

HOT FOOD

FULL RANGE SERVED FROM 11AM

PASTA

High protein tortiglioni
No 97

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

No 95

Arrabbiata
THIS™ Isn't Chicken and arrabbiata sauce with vegan mozzarella
// VG

No 96

Chicken & Mushroom
Chicken breast, mushrooms and petit pois with Italian hard cheese
/

RISOTTO

Wholegrain and Arborio risotto rice
No 99

Sweet Potato & Tenderstem
Roasted sweet potato and tenderstem broccoli with Italian hard cheese
V

No 98

Chicken & Red Pesto
Lemon chicken and vine tomatoes with Italian hard cheese

TOASTIES

Served in a toasted wheat bran wrap

No 86

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

No 89

Barbecue
THIS™ Isn't Chicken, natural BBQ sauce, vegan mozzarella, chargrilled vegetables, chipotle hummus and chilli berries
/ VG

No 87

Chicken Picante
Fired chicken breast, Mexican beans, avocado puree and cheddar
//

HOT BOXES & SIDES

Served on our six wholegrain mix
No 112

Spicy Macanese Curry

Okra, roasted red peppers and mangetout with coconut milk, Chinese five spice and cucumber & mango salsa

VG //

No 113

Thai Red Chicken
Thai red curry with chicken, bamboo and water chestnuts with edamame & chilli berries
/

No 114

High Protein Chilli
Spicy beef and kidney bean chilli and guacamole with a side of corn chips
/

No 115

Korean Chicken
British chicken thigh, beansprouts, grilled aubergine and Korean chilli paste with Pure pickle
/

SOUPS

Add a wholegrain breadstick & butter – perfect for dipping!

No 101

Vegan Corn Chowder
Sweetcorn, roasted red peppers, coconut milk and smoked paprika
VG / 180 / 250 Kcal

No 102

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

No 103

British Chicken Noodle
British chicken breast, carrots, celery and noodles in a Pure broth
130 / 180 Kcal



SALADS

ALL SALADS ARE SERVED LIGHTLY DRESSED

No 1

Chicken Caesar
Chicken breast, sourdough croutons and Caesar dressing

No 8

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

No 2

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

No 3

The Mexican
Fired chicken breast, Mexican beans and Devil's dressing
//

No 4

Celebrity Skin
Hot-smoked salmon, avocado and Pure Vinaigrette dressing

No 5

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

BREAD

FRESHLY BAKED WHOLEGRAIN BREADS

BAGELS

No 140

New Yorker
Pastrami, cream cheese, Pure pickle and American mustard

No 141

Loch Stock & Hot Smoked Salmon
Hot-smoked salmon, cream cheese, lemon juice and black pepper

No 142

Big Advogoat
Avocado, goat's cheese, beetroot hummus, cucumber and spinach
V

FLATBREADS

No 120

Salmon Fishing in the Lemon
Lemon-dressed hot-smoked salmon, avocado, cream cheese, cucumber and watercress

No 125

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

WRAPS

WHEAT BRAN WRAPS, HANDMADE BY US EVERY DAY

No 152

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

No 157

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

No 153

Smokin' Hot
Fired chicken, Pure slaw, pistachios and chipotle hummus with mixed leaves
//

No 163

Clean Greens
Roasted sweet potato, avocado, chipotle hummus, tenderstem broccoli, super beans and Grandma's dressing
/ VG

No 162

Korean BBQ
BBQ jackfruit, black sushi rice, Pure slaw, avocado, Pure pickle, spinach and peanut butter
// VG

No 160

THIS Isn't Chicken Purrito
THIS™ Isn't Chicken, natural BBQ sauce, Mexican beans, black rice, roasted sweet potato, tomatoes, spinach and Devil's dressing
// VG

No 156

Ariba Fajita
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

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

No 172

Chilaca Chicken

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

LITTLE POTS

No 182

24 Carrot

Crunchy carrot batons with hummus
VG UNDER 320 Kcal

No 186

Zorba the Beet

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

No 187

Chip off the Guac

Tortilla corn chips and avocado puree
VG UNDER 170 Kcal

PROTEIN BOXES

No 177

Halloumi

Halloumi, beetroot, turmeric cauliflower, chargrilled vegetables and a pot of Apple & Beetroot dressing
V UNDER 295 Kcal

No 178

Salmon

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

DRINKS

JUICES

250ml/500ml

All our juices and smoothies are handmade by us daily

No 76

AGC

Apple, ginger, carrot

No 79

Orange

100% orange juice

No 77

Anti-Oxidiser*

Apple, orange, pomegranate juice, mint

*500ml not available in all stores

SMOOTHIES

250ml/500ml

No 66

Go Green

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

No 67

Superberry*

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

No 69

Get-Vit

Mango, coconut yoghurt, spinach, ginger, apple

No 70

Brain Boost

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

No 65

Mango Power

Mango, banana, coconut yoghurt, vegan protein powder, orange juice

SNACKS & TREATS

POWERBALLS

Mango & Macadamia

Cacao, Almond & Ginger

DESSERTS

Choc'avo Mousse

Super Rice Pudding

SWEET THINGS

Double Chocolate Cookie

White Chocolate & Raspberry Cookie

Chia Granola Square

Brownie

Blueberry Muffin

Banana & Bran Muffin

FRUIT SALADS

Pure Fruit Salad

Outer Mango-lia

BREAKFAST

TOASTED BAGELS*

Multi-seed, wholegrain bagel

No 60

Bacon & Avocado

Bacon, avocado and tomato

No 61

Vegan Breakfast Bagel

Sautéed mushrooms, avocado puree, vegan mozzarella and vine tomatoes
VG

VIENNOISERIE

Croissant

Almond Croissant

Chocolate Croissant

Wholegrain Croissant

*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

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

No 42

Smoked Salmon

Scottish smoked salmon with free-range egg mayonnaise

No 41

Super Start

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

ROLLED OMELETTE*

Warm free-range egg omelette, filled & rolled

No 43

Bacon & Vine Tomato

UNDER 350 Kcal

No 44

The Vegetarian

V / UNDER 400 Kcal

SUPER EGGS*

Three free-range scrambled eggs, wilted spinach and petit pois
V UNDER 240 Kcal

PLUS your choice of toppings...

Sautéed Mushrooms

Avocado

Bacon

Vine tomatoes

Goat's Cheese

Smoked Salmon

Toasted Wholegrain Bagel

PORRIDGE*

No 21

Organic Milk

V UNDER 300 Kcal

No 22

Almond Milk

VG UNDER 220 Kcal

PLUS your choice of toppings...

Golden syrup

Manuka honey blend

Banana

Blueberries

Energy Crunch

Peanut Butter

YOGHURTS

Probiotic Greek-style yoghurt

No 196

Morning Glory

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

No 195

Banana & Honey Yoghurt

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

BIRCHERS

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

No 197

Blueberry

V UNDER 300 Kcal

No 198

Energy Crunch

VG

