

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, whole-wheat pasta and Pesto Crème dressing

No 8
The Jerk £5.99
Fired chicken, avocado, whole-wheat pasta and Devil's dressing
DF NF //

No 10
Avocado Energy £6.65
Avocado, super grain mix and Miso Carrot dressing
DF VG

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
V

No 11
Low GI £6.55
Chicken breast, super bean mix and Fat Free Kale Dressing
DF NF GF UNDER 380 Kcal

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

HOT FOOD

FULL RANGE SERVED FROM 11AM

PASTA
Served on spinach fusilli

No 95
Lentil Bolognese £4.95
Lentil bolognese, spiralised courgette & butternut and spinach fusilli served with a wholemeal gratin
NF V UNDER 360 Kcal

No 96
Chicken & Mushroom £5.20
Chicken breast, mushrooms, petit pois and spinach fusilli served with a wholemeal gratin
NF

PROTEIN EGGS
High protein, free-range eggs with sweet potato, spinach and petit pois

No 87
Chargrilled Vegetables £4.95
V GF NF UNDER 450 Kcal

No 86
Hot Smoked Salmon £5.25
GF NF UNDER 460 Kcal

No 89
Chorizo & Sweet Peppers £5.15
GF NF UNDER 500 Kcal

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

No 112
Sweet Potato Gobi £6.50
With supergrains & coconut raita side
VG DF NF /

No 113
Thai Red Chicken £6.65
With edamame roquito mix & coconut chips side
DF GF NF /

No 114
High Protein Chilli £6.65
With corn chips & guacamole side
GF NF //

Hot Box by itself £5.75
Any side £2.15

SOUPS
No 100
Chicken Noodle £3.20
A smaller pot of our classic bone broth
DF NF UNDER 70 Kcal

No 101
Sicilian Tomato £3.20
A smaller pot of 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



BREAD

FRESHLY BAKED WHOLEGRAIN BREADS

BAGELS
No 140
Basil Poultry £2.65
Lemon & herb chicken, cucumber, Caesar dressing, vegetarian hard cheese, basil and black pepper
NF

No 141
Loch Stock & Hot Smoked Salmon £2.75
Lemon-dressed, hot-smoked salmon, cream cheese and black pepper
NF UNDER 440 Kcal

No 142
Big Advogoat £2.70
Avocado, goats 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
Piri Chicken £3.95
Fired chicken, chipotle pepper hummus, sweet peppers, toasted flaked almonds, Devil's dressing and crunchy cos
DF /

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 £3.25
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 £3.75
Lemon & herb chicken, Parmesan cheese, wholegrain croutons and Caesar dressing with crunchy cos
NF

No 163
Vegan Project £3.75
Smoked tofu, Pure super bean mix, hummus, avocado, carrot, baby leaf spinach and crunchy cos
DF VG

No 153
Smokin' Hot Chick £3.75
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
The Purrrito £3.75
Mexican bean mix, avocado, chargrilled vegetables, super grain mix, chipotle pepper hummus, vegetarian hard cheese and mixed leaves
V NF

No 156
Ariba Fajita £3.85
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, fusilli spinach pasta, super bean mix, sweet peppers, sun-dried tomato, basil, parsley, spinach and pesto crème
NF UNDER 500 Kcal

No 171

A Bit Moorish £4.35

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

No 172

Chilaca Chicken £4.35

Fired chicken, petit pois, Parmesan cheese, tomato pesto, chilli berries and whole-wheat pasta
NF /

No 173

Malay Chicken £4.35

Fired chicken, super grain mix, whole-wheat giant couscous, mango, coconut chips & Peanut dressing
DF UNDER 320 Kcal

LITTLE POTS

No 180

Cous We Love Veg £2.95

Whole-wheat giant couscous mix, chargrilled vegetables, beetroot dip, black pepper, mint
DF NF VG UNDER 200 Kcal

No 181

Hummus Be Tender £2.55

Tenderstem broccoli, hummus and super seeds
DF GF NF VG UNDER 255 Kcal

No 183

Veg Out £2.95

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

No 186

Zorba the Beet £2.60

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

No 182

24 Carrot £1.90

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

DRINKS

JUICES

250 ml Hand-made & raw

No 76

AGC £2.25

Apple, ginger, carrot

No 79

Orange £2.25

Freshly squeezed

No 77

Anti-Oxidiser £2.55

Apple, orange, pomegranate juice, mint

No 80

Green Clean £2.55

Cucumber, carrot, kale, celery, lemon

SMOOTHIES

250 ml Blended by us daily

No 66

Go Green £2.55

Kale, avocado, spinach, apple, orange, mint

No 67

Blueberry Barry £2.55

Blueberries, banana, strawberries, apple juice

No 68

Cherry Chia £2.55

Cherries, chia seeds, strawberries, apple, pomegranate juice

No 69

Vit-Hit £2.55

Mango, coconut yoghurt, spinach, ginger, apple

No 70

Brain Boost £2.55

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

HOT DRINKS

Two shots of ethically sourced, locally roasted coffee and organic milk

Latte £2.65

Flat White £2.65

Cappuccino £2.65

Americano £2.15

Macchiato £2.15

Espresso £1.85

Mocha £2.95

Hot Chocolate £2.95

(70% cocoa)

Tea £1.70

English Breakfast, Green, Earl Grey, Peppermint or Rooibos

Chai Latte £2.85

SUMMER DRINKS

Iced Tea £2.15

Lemon Iced Tea or Summer Fruits

Cold Brew £1.95

Iced Latte £2.55

Iced Mocha £2.85

SNACKS & TREATS

POWERBALLS

Apricot & Coconut Powerball £1.85

Rhubarb & Apricot Powerball £1.85

Cacao, Almond & Ginger Powerball £1.75

FRUIT SALADS

Pure Fruit Salad £3.15

Mango Unchained £2.65

Melon Rouge £2.95

SWEET THINGS

Double Chocolate Cookie £1.35

White Chocolate & Raspberry Cookie £1.35

Granola Square £1.99

Brownie £1.90

Blueberry Muffin £2.15

Banana & Bran Muffin £2.15

DESSERTS

Choc'avo Mousse £2.75

Super Rice Pudding £2.75

Chia Delight £2.95

BREAKFAST

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

TOASTED BAGELS*

Toasted, multi-seed, wholegrain bagel

No 60

Bacon & Avocado £2.95

Bacon, avocado & tomato
DF NF UNDER 440 Kcal

Mushroom & Avocado £2.75

Sauteed mushrooms, avocado, cream cheese and spinach
V NF UNDER 500 Kcal

VIENNOISERIE

Croissant £1.25

Almond Croissant £1.55

Chocolate Croissant £1.55

Wholegrain Croissant £1.55

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 £3.25

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* £3.10

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

PLUS your choice of toppings...

Sautéed mushrooms +80p

Avocado +£1

Bacon +£1

Goats Cheese +£1.25

Smoked salmon +£1.40

Toasted wholegrain bagel+ 85p

PORRIDGE*

Organic Milk Porridge £2.35

NF GF V UNDER 300 Kcal

Almond Milk Porridge £2.35

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

BIRCHERS

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

No 197

Blueberry £2.35

GF NF V UNDER 310 Kcal

No 198

Energy Crunch £2.45

DF GF VG UNDER 410 Kcal

No 200

Green Birchia £2.45

DF GF NF VG UNDER 290 Kcal

YOGHURTS

Greek-style yoghurt

No 196

Morning Glory £2.35

Seasonal compote with a pot of granola crunch
GF V UNDER 320 Kcal

No 195

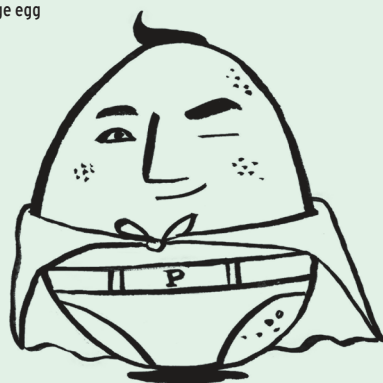
Banana & Honey Yoghurt £2.35

Banana and Manuka honey blend with a pot of granola crunch
GF V UNDER 380 Kcal

No 199

Catch Fraise £2.45

Fresh strawberries, organic cacao nibs and Manuka honey blend
GF V NF UNDER 190 Kcal



V = VEGETARIAN VG = VEGAN GF = GLUTEN FREE
DF = DAIRY FREE NF = NUT FREE / = MILD SPICE // = SPICY

FULL PRODUCT RANGE, INGREDIENTS, NUTRITIONAL AND ALLERGENS CAN BE FOUND ON OUR WEBSITE WWW.PURE.CO.UK

