

SALADS

ALL SALADS ARE SERVED LIGHTLY DRESSED

No 1
Chicken Caesar £5.99
Chicken breast, wholegrain croutons and Caesar dressing
NF

No 3
The Mexican £6.75
Fired chicken, Mexican beans and Devil's dressing
GF DF NF //

No 5
Super Salmon £6.99
Hot-smoked salmon, spinach fusilli and Pesto Crème dressing

No 8
The Jerk £6.35
Fired chicken, avocado, spinach fusilli and Devil's dressing
DF NF //

No 10
Go Vegan £5.99
Super beans, avocado, beetroot and Carrot Miso dressing.
DF VG NF GF

No 4
Celebrity Skin £6.99
Hot-smoked salmon, avocado and Pure Vinaigrette dressing
DF GF

No 9
Halloumi & Super Grain £6.85
Halloumi, super grain mix and Apple & Beetroot dressing
GF V

No 2
Sorrento Chicken £6.65
Chicken breast, avocado and Lemon & Chia seed dressing
GF NF

HOT FOOD

FULL RANGE SERVED FROM 11AM

PASTA
Hot pasta pots on spinach fusilli

No 95
Lentil Bolognese £5.45
Lentil bolognese, spiralised courgette & butternut and spinach fusilli served with a wholemeal gratin
NF V UNDER 360 Kcal

No 96
Chicken & Mushroom £5.85
Chicken breast, mushrooms, petit pois and spinach fusilli served with a wholemeal gratin
NF

No 97
Smoked Chipotle Meatballs £5.95
UK welfare beef meatball, smoked chipotle tomato sauce, chilli berries and spinach fusilli with pesto crème
NF

TOASTIES
Served in a toasted wheat bran wrap

No 86
Halloumi £4.85
Halloumi, hummus, sautéed mushrooms, sun-dried tomato & tomato relish
NF V

No 87
Italian Chicken £4.65
Chicken breast, mozzarella, sautéed mushrooms, sun-dried tomato, spinach and Pesto Crème dressing
NF

No 88
Satay Chicken £4.60
Fired chicken, peanut dressing and Pure slaw
NF

HOT BOXES & SIDES
Served on our six wholegrain mix with a Pure side

No 112
Sweet Potato Gobi £6.80
With edamame, chilli berries and coconut yoghurt
VG DF NF GF /

No 113
Thai Red Chicken £6.95
With edamame, chilli berries & coconut chips
DF GF NF /

No 114
High Protein Chilli £6.95
With corn chips & guacamole side
GF NF //

No 114
Piri Chicken £6.85
With Pure slaw & crème fraîche
GF NF //

Hot Box by itself £5.99
Any side £2.25

SOUPS
Add a wholegrain breadstick for 75p

No 100
Chicken Noodle £3.25
A smaller pot of our classic bone broth
DF NF UNDER 70 Kcal

No 101
Sicilian Tomato £3.25
A smaller pot of our seasonal tomato soup
NF V GF UNDER 200 Kcal

No 102
Thai Green Lentil £3.99
Thai-inspired soup with lentil, spinach, lemongrass and coconut
DF GF NF VG / UNDER 270 Kcal

No 103
Chicken, Greens and Grains £3.99
Chicken, edamame beans and quinoa
DF GF NF UNDER 300 Kcal

BREAD

FRESHLY BAKED WHOLEGRAIN BREADS

BAGELS
No 140
Basil Poultry £2.90
Lemon & herb chicken, cucumber, Caesar dressing, Italian hard cheese and basil
NF

No 141
Loch Stock & Hot Smoked Salmon £2.95
Lemon-dressed, hot-smoked salmon, cream cheese and black pepper
NF UNDER 440 Kcal

No 142
Big Advogoat £2.99
Avocado, goat's cheese, beetroot dip, cucumber, spinach and black pepper
NF V UNDER 480 Kcal

FLATBREADS
No 120
Salmon Fishing in the Lemon £3.99
Lemon-dressed, hot-smoked salmon, avocado, crème fraîche, cucumber and watercress
NF UNDER 470 Kcal

No 123
Couldn't Beet Feta £3.70
Feta, beetroot, chargrilled vegetables, sundried tomato and mixed leaves with hummus and super seeds
NF V

No 125
Italian Job £3.70
Bocconcini, sun-dried tomato, fresh basil, avocado, Pesto Crème and mixed leaves
NF V

No 130
Thai Chicken Satay £3.45
Fired chicken, peanut dressing, Pure slaw, cucumber and crunchy cos
/ DF UNDER 380 Kcal

WRAPS

WHEAT BRAN WRAPS, HAND-MADE BY US EVERY DAY

No 152
Hail Caesar £3.85
Lemon & herb chicken, Parmesan cheese, wholegrain croutons and Caesar dressing with crunchy cos
NF

No 163
Vegan Project £3.85
Smoked tofu, Pure super bean mix, sweet potato hummus, avocado, carrot, baby spinach and crunchy cos
DF VG

No 153
Smokin' Hot Chick £3.80
Fired chicken, chipotle pepper hummus, Pure slaw, pistachio and mixed leaves
DF /

No 157
Falafalo Soldier £3.99
Sweet potato falafel, hummus, Pure slaw, Grandma's dressing and toasted flaked almonds
DF VG

No 162
Hummus Be Joking £3.45
Hummus, carrots, spiralised courgette & butternut, edamame, baby leaf spinach and super seeds
VG NF DF

No 156
Ariba Fajita £3.99
Fired chicken, avocado, tomato, chipotle pepper hummus, mature cheddar, tortilla chips, roasted red pepper, Devil's dressing, chilli berries and mixed leaves
NF /



DELI POTS

No 170

Fusilli Salmone £4.35

Hot smoked salmon, spinach fusilli, super bean mix, sweet peppers, sun-dried tomato, basil, parsley, spinach and pesto crème
NF UNDER 500 Kcal

No 171

A Bit Moorish £4.45

Sweet potato falafel, hummus, Pure slaw, braised red cabbage, roquito peppers, super seed mix, super grain mix, Grandma's dressing and parsley
V NF

No 172

Chilaca Chicken £4.35

Fired chicken, petit pois, Parmesan cheese, tomato pesto, chilli berries and spinach fusilli
NF /

No 173

Miso Vegan £4.35

Smoked tofu with spinach, edamame, chilli berries, spiralised courgette & butternut, super seeds and Miso Carrot dressing
DF GF VG NF UNDER 200 Kcal

LITTLE POTS

No 182

24 Carrot £1.99

Crunchy carrot batons with hummus
DF GF NF VG UNDER 270 Kcal

No 187

Chip off the Guac £2.25

Tortilla corn chips and avocado puree
DF GF NF VG UNDER 170 Kcal

No 186

Zorba the Beet £2.70

Feta, beetroot, petit pois and fresh mint with Pure Vinaigrette
GF NF V UNDER 180 Kcal

No 183

Veg Out £2.99

Chargrilled vegetables, sweet potato hummus, super grain mix, super seeds, black pepper and parsley
DF GF NF VG UNDER 200 Kcal

No 188

Beanie Baby £2.99

Avocado, super beans and watercress with hummus and super seeds
DF GF NF VG UNDER 300 Kcal

DRINKS

JUICES

250ml/500ml

Handmade & raw

No 76

AGC £2.65

Apple, ginger, carrot

No 79

Orange £2.45 / £4.45

Freshly squeezed

No 77

Anti-Oxidiser £2.65 / £4.75

Apple, orange, pomegranate juice, mint

No 78

Green Tonic £3.25

Apple, orange, pomegranate juice, mint

SMOOTHIES

250ml/500ml

Blended by us daily

No 66

Go Green £2.75 / £4.75

Kale, avocado, spinach, apple, orange, mint

No 67

Blueberry Barry £2.60 / £4.65

Blueberries, banana, strawberries, apple juice

No 69

Vit-Hit £2.80 / £4.85

Mango, coconut yoghurt, spinach, ginger, apple

No 70

Brain Boost £2.75 / £4.75

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

COFFEE

Two shots of 100% arabica coffee served with organic milk

Latte £2.65

Flat White £2.65

Cappuccino £2.65

Americano £2.15

Macchiato £2.15

Espresso £1.85

Mocha £2.95

SPECIALITY

Winter Berry Infusion £2.35

Citrus Fruit & Ginger £2.35

Lemon & Mint Infusion £2.35

Hot Chocolate £2.95

Chai Latte £2.85

LEAF TEA £1.70

English Breakfast, Green, Earl Grey, Peppermint or Rooibos (caffeine free)

SNACKS & TREATS

POWERBALLS

Apricot & Coconut Powerball £1.90

Rhubarb & Apricot Powerball £1.85

Cacao, Almond & Ginger Powerball £1.80

DESSERTS

Choc'avo Mousse £2.75

Super Rice Pudding £2.75

Chia Me Up £2.95

SWEET THINGS

Double Chocolate Cookie £1.50

White Chocolate & Raspberry Cookie £1.50

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 £2.95

Bacon, avocado & tomato
DF NF UNDER 440 Kcal

No 61

Mushroom & Avocado £2.95

sautéed mushrooms, avocado, cream cheese, Italian hard cheese and spinach
V NF UNDER 500 Kcal

VIENNOISERIE

Croissant £1.35

Almond Croissant £1.60

Chocolate Croissant £1.60

Wholegrain Croissant £1.60

TOASTED WRAPS*

Toasted in a wheat bran wrap

No 40

Bacon & Egg £2.99

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

No 42

Smoked Salmon £3.35

Lemon-dressed Scottish smoked salmon with free-range egg mayonnaise
DF NF UNDER 440 Kcal

No 41

Super Start £3.15

Feta, spinach, sautéed mushrooms, tomato & basil with free-range egg mayonnaise
NF V

SUPER EGGS* £3.15

Three free-range scrambled eggs, wilted spinach and petit pois
GF NF V UNDER 350 Kcal

PLUS your choice of toppings...

Sautéed mushrooms +85p

Avocado +£1

Bacon +£1

Goats Cheese +£1.30

Smoked salmon +£1.40

Toasted wholegrain bagel +95p

PORRIDGE*

No 21

Organic Milk £2.35

NF GF V UNDER 300 Kcal

No 22

Almond Milk £2.45

DF GF VG UNDER 250 Kcal

No 20

Coconut Milk & Chia £2.45

NF DF GF 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

Coconut Chips +60p

YOGHURTS

Greek-style yoghurt

No 196

Morning Glory £2.40

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

No 195

Banana & Honey Yoghurt £2.45

Banana and Manuka honey blend with a pot of granola crunch
V UNDER 30 Kcal

BIRCHERS

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

No 197

Blueberry £2.50

GF NF V UNDER 310 Kcal

No 198

Energy Crunch £2.50

DF GF VG UNDER 410 Kcal

No 200

Green Birchia £2.50

DF GF NF VG UNDER 290 Kcal

