

HOT FOOD

FULL RANGE SERVED
FROM 11AM

PASTA & RISOTTO

Hot pasta pots with spinach fusilli and wholegrain & Arborio risotto

No 97

Pure Bolognese £6.25

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

No 95

Lentil

Ragu £5.75

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

V UNDER 460 Kcal

No 96

Chicken & Mushroom £5.95

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

No 98

Sweet Potato Risotto £6.25

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 £4.95

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

V

No 89

Italian Chicken £4.75

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

No 87

Chicken Picante £4.80

Fired chicken breast, Mexican beans, avocado puree and cheddar

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No 88

Falafel £4.70

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

Vietnamese

Vegetable Curry £6.90

With turmeric roasted cauliflower and Pure pickles

VG //

No 113

Thai Red

Chicken £6.95

With edamame, chilli berries & coconut chips

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No 114

High Protein

Chilli £6.99

With corn chips & guacamole

//

No 115

Moroccan Chicken

£6.95

With Pure slaw & crème fraîche

//

Hot Box by itself £5.99

Any side £2.25

Prices may differ for delivery

SOUPS

Add a wholegrain breadstick & butter for 85p

No 100

Chicken

Noodle £3.25 / £3.99

A pot of Pure's classic bone broth soup 80 / 110 Kcal

No 103

Indonesian

Tomato £3.25 / £3.99

Tomato, sweet potato, coconut and mixed vegetables

VG 250 / 360 Kcal

No 102

Thai Green

Lentil £3.25 / £3.99

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

VG // 200 / 290 Kcal

SALADS

ALL SALADS ARE SERVED
LIGHTLY DRESSED

No 1

Chicken Caesar £5.99

Chicken breast, sourdough croutons and Caesar dressing

No 8

The Jerk £6.50

Fired chicken, avocado, spinach fusilli and Devil's dressing

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No 4

Celebrity Skin £6.99

Hot-smoked salmon, avocado and Pure Vinaigrette dressing

UNDER 480 Kcal

No 10

Plant Life £5.99

Roasted sweet potato, beetroot, super beans and Lemon & Chia dressing

VG UNDER 410 Kcal

No 3

The Mexican £6.75

Fired chicken breast, Mexican beans and Devil's dressing

//

No 2

Sorrento

Chicken £6.85

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

No 11

Go Thai £6.85

Fired chicken breast, mango, egg noodles and Satay dressing

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UNDER 500 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 £3.10

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

V

FLATBREADS

No 120

Salmon Fishing in the Lemon £3.99

Lemon-dressed, hot-smoked salmon, avocado, crème fraîche, cucumber and watercress

UNDER 370 Kcal

No 123

Señor Chorizo £3.80

Fired chicken, chorizo, crème fraîche, Parmesan, vine tomatoes and mixed leaves

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No 125

Italian Job £3.85

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

V

No 130

Thai Chicken Satay £3.75

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

// UNDER 370 Kcal

WRAPS

WHEAT BRAN WRAPS, HANDMADE
BY US EVERY DAY

No 152

Hail Caesar £3.95

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

No 157

Falafalo Soldier £3.99

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

VG

No 153

Smokin' Hot Chick £3.95

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

//

No 163

Olé Chipotle! £3.85

Smoked tofu, chipotle hummus, super beans, spiralised courgette & butternut squash, tenderstem broccoli, baby leaf spinach and crunchy cos

VG //

No 162

Korean BBQ £3.85

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

VG

No 156

Ariba Fajita £3.99

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

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DELI POTS

No 173
Miso Salmon £4.70
Smoked salmon, black sushi rice, edamame, chilli berries, Pure pickle and Miso Carrot dressing
UNDER 380 Kcal

No 171
A Bit Moorish £4.70
Sweet potato falafel, hummus, Pure slaw and fruit relish with super seeds and super grains
VG

No 172
Chilaca Chicken £4.50
Fired chicken breast, petit pois, Parmesan, tomato pesto, chilli berries and coriander with spinach fusilli
/

LITTLE POTS

No 182
24 Carrot £1.99
Crunchy carrot batons with hummus
VG UNDER 300 Kcal

No 186
Zorba the Beet £2.80
Feta, beetroot, petit pois, fresh mint and pea shoots with Pure Vinaigrette
V UNDER 210 Kcal

No 187
Chip off the Guac £2.25
Tortilla corn chips and avocado puree
VG UNDER 200 Kcal

No 183
Simply Veg £2.99
Chargrilled vegetables, roasted sweet potato, super seeds, turmeric cauliflower and beetroot hummus
VG UNDER 140 Kcal

PROTEIN BOXES

No 176
Chicken & Egg £5.45
Lemon & herb chicken, free-range eggs, cucumber, tri-coloured quinoa, pea shoots and Lemon & Chia dressing
UNDER 430 Kcal

No 177
Halloumi £5.95
Halloumi, beetroot, turmeric cauliflower, chargrilled vegetables and a pot of Apple & Beetroot dressing
V UNDER 310 Kcal

No 178
Salmon £5.85
Hot-smoked salmon, chargrilled vegetables, avocado on spinach fusilli with Pesto Crème dressing
UNDER 320 Kcal

DRINKS

JUICES

250ml/500ml

Handmade & raw

No 76
AGC £2.85
Apple, ginger, carrot

No 79
Orange £2.45 / £4.45
100% orange juice

No 77
Anti-Oxidiser £2.65 / £4.85
Apple, orange, pomegranate juice, mint

No 80
Green Tonic £3.10
Carrot, cucumber, celery, yellow pepper, spinach and lemon

SMOOTHIES

250ml/500ml

Blended by us daily

No 66
Go Green £2.75 / £4.95
Kale, avocado, spinach, apple, orange, fresh mint

No 67
Superberry £2.65 / £4.80
Blackberries, blueberries, raspberries, banana, coconut milk and apple juice

No 69
Vit-Hit £2.80 / £4.99
Mango, coconut yoghurt, spinach, ginger, apple

No 70
Brain Boost £2.75 / £4.95
Almond milk, banana, dates, peanut butter, cacao nibs

No 65
Protein Power £2.75 / £4.99
Strawberries, banana, coconut yoghurt, vegan protein powder and apple juice

COFFEE

Two shots of 100% Arabica coffee served with organic milk

Latte £2.75
Flat White £2.75
Cappuccino £2.75
Americano £2.15
Macchiato £1.85
Cortado £2.45
Espresso £1.85
Mocha £2.99

SPECIALITY

Hot Chocolate £2.95
Chai Latte £2.85

LEAF TEA

£1.80
English Breakfast, Green, Earl Grey or Peppermint

SNACKS & TREATS

POWERBALLS

Mango & Macadamia Powerball £1.99
Rhubarb & Apricot Powerball £1.99
Cacao, Almond & Ginger Powerball £1.99

DESSERTS

Pip & Pure £2.65
Choc'avo Mousse £2.75
Super Rice Pudding £2.75
Peanut Butter Coffee Cup £2.75

SWEET THINGS

Double Chocolate Cookie £1.60
White Chocolate & Raspberry Cookie £1.60
Chia Granola Square £1.99
Brownie £1.99

Blueberry Muffin £2.35
Banana & Bran Muffin £2.35

FRUIT SALADS

Pure Fruit Salad £3.25
Outer Mango-lia £2.99

BREAKFAST

TOASTED BAGELS*

Multi-seed, wholegrain bagel

No 60
Bacon & Avocado £3.10
Bacon, avocado & tomato

No 61
Mushroom & Avocado £2.99
Sautéed mushrooms, avocado, cream cheese, Italian hard cheese and spinach
V

VIENNOISERIE

Croissant £1.50

Almond Croissant £1.70

Chocolate Croissant £1.70

Wholegrain Croissant £1.70

*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 £3.25
Sweet-cured bacon with free-range egg mayonnaise and Pure ketchup

No 42
Smoked Salmon £3.35
Scottish smoked salmon with free-range egg mayonnaise
UNDER 430 Kcal

No 41
Super Start £3.15
Feta, spinach, sautéed mushroom, tomato and basil with free-range egg mayonnaise
V UNDER 440 Kcal

SUPER EGGS* £3.25

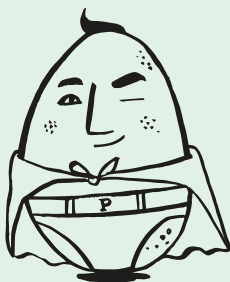
Three free-range scrambled eggs, wilted spinach and petit pois
V UNDER 330 Kcal

PROTEIN BOWLS* £3.25

Hot, filling quinoa pots with scrambled tofu
VG UNDER 150 Kcal

PLUS your choice of toppings...

Sautéed Mushrooms +85p
Avocado +£1
Bacon +£1
Vine tomatoes +£1.20
Goat's Cheese +£1.30
Smoked Salmon +£1.40
Toasted Wholegrain Bagel +95p



PORRIDGE*

No 21
Organic Milk £2.50
V UNDER 280 Kcal

No 22
Oat Milk & Seed £2.50
VG UNDER 250 Kcal

PLUS your choice of toppings...

Golden syrup FREE
Manuka honey blend +40p
Banana +60p
Blueberries +70p
Energy Crunch +70p
Peanut Butter +70p

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

BIRCHERS

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

No 197
Blueberry £2.55
V UNDER 320 Kcal
No 198
Energy Crunch £2.55
VG UNDER 420 Kcal
No 200
Green Birchia £2.55
VG UNDER 280 Kcal

Pure.

NO GLUTEN CONTAINING INGREDIENTS MENU

HOT FOOD

FULL RANGE SERVED
FROM 11AM



HOT BOXES & SIDES

Served on our six wholegrain mix
with a Pure side

No 112

Vietnamese Vegetable Curry £6.90

With turmeric roasted cauliflower and
Pure pickle

VG /

No 113

Thai Red Chicken £6.95

With edamame, chilli berries &
coconut chips

/

No 114

High Protein Chilli £6.99

With corn chips & guacamole

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No 115

Moroccan Chicken £6.95

With Pure slaw & crème fraiche

/

Hot Box by itself £5.99

Any side £2.25

SOUPS

No 102

Thai Green Lentil £3.25 / £3.99

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

VG / 200 / 290 Kcal

No 103

Indonesian Tomato £3.25 / £3.99

Tomato, sweet potato, coconut and
mixed vegetables

VG 250 / 360 Kcal

PASTA & RISOTTO

No 98

Sweet Potato Risotto £6.25

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

V

SALADS

ALL SALADS ARE SERVED
LIGHTLY DRESSED

No 4

Celebrity Skin £6.99

Hot-smoked salmon, avocado
and Pure Vinaigrette dressing

UNDER 480 Kcal

No 2

Sorrento Chicken £6.85

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

No 3

The Mexican £6.75

Fired chicken, Mexican beans
and Devil's dressing

//

No 10

Plant Life £5.99

Roasted sweet potato, beetroot,
super beans and Lemon & Chia
dressing

VG UNDER 410 Kcal

DELI & LITTLE POTS

No 171

A Bit Moorish £4.70

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

VG

No 173

Miso Salmon £4.70

Smoked salmon, black sushi rice,
edamame, chilli berries, Pure pickle
and Miso Carrot dressing

UNDER 380 Kcal

No 186

Zorba the Beet £2.80

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

V UNDER 210 Kcal

No 182

24 Carrot £1.99

Crunchy carrot batons with hummus

VG UNDER 300 Kcal

No 183

Simply Veg £2.99

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

VG UNDER 140 Kcal

No 187

Chip off the Guac £2.25

Tortilla corn chips and avocado puree

VG UNDER 200 Kcal

PROTEIN BOXES

No 176

Chicken & Egg £5.45

Lemon & herb chicken, free-range
eggs, cucumber, tri-coloured quinoa,
pea shoots and Lemon & Chia dressing

UNDER 430 Kcal

No 177

Halloumi £5.95

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

V UNDER 310 Kcal

SNACKS & TREATS

POWERBALLS

Mango & Macadamia Powerball £1.99

Rhubarb & Apricot Powerball £1.99

Cacao, Almond & Ginger Powerball £1.99

DESSERTS

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Choc'avo

Mousse £2.75

Super Rice Pudding £2.75

Peanut Butter Coffee Cup £2.75

FRUIT SALADS

Pure Fruit Salad £3.25

Outer Mango-lia £2.99

BREAKFAST

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UNTIL 11AM WEEKDAYS AND
MIDDAY ON WEEKENDS. SOME
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V UNDER 330 Kcal

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Hot, filling quinoa pots with
scrambled tofu
VG UNDER 150 Kcal

PLUS your choice of toppings...

Sautéed Mushrooms +85p

Avocado +£1

Bacon +£1

Vine tomatoes +£1.20

Goat's Cheese +£1.30

Smoked Salmon +£1.40

PORRIDGE*

No 21

Organic Milk £2.50

V UNDER 280 Kcal

No 22

Oat Milk & Seed £2.50

VG UNDER 250 Kcal

PLUS your choice of toppings...

Golden syrup FREE

Manuka honey blend +40p

Banana +60p

Blueberries +70p

Energy Crunch +70p

Peanut Butter +70p

BIRCHERS

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

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Blueberry £2.55

V UNDER 320 Kcal

No 198

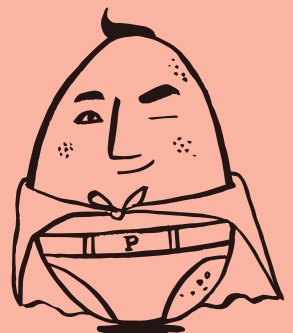
Energy Crunch £2.55

VG UNDER 420 Kcal

No 200

Green Birchia £2.55

VG UNDER 280 Kcal



FULL PRODUCT RANGE, INGREDIENTS, NUTRITIONAL AND ALLERGEN
INFORMATION CAN BE FOUND ONLINE AT PURE.CO.UK

V = VEGETARIAN VG = VEGAN / = MILD SPICE // = SPICY