

# PURE

## BREAKFAST



### CHILLED APPLE BIRCHER 8.50

Overnight oats, sultanas, cinnamon, apple, yoghurt, vanilla protein, almonds, flaxseed

### YOGHURT & TOASTED GRANOLA 6.50

Hedgerow berries, natural yoghurt, toasted nut, oat granola

### IRISH SMOKED SALMON 11.50

Warm rye bread, smashed avocado, scrambled eggs, cherry tomatoes

### PURE BREAKFAST 12.50

Choice of eggs - scrambled, poached or fried, prime pork sausage, Irish back bacon, baked beans, toasted white bread

### OATS OATS OATS 8.50

Hot oats slowly cooked in oat milk with Algarve honey, hedgerow berries

### PURE FLORENTINE 10.50

Breakfast muffin, spinach, tomatoes, poached eggs, Hollandaise sauce

### PANCAKES 9.00

Oatmeal buttermilk pancakes, seasonal fruits, Algarve honey, crème fraiche

## Pure sides

### SMOKED SALMON 4.50

### AVOCADO 2.50

### BACON 2.00

### ROAST TOMATO 2.00

## Fresh Wraps

### CHICKEN CAESAR 7.50

Chicken breast, lettuce, Caesar dressing

### LINE CAUGHT TUNA 8.00

Tuna, lemon, sweetcorn, lettuce, crème fraiche

### VEGAN 7.50

Hummus, red pepper, grated carrot, lettuce

### VG - VEGAN

## LUNCH



## Hot Bowls

### CHICKEN SCHNITZEL 10.50

Panko crusted chicken breast, lemon, coleslaw, potato wedges, green salad

### PULLED DUCK & PLUM 13.00

Crushed thyme potato, plum sauce, stir fried vegetables

### GOAN VEGETABLE CURRY 11.50

Butternut squash, cauliflower, spinach, chick peas, coriander, spices, coconut milk wild cardamom rice

### WARM SESAME SMOKED TOFU 10.50

Hoi Sin & soy toasted smoked tofu, sesame seeds, garlic, ginger, avocado, spinach, leaves, pineapple, beetroot, coarse grain mustard & mango dressing

## Chilled Bowls

### INDIO CHICKEN 11.50

Lightly curried chicken breast, crème fraiche, pineapple, dried apricot, scallion, saffron & cardamom rice

### FALAFEL 11.50

Bulgur wheat tabbouleh, mint, parsley, cucumber & mint raita, tomato jalapeño dip

### CHILLED TURKEY BOWL 12.00

Turkey meat balls, herb cous cous, cucumber, red onion, tomatoes, sweetcorn, black eyed beans, wasabi guacamole

### SALMON, QUINOA, TZATZIKI 12.00

Paprika & cumin dusted salmon, lemon & dill quinoa, roast vegetables, tzatziki

## SALADS



## Discover

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

### FULL PORTION 7.50

### HALF PORTION 4.50

# PURE

## NATURAL



### Pure Juices

<b>GO PURE</b> Apple, lemon, spinach, cucumber, pineapple, watercress	<b>6.50</b>
<b>PURE C</b> Freshly squeezed orange juice	<b>5.00</b>
<b>VEGGIE SKIN</b> Carrot, cucumber, parsley, celery	<b>6.50</b>
<b>HYDRATE</b> Watermelon, mint, lime	<b>6.00</b>
<b>PURE LUST</b> Apple, pineapple, watermelon, ginger	<b>6.50</b>
<b>CGO</b> Carrot, ginger, orange	<b>6.00</b>
<b>BEET-IT-UP</b> Beetroot, carrot, pear, lemon, orange, ginger, pineapple	<b>6.50</b>
<b>GREEN TEE</b> Orange, parsley, celery, spinach, kiwi	<b>6.50</b>
<b>EQUALIZER</b> Apple cider vinegar, lemon, ginger, orange, turmeric	<b>6.50</b>

Create your own  
select 5 ingredients

<b>FRESH FRUIT OR VEG</b>	<b>7.00</b>
<b>ADDITIONAL INGREDIENT</b>	<b>0.50</b>
Açaí	Flax seed oil
Agave	Hemp seeds
Almond butter	Honey
Almond milk	Matcha
Apple cider vinegar	Mixed seeds
Bee pollen	Oat milk
Cayenne pepper	Raw cacao
Chia seeds	Rice milk
Chlorella	Soya milk
Chocolate protein	Spirulina
Coconut oil	Vanilla protein
Flax seeds	Wheatgrass

### Smoothies

<b>BANABERRY</b> Oat milk, banana, mixed berries, chocolate protein	<b>7.50</b>
<b>B BOX</b> Pear, orange, pineapple, avocado, mango, apple, vanilla protein	<b>7.50</b>
<b>GREEN BOOSTER</b> Cucumber, lemon, ginger, spinach, avocado, apple	<b>7.50</b>
<b>WORKOUT RECOVERY</b> Almond milk, agave, banana, maca, spinach, almond butter, raw cacao, vanilla protein	<b>7.50</b>
<b>THE ROCK</b> Kale, banana, ginger, mango, almond milk, bee pollen, turmeric	<b>7.50</b>

### Pure Shots

<b>PURE N°1</b> Ginger and lemon	<b>2.00</b>
<b>PURE N°2</b> Lemon, ginger and apple cider vinegar	<b>2.50</b>
<b>PURE N°3</b> Cayenne pepper, lemon ginger and flax seed oil	<b>3.00</b>

### Still water

<b>0.25 L LUSO</b>	<b>2.50</b>
<b>1 L LUSO</b>	<b>4.00</b>

### Sparkling water

<b>0.25 L</b>	<b>2.50</b>
<b>0.75 L</b>	<b>4.00</b>

### Soft drinks

<b>COCA-COLA</b>	<b>3.00</b>
<b>COCA-COLA LIGHT</b>	<b>3.00</b>
<b>SPRITE</b>	<b>3.00</b>

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.

# PURE

## DRINKS



### Wines by bottle

<b>CHAMPAGNE</b> <b>BILLECART-SALMON BRUT</b> Rich, fresh and floral	<b>75.00</b>
<b>PROSECCO</b> <b>ALBINO ARMANI DOC</b> Fresh and fruity	<b>35.00</b>
<b>WHITE</b> <b>LACRAU COLHEITA</b> Fresh and fruity	<b>21.00</b>
<b>LACRAU SAUVIGNON</b> Fresh and citric	<b>22.00</b>
<b>ROSÉ</b> <b>LACRAU COLHEITA</b> Light, fresh and dry	<b>21.00</b>
<b>M de MINUTY COTÊ PROVENCE</b> Dry and fruity	<b>25.00</b>
<b>RED</b> <b>LACRAU COLHEITA</b> Young and smooth	<b>21.00</b>

### Wines by the glass

<b>ALBINO ARMANI DOC</b> Prosecco	<b>8.00</b>
<b>LACRAU COLHEITA</b> White, Rosé and Red	<b>4.50</b>
<b>M de MINUTY COTÊ PROVENCE</b> Rosé	<b>6.50</b>
<b>LACRAU SAUVIGNON</b> White	<b>5.50</b>

### Beer and Cider

<b>SAGRES</b> Portugal	<b>3.50</b>
<b>HEINEKEN 0.0</b> Netherlands	<b>3.50</b>
<b>BANDIDA DO POMAR</b> Portugal	<b>3.75</b>

## PASTRY



### Freshly Baked

**MUFFINS, SCONES & CROISSANTS**  
**3.50**

Ask us about our selection of daily homemade cakes

## BAKERY



FRESH BREAD

*Slow cooked and made  
with artisan flour.*

**CHOOSE FROM WHITE  
OR MULTIGRAIN**

## TAKE-AWAY



*To take on a picnic  
or enjoy  
in the comfort  
of your home.*

Sustainably packaged to care for the environment.