

PURE

BREAKFAST

SHAKSHUKA ^V	15.00
Harissa, Tomatoes, Poached Eggs, Feta Cheese, Sourdough	
MUSHROOM & TOAST ^{VG}	12.50
Mushrooms, Toasted Multiseed Bread, Spiced Hummus, Spiced Chickpeas, Sundried Tomatoes	
Add Poached Egg	2.00
SMOKED SALMON & EGGS	18.00
Choice of Scrambled, Poached or Fried Eggs Toasted Multi Seeded Bread, Smashed Avocado, Smoked Salmon, Cherry Tomatoes & Rocket	
PURE BREAKFAST	16.50
Choice of Scrambled, Poached or Fried Egg Prime Pork Sausage, Irish Back Bacon, Baked Beans, Black Pudding, Sourdough Toast	
OATMEAL BUTTERMILK PANCAKES ^V	12.00
Choose your Toppings: • Seasonal Fruits, Algarve Honey, Crème Fraîche • Chocolate Sauce and Nibs, Strawberries, Cocoa • Banana, Blueberries, Peanut Butter, Cinnamon	
PORRIDGE ^{VG}	9.50
Oat Milk, Cinnamon, Mix Berries Compote, Almonds, Maple Syrup	
Add Vanilla Protein	2.50
CHIA PUDDING ^V	9.50
Chia Pudding, Red Berry Compote, Peanut Butter	
YOGHURT & GRANOLA ^V	9.50
Seasonal Fruits, Natural Greek Yoghurt, Granola, Mango	
TOAST	4.50
Choice of Wholegrain or Sourdough, Sea Salted Butter and Preserves	
SIDES	
Roast Tomato ^{VG}	2.50
Bacon Sausage Black Pudding Mushrooms ^{VG}	3.50
Smoked Salmon Avocado ^{VG}	4.50
Poached Egg	2.00

AÇAÍ BOWLS

PEANUT BUTTER	10.50
Banana, Blueberries, Peanut Butter, Granola & Chia Seeds	
CHOCOLATE	10.50
Strawberries, Cocoa Nibs, Chocolate Sauce, Granola & Chia Seeds	
BERRIES & HONEY	10.50
Mixed Berries, Goji Berries, Honey, Granola & Chia Seeds	

PASTRY & BAKERY

Choose from a selection of freshly baked cakes and bread.
Please ask what we have available today.

MUFFINS, SCONES OR CROISSANTS	FROM 3.50
FRESHLY BAKED BREAD	FROM 5.50

LUNCH SERVED FROM 12:00 TO 16:00

SOUP OF THE DAY	5.00
Freshly made Soup with ingredients from our Q Farm. Served with Sourdough Bread	
Soup of the Day + Wrap	12.50
CHICKEN SCHNITZEL	18.00
Oven-Baked Panko Chicken Breast, Rainbow Slaw, Garlic Mayonnaise	
TOFU BOWL ^{VG}	18.00
Sesame Tofu Steak, Pickled Red Cabbage, Carrot, Mango, Aspargos, Pumpkin Seeds, Tamarind, Sriracha, Lime Sauce	
PURE BUDDHA BOWL ^{VG}	17.00
Quinoa, Greens, Edamame, Pickled Red Cabbage, Butternut Squash, Olives, Avocado, Sesame Seeds, Beetroot Hummus	
CAULIFLOWER STEAK ^V	18.00
Roast Cauliflower, Parmigiano Reggiano, Beetroot Hummus, Rocket, Almonds	
TURKEY MEATBALLS	18.00
Turkey, Spices, Quinoa, Vegetables, Pomegranate, Watercress, Tatziki	
SALMON & PRAWNS	20.50
Vegetables, Curry Sauce, Cashews, Coriander, Lime	
PULLED DUCK OPEN TACOS	16.00
Marinated Duck, Soy, Sriracha, Garlic, Ginger, Rainbow Slaw, Roast Bell Pepper Sauce	
GARLIC PRAWNS TACOS	19.00
Prawns, Garlic, Coleslaw, Lime & Herb Oil	
SIDES	
Chicken Breast Smoked Salmon	4.50
Green Salad Coleslaw ^{VG}	3.50

FRESH WRAPS

HUMMUS ^{VG}	9.00
Carrot Hummus, Roasted Peppers, Avocado, Mixed Leaves	
TUNA	9.00
Flaked Mayo, Cucumber, Red Onion, Mixed Leaves	
CHICKEN CORONATION	9.00
Chicken Breast, Spiced Mayo, Mixed Leaves	

SALADS OF THE DAY

Discover our delicious and recognized specials of the day.
Please ask a member of our team.

	EACH
FULL PORTION	10.00
HALF PORTION	6.00

JUICES

GO PURE Apple, Lemon, Spinach, Cucumber, Pineapple	7.00
PURE C Freshly Squeezed Orange Juice	6.00
HYDRATE Watermelon, Mint, Lemon	7.00
PURE LUST Apple, Pineapple, Watermelon, Ginger	7.00
CGO Carrot, Ginger, Orange	7.00
BEET-IT-UP Beetroot, Carrot, Pear, Lemon, Orange, Ginger, Pineapple	7.00
EQUALIZER Apple Cider Vinegar, Lemon, Ginger, Orange, Turmeric	7.00

PURE SHOTS

N°1 Ginger, Lemon	3.00
N°2 Lemon, Ginger, Tumeric	3.00

SMOOTHIES

BANABERRY Oat Milk, Banana, Mixed Berries, Chocolate Protein	8.00
LIL' ONE Orange, Banana, Strawberry	8.00
GREEN BOOSTER Cucumber, Lemon, Ginger, Spinach, Avocado	8.00
WORKOUT RECOVERY Almond Milk, Banana, Maca, Spinach, Almond Butter, Raw Cacao, Vanilla Protein	8.00
B BOX Pear, Orange, Pineapple, Avocado, Apple, Vanilla Protein	8.00
ADDITIONAL INGREDIENTS	
Extra Ingrediente	1.00
Protein	2.50

If you have a food allergy please ask our staff about the ingredients in each dish. In our kitchens we have procedures for handling food in order to guarantee the safety of our consumers, however we cannot guarantee at all that the products have not come into contact with other allergens that are not part of their normal composition, either through cross contamination or omission by third parties. All prices in euros (€). VAT included at legal rates. No food or drink including the couvert, can be charged if not requested by the customer or if not consumed. We have a complaints book. 22.10.2024

V - VEGETARIAN | VG - VEGAN

COFFEE & TEA

AMERICANO	4.00
CAPPUCCINO	3.50
WHITE COFFEE	3.50
FLAT WHITE	4.00
ESPRESSO	2.00
LATTE	3.50
CAFE MOCHA	4.00
DOUBLE ESPRESSO	4.50
ICED COFFEE	3.50
TEA	1.00
EXTRA SHOT	0.75
ADD A FLAVOUR	

DRINKS

STILL		SPARKLING	
0.25 L	1L	0.25 L	0.75L
2.50	4.00	2.50	4.00

SOFT DRINKS

COCA-COLA COCA-COLA ZERO SPRITE	3.00
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WINE

	GLASS	BOTTLE
CHAMPAGNE		
LAURENT PERRIER BRUT Rich, fresh and elegant		80.00
PROSECCO		
ALBINO ARMANI DOC Fresh and fruity	9.00	39.00
WHITE		
LACRAU COLHEITA Fresh and fruity	6.50	26.00
LACRAU SAUVIGNON Fresh and citric	7.50	31.00
ROSÉ		
LACRAU COLHEITA Light, fresh and dry	6.50	26.00
M DE MINUTY COTÉ PROVENCE Dry and fruity	9.50	41.00
RED		
LACRAU COLHEITA		26.00

BEER AND CIDER

SAGRES Portugal	3.50
BANDIDA DO POMAR Portugal	3.75

Eat Pure . Drink Pure . Feel Pure

  @pureqdl
www.quintadolago.com