

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.

Halloumi & Avocado

Grilled halloumi cheese with sautéed mushrooms and avocado puree.

Super Eggs

Three free-range scrambled eggs and petit pois.

→ your choice of toppings...

Smoky Beans

Mature Cheddar Cheese

Tomatoes

Sautéed Mushrooms

Avocado

Bacon

Smoked Salmon

Sourdough Roll & Butter

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.

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 Brekkie

Free-range egg muffin, filled with British cumberland sausage, sweet-cured bacon & Pure ketchup.

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.

Forest Berries Yoghurt & Granola

Greek-style yoghurt, forest berries & nutty granola

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.

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.

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.

Green Goodness Curry

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

Keralan Coconut Curry

Creamy Keralan Coconut Curry, topped with a poached free-range egg and petite pois.

High Protein Chilli & Cheese

High protein spicy beef & kidney bean chilli with guacamole & 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.

Soups

Add a Sourdough Roll and Butter.

Souper Green

Souper healthy pea and roasted garlic soup.

Chicken Tamari

Chargrilled British chicken in a wholesome broth made with carrots, potato, mushrooms, soy sauce & mirin.

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.

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.

Chargrilled Chicken & Smoked Bacon

Chargrilled British chicken, sweet-cured smoked bacon, free-range egg mayo & vine tomatoes in thick-cut, multigrain bread.

Wiltshire Ham & Mature Cheddar

Wiltshire ham and Mature Cheddar cheese with tomato relish in thick-cut, multigrain bread.

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.

Bagels

Salmon Like You!

Hot smoked salmon, cream cheese, lemon juice and black pepper on a multigrain bagel.

Hass Queen

Avocado, sautéed mushroom, vine roasted tomato, baby spinach & vegan mayo on a multigrain bagel.

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.

Never Bean Better

Smoky beans, corn salsa, sweet potato & pickled veg.

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.

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 Shot

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

The 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

Pure.

Deliciously good food & coffee.

V Vegetarian

VG Vegan

M Mild Spice

S Spicy

Prices and range vary in some of our shops. Full product range, ingredients, nutritional and allergen information can be found online at pure.co.uk. Printed on recycled paper.