

# Hot breakfast

## Toasted Wraps

We use Wildfarmed regenerative flour in our new, wholemeal, palm oil-free wraps. Wildfarmed are on a mission to farm with nature by implementing regenerative agriculture practices. Better for you, better for taste, better for nature.

### 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.

## Porridge

Wildfarmed regenerative oats soaked and cooked with gluten-

### 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 & piquante peppers on mixed leaves. Lemon chia 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.

### Sweet Potato & Coconut Curry

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

### High Protein Chili & Mushroom

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.

## Toasted Wraps

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### 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.

# Breads

## Sandwiches

We use Wildfarmed regenerative flour in our 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

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### 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.



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](http://pure.co.uk/thoughtful).



# 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