

HOT FOOD

FULL RANGE SERVED FROM 11AM

PASTA

Hot pots with whole wheat fusilli
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
/

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
//

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 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
//

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

No 5

Planted £7.10

Sweet potato falafel, chargrilled vegetables and Lemon & Chia dressing
/ VG

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
/

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
//

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

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

Apple of My Eye £3.25

Apple juice, lemon and basil

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

Mango

Power £3.30 / £5.50

Mango, banana, coconut yoghurt, vegan protein powder and orange 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 Acai'd £3.30

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 £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

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

No 44

The Vegetarian £4.25

V / UNDER 400 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 £2.70

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

No 195

Banana & Honey Yoghurt £2.75

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

Sunshine £2.85

VG UNDER 290 Kcal

No 197

Blueberry £2.85

V UNDER 320 Kcal

No 198

Energy Crunch £2.85

VG UNDER 420 Kcal

