

## 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 grains and Apple & Beetroot dressing  
GF V

No 2  
**Sorrento Chicken** £6.65  
Chicken breast, avocado, sun-dried tomatoes 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

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 meatballs, 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, super grains, Pure slaw and coriander with peanut dressing  
DF

### 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  
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  
DF NF VG 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  
Vibrant green soup with chicken, edamame 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, Parmesan and basil  
NF

No 141  
**Loch Stock & Hot Smoked Salmon** £2.95  
Hot-smoked salmon, cream cheese, lemon juice and black pepper  
NF UNDER 440 Kcal

No 142  
**Big Advogoat** £2.99  
Avocado, goat's cheese, beetroot hummus, cucumber and spinach  
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  
Mozzarella, 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, HANDMADE BY US EVERY DAY

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

No 163  
**Vegan Project** £3.85  
Smoked tofu, super beans, smashed sweet potato, avocado, baby leaf spinach and crunchy cos  
DF VG

No 153  
**Smokin' Hot Chick** £3.80  
Fired chicken, Pure slaw, pistachios and chipotle hummus with 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, Greek yoghurt, tomato, 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 beans, 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 grains, Grandma's dressing and super seeds  
V NF /

No 172

**Chilaca Chicken** £4.35  
Fired chicken breast, petit pois, Parmesan, tomato pesto, chilli berries and coriander with spinach fusilli  
NF /

No 173

**Miso Vegan** £4.35  
Smoked tofu with spinach, edamame, chilli berries, spirals courgette & butternut, super seeds and Miso Carrot dressing  
DF GF VG UNDER 200 Kcal

## LITTLE POTS

No 182

**24 Carrot** £1.99  
Crunchy carrot batons with hummus  
DF GF NF VG UNDER 270 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  
Char-grilled vegetables, smashed sweet potato, super grains, parsley and super seeds  
DF GF NF VG UNDER 300 Kcal

No 188

**Beanie Baby** £2.99  
Avocado, super beans, hummus, watercress and super seeds  
DF GF NF VG UNDER 300 Kcal

No 187

**Chip off the Guac** £2.25  
Tortilla corn chips and avocado puree  
DF GF NF VG UNDER 170 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  
Carrot, cucumber, celery, spinach, lemon

### SMOOTHIES

250ml/500ml

Blended by us daily

No 66

**Go Green** £2.75 / £4.75  
Kale, avocado, spinach, apple, orange, fresh 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

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

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

### 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  
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 UNDER 500 Kcal

### 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

Coconut Chips +60p

Blueberries +70p

Energy Crunch +70p

Peanut Butter +70p

### YOGHURTS

Probiotic 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

