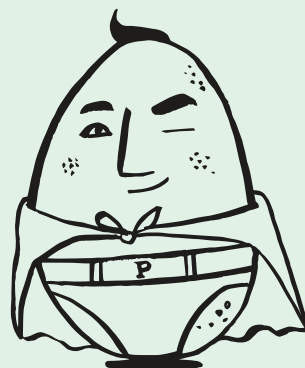
Blueberry £2.55

V UNDER 320 Kcal

No 198

Energy Crunch £2.55

VG UNDER 420 Kcal



Pure.

NO GLUTEN CONTAINING INGREDIENTS MENU

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FROM 11AM



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Served on our six wholegrain mix
with a Pure side

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Butternut Rendang

With pickled seasonal slaw & coconut
yogurt

VG //

No 113

Thai Red Chicken

With edamame, chilli berries &
coconut chips

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No 114

High Protein Chilli

With corn chips & guacamole

//

No 115

Malay Chicken Curry

With roasted sweet potato & cashews

//

Hot Box by itself £5.99

Any side £2.25

SOUPS

No 102

Thai Green Lentil

Thai-inspired soup with lentil,
spinach, lemongrass and coconut
VG / 200 / 290 Kcal

No 101

Indonesian Tomato

Tomato, sweet potato, coconut and
mixed vegetables
VG 230 / 340 Kcal

No 100

Tuscan Chicken & Bean

Chicken, quinoa, mixed beans and
Italian herbs
200 / 300 Kcal

PASTA & RISOTTO

No 98

Sweet Potato Risotto

Creamy wholegrain and Arborio
risotto and roasted sweet potato with
Italian hard cheese

V

SALADS

ALL SALADS ARE SERVED
LIGHTLY DRESSED

No 2

Sorrento Chicken

Chicken breast, avocado, sun-dried
tomatoes and Lemon & Chia dressing

No 10

Chilli Green

Roasted sweet potato, Mexican beans,
avocado, sweet peppers, corn tortilla
chips and Devil's dressing

// VG

No 3

The Mexican

Fired chicken, Mexican beans
and Devil's dressing

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No 4

Celebrity Skin

Hot-smoked salmon, avocado
and Pure Vinaigrette dressing

No 11

Spring Chicken

Chicken breast, vine tomatoes, mixed
leaves and olive oil & balsamic vinegar

// UNDER 350 Kcal

DELI & LITTLE POTS

No 171

A Bit Moorish

Sweet potato falafel, hummus, Pure
slaw and fruit relish with super seeds
and super grains

VG

No 186

Zorba the Beet

Feta, beetroot, petit pois and fresh
mint with Pure Vinaigrette

V UNDER 210 Kcal

No 183

Simply Veg

Chargrilled vegetables, roasted
sweet potato, super seeds, turmeric
cauliflower and beetroot hummus

VG UNDER 140 Kcal

No 187

Chip off the Guac

Tortilla corn chips and avocado puree

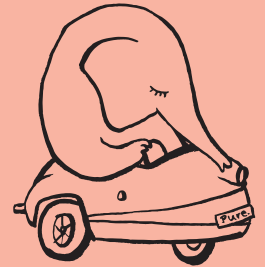
VG UNDER 200 Kcal

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24 Carrot

Crunchy carrot batons with hummus

VG UNDER 300 Kcal



PROTEIN BOXES

No 177

Halloumi

Halloumi, beetroot, turmeric
cauliflower, chargrilled vegetables
and a pot of Apple & Beetroot dressing

V UNDER 310 Kcal

SNACKS & TREATS

POWERBALLS

Mango & Macadamia Powerball

Cacao, Almond & Ginger Powerball

DESSERTS

Pip & Pure

Choc'avo Mousse

Super Rice Pudding

FRUIT SALADS

Pure Fruit Salad

Outer Mango-lia

Move Açaí'd

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PLUS your choice of
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Chilli berries

Avocado

Bacon

Vine tomatoes

Goat's cheese

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