

Hot breakfast

Toasties

Delicious fillings in a toasted wheat bran wrap.

Bacon & Egg

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

Smoked Salmon

Scottish smoked salmon with free-range egg mayonnaise.

Super Start

Feta, spinach, sautéed mushrooms, vine tomatoes and free-range egg mayonnaise

British Sausage & Egg

British Cumberland sausage with free-range egg mayonnaise and Pure ketchup.

Full Of Beans

Smoky bean mix, avocado puree, vine tomatoes & spinach.

Super Eggs

Three free-range scrambled eggs and petit pois.

→ your choice of toppings...

Sautéed Mushrooms

Avocado

Bacon

Smoked Salmon

Sourdough Roll & Butter

Protein Egg Muffins

Cheese, Tomato & Spinach

Free-range egg muffin, filled with mature cheddar cheese, spinach and tomato.

Ham & Cheese

Free-range egg muffin, filled with ham hock and mature cheddar cheese.

Pure Porridge

Wildfarmed regenerative oats soaked and cooked with gluten-free oat milk or whole milk.

Banana & Honey

Sliced banana and blossom honey.

Pure & Pip

Forest berries and Pip & Nut™ Crunchy Peanut Butter.

Berry Strong

Forest berries, chopped almonds, hazelnuts, seeds & dates.



Cold breakfast

Yoghurt

Top Banana

Greek-style yoghurt, banana, blossom honey & nutty granola.

Raspberry & Peanut Butter

Greek-style yoghurt, raspberry compote & peanut butter.

Berry Delightful

Coconut protein yoghurt alternative topped with forest berries & nutty granola.

Super Protein

Greek-style yoghurt, forest berries, mixed nuts, dates, seeds & peanut butter.

Fibre Starter

Greek-style yoghurt, raspberry compote, omega seeds, energy crunch & almond butter.

Birchers

We use Wildfarmed regenerative oats in our birchers. Wildfarmed are on a mission to farm with nature by implementing regenerative agriculture practices. Better for you, better for taste, better for nature.

Go Nuts

Oats, Greek-style yoghurt, mixed nuts, dates & seeds.

Rise & Shine

Oats, Greek-style yoghurt & blueberries.

Fruit Salads

Mango & Pineapple

Juicy mango and pineapple chunks.

Super Fruit Salad

Watermelon, grapes, mango and apple.

Melon & Blueberries

Cantaloupe melon and blueberries.

Pastries

Croissant

Chocolate Croissant

Vegan Almond Croissant

Cinnamon Bun

Blueberry Muffin

Apple, Bran & Cinnamon Muffin

Salads & Grain Bowls

Salads

Chicken Caesar

Chargrilled British chicken, Grana Padano, free-range poached egg and croutons on crunchy cos lettuce. Caesar dressing on the side.

Rainbow Veg

Avocado, chargrilled veg, broccoli, pickled beetroot, kale, quick-pickled veg & omega seeds on crunchy cos. Tahini dressing on the side.

Naked Chicken Burrito

Chipotle spiced British chicken, smoky beans, avocado, pickled veg, corn salsa and omega seeds on mixed leaves. Salsa verde dressing on the side.

Pure Bibimbap

Salt beef, pickled veg, free-range poached egg, cucumber, pure slaw & omega seed mix on mixed leaves. Spicy gochujang dressing on the side.

Celebrity Skin

Flaked hot-smoked salmon, avocado, cashew nuts, cucumber and tomato on mixed leaves. Pure Vinaigrette dressing on the side.

The King Caesar

Chargrilled British chicken, avocado, broccoli, vine roasted tomato, kale, Grana Padano & free-range poached egg on crunchy cos lettuce. Caesar dressing on the side.

Lemon Chia Chicken

Chargrilled chicken, edamame beans, cucumber, slaw, toasted almonds & wholegrain brown rice, topped with Cheddar cheese & corn chips.

Grain Bowls

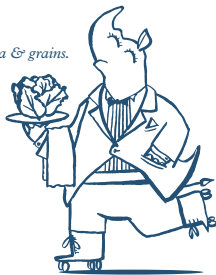
Served on a bed of tricolour quinoa & grains.

Salmon Lovin'

Hot smoked salmon, free-range poached egg, cucumber and quick-pickled vegetables. Salsa verde dressing on the side.

Prime Protein

Chargrilled British chicken, free-range egg and broccoli. Mustard vinaigrette on the side.



Hot food

Pure Bowls

Protein packed dishes served on wholegrain rice.

Protein Chicken & Mushroom

Chargrilled British Chicken in a mushroom sauce, topped with petit pois & Grana Padano cheese.

Sweet Potato & Coconut Curry

Mixed veg coconut curry, topped with edamame beans, broccoli & spicy greens.

High Protein Chili & Cheese

High protein spicy beef & kidney bean chili with quacamole & wholegrain brown rice, topped with Cheddar cheese & corn chips.

Protein Power

Chargrilled British chicken, free-range poached egg, edamame beans and spicy greens on a Thai green sauce.

Chicken Shawarma

Richly spiced Persian-style stew with chicken, topped with hummus and pomegranate.

Toasties

Delicious fillings in a toasted wheat bran wrap.

Halloumi

Halloumi cheese, hummus, sautéed mushrooms, sun-dried tomatoes and tomato relish.

Chicken Picante

Chargrilled British chilli chicken, Mexican beans, avocado puree, cheddar cheese, Roquito peppers and Sriracha Dressing.

Chicken New Yorker

Chargrilled British chicken, mature cheddar cheese, gherkins, mustard & vegan mayo.

Korean Barbeque Beef

Korean salt beef, caramelised onions, pickled veg & mature Cheddar cheese.

Soups

Add a Sourdough Roll and Butter.

Thai Green Lentil

Thai-inspired soup with lentils, spinach, lemongrass and coconut.

British Chicken

British chicken, carrots, celery and orzo pasta in a wholesome chicken broth.

We use recyclable kraft cardboard packaging where we can. All plastic packaging is made from recycled plastic and can be fully recycled. For more on our sustainability, visit pure.co.uk/thoughtful.



Breads

Sandwiches

We use Wildfarmed regenerative flour in our new, thick-cut, multigrain sandwiches. Wildfarmed are on a mission to farm with nature by implementing regenerative agriculture practices. Better for you, better for taste, better for nature.

Protein Chicken Salad

Chargrilled British chicken, tarragon mayo, vine tomato & cucumber in thick-cut, multigrain bread.

Skipjack Tuna & Smoky Corn

Pole & line caught tuna, cucumber & mixed leaves in thick-cut, multigrain bread.

Chickpea, Sriracha & Smashed Avo

Smoky beans, rocket & vegan mayo in thick-cut multigrain bread.

Pretzel Subs

Salt Beef, Mustard & Pickles

Salted beef, mustard sauce & pickled cucumber in a pretzel sub roll.

British Chargrilled Chicken

Chargrilled British chicken, mustard vinaigrette, pickled veg & cos lettuce in a pretzel sub roll.

Salmon & Cream Cheese

Hot-smoked salmon, dill cream cheese, cucumber, lemon juice & black pepper in a pretzel sub roll.

Wraps

Wheat bran wraps, handmade by us every day.

Lock, Stock & Hot Smoked Salmon

Hot smoked salmon, lemon mayonnaise, quick-pickled vegetables, cucumber and mixed leaves.

So Cluckin' Good

Chargrilled British chicken, avocado, quick-pickled vegetables, coconut yoghurt, crunchy cos and mustard vinaigrette.

Falafalo Soldier

Sweet potato falafel, hummus, Pure slaw, toasted flaked almonds and mustard vinaigrette.

Hail Caesar

Chargrilled British chicken, Grana Padano, croutons, mayonnaise and crunchy cos with Caesar dressing.

Seoul Good, Seoul Good

Korean salt beef, pickled veg, cucumber, cos lettuce & mayo.

Fajita Chicken & Smashed Avo

Chargrilled British chicken, smashed avocado, mature Cheddar cheese & Sriracha dressing.



Sides & Treats

Sides

25g Protein Chicken & Hummus

British chargrilled chicken with hummus and mixed seeds.

10g Protein Eggs & Spicy Greens

Two free-range eggs & spicy greens.

20g Protein Chicken & Harissa

British chargrilled chicken with mixed seeds and harissa dip.

24 Carrot

Crunchy carrot batons with hummus.

Super Fast Fibre

Smoky bean mix & broccoli with mixed seeds & hummus.

Sweet Things

Dark Chocolate & Hazelnut Cookie

Oat & Cranberry Cookie

Salted Caramel Brownie

Desserts

Super Rice Pudding

Peanut Butter Choc Pot

Drinks

Juices & Shots

Orange Juice

100% cold pressed. 250ml.

Daily Sweet Greens

Balances both sweet apple & leafy green flavours, making it a perfect addition to your day. 250ml.

Ginger Immunity Shot

A zesty shot of ginger, lemon & apple. 100ml.

Turmeric Immunity Shot

A blend of cold pressed ginger, turmeric, apple cider vinegar & black pepper. 100ml.

Smoothies

Brain Boost

Almond milk, banana, dates, Pip & Nut™ Peanut Butter and cacao nibs. 250ml & 500ml

Pure Protein

Skimmed milk, vanilla protein, blueberries, strawberries & almond butter. 250ml & 500ml

Get Vit

Mango, coconut yoghurt, apple juice, spinach and fresh ginger. 250ml & 500ml

Coco Berry

Blueberries, blackberries, raspberries, coconut protein Yoghurt alternative & apple juice. 250ml & 500ml

Coffee

Latte

Flat White

Cappuccino

Americano

Long Black

Cortado

Espresso

Macchiato

Mocha

Iced

Iced Latte

Iced Americano

Iced Matcha

£1 reusable cup discount

Plant milks are free

Tea

English Breakfast

Earl Grey Tea

Green Tea

Peppermint Tea

Speciality

Hot Chocolate

Chai Latte

Matcha