# PURE

11:30

### LUNCH

12:00 16:00 Hot Bowls

CHILLED APPLE BIRCHER  Overnight oats, sultanas, cinnamon, apple, yoghurt, vanilla protein, almonds, flaxseed	8.50
YOGHURT & TOASTED GRANOLA Hedgerow berries, natural yoghurt, toasted nut, oat granola	6.50
IRISH SMOKED SALMON Warm rye bread, smashed avocado, scrambled eggs, cherry tomatoes	11.50
PURE BREAKFAST Choice of eggs - scrambled, poached or fried, prime pork sausage, Irish back bacon, baked beans, toasted white bread	12.50
OATS OATS OATS  Hot oats slowly cooked in oat milk with Algarve honey, hedgerow berries	8.50
PURE FLORENTINE Breakfast muffin, spinach, tomatoes, poached eggs, Hollandaise sauce	10.50
PANCAKES  Oatmeal buttermilk pancakes, seasonal fruits,	9.00

prime pork sausage, Irish back bacon, baked beans, toasted white bread	
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PURE FLORENTINE Breakfast muffin, spinach, tomatoes, poached eggs, Hollandaise sauce	10.50
PANCAKES  Oatmeal buttermilk pancakes, seasonal fruits, Algarve honey, crème fraiche	9.00

Pure sides	
SMOKED SALMON	4.50
AVOCADO	2.50
BACON	2.00
ROAST TOMATO	2.00

CHICKEN SCHNITZEL Panko crusted chicken breast, lemon, coleslaw, potato wedges, green salad	10.50
PULLED DUCK & PLUM Crushed thyme potato, plum sauce, stir fried vegetables	13.00
GOAN VEGETABLE CURRY Butternut squash, cauliflower, spinach, chick peas, coriander, spices, coconut milk wild cardamom rice	11.50
WARM SESAME SMOKED TOFU  Hoi Sin & soy toasted smoked tofu, sesame seeds, garlic, ginger, avocado, spinach, leaves, pineapple, beetroot, coarse grain mustard & mango dressing	10.50
Chilled Bowls	
INDIO CHICKEN  Lightly curried chicken breast  crème fraiche, pineapple, dried apricot, scallion, saffron & cardamom rice	11.50
FALAFEL Bulgur wheat tabbouleh, mint, parsley,	11.50

## Fresh Wraps

CHICKEN CAESAR 7.50 Chicken breast, lettuce, Caesar dressing LINE CAUGHT TUNA 8.00 Tuna, lemon, sweetcorn, lettuce, crème fraîche **VEGAN** 7.50 Hummus, red pepper, grated carrot, lettuce



12.00

12.00

cucumber & mint raita, tomato jalapeño dip

Turkey meat balls, herb cous cous, cucumber,

Paprika & cumin dusted salmon, lemon & dill

red onion, tomatoes, sweetcorn, black eyed

SALMON, QUINOA, TZATZIKI

quinoa, roast vegetables, tzatziki

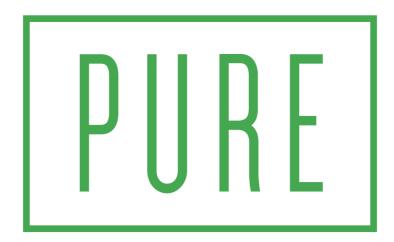
CHILLED TURKEY BOWL

beans, wasabi guacamole



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

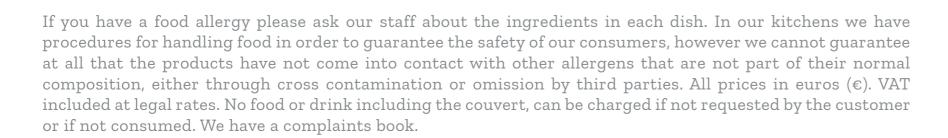
FULL PORTION	7.50
HALF PORTION	4.50



### NATURAL



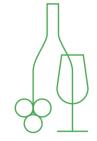
Pure Ju	ices		Smoothies	
GO PURE Apple, lemon, spinach, cucumber watercress		6.50	BANABERRY Oat milk, banana, mixed berries, chocolate protein	7.50
PURE C Freshly squeezed orange juice		5.00	<b>B BOX</b> Pear, orange, pineapple, avocado, mango, apple, vanilla protein	7.50
<b>VEGGIE SKIN</b> Carrot, cucumber, parsley, celery		6.50	GREEN BOOSTER Cucumber, lemon, ginger, spinach, avocado,	7.50
HYDRATE Watermelon, mint, lime		6.00	apple WORKOUT DECOVERY	7.50
PURE LUST Apple, pineapple, watermelon, gi	nger	6.50	WORKOUT RECOVERY Almond milk, agave, banana, maca, spinach, almond butter, raw cacao, vanilla protein	7.50
<b>CGO</b> Carrot, ginger, orange		6.00	THE ROCK  Kale, banana, ginger, mango, almond milk, bee pollen, turmeric	7.50
<b>BEET-IT-UP</b> Beetroot, carrot, pear, lemon, ora pineapple	nge, ginger,	6.50	Pure Shots	
GREEN TEE Orange, parsley, celery, spinach, l	kiwi	6.50	DUDE NO	0.00
EQUALIZER		6.50	PURE N°1 Ginger and lemon	2.00
Apple cider vinegar, lemon, ginge turmeric	er, orange,		PURE N°2 Lemon, ginger and apple cider vinegar	2.50
Create you select 5 ing	ir own		PURE N°3 Cayenne pepper, lemon ginger and flax seed oil	3.00
select 5 ing	irldients	L	0	
FRESH FRUIT OR VEG	<b>.</b>	7.00	Still water	
ADDITIONAL INGREDIEN	1	0.50	0.25 L LUSO	2.50
Açaí	Flax seed oil		I L LUSO	4.00
Agave	Hemp seeds		0	
Almond butter	Honey		Sparkling water	
Almond milk	Matcha		·	
Apple cider vinegar	Mixed seeds		0.25 L	2.50
Bee pollen	Oat milk		0.75 L	4.00
Cayenne pepper	Raw cacao			
Chia seeds	Rice milk		8	
Chlorella	Soya milk		Soft drinks	
Chocolate protein	Spirulina			0.00
Coconut oil	Vanilla protein		COCA-COLA COCA-COLA LIGHT	3.00 3.00
Flax seeds	Wheatgrass		SPRITE	3.00





# PURE

### DRINKS



Wines by bottle

CHAMPAGNE	
BILLECART-SALMON BRUT	75.00
Rich, fresh and floral	

PROSECCO	
ALBINO ARMANI DOC	35.00
Fresh and fruity	

WHITE LACRAU COLHEITA	21.00
Fresh and fruity	21.00
LACRAU SAUVIGNON Fresh and citric	22.00

ROSÉ LACRAU COLHEITA Light, fresh and dry	21.00
M de MINUTY COTÊ PROVENCE Dry and fruity	25.00
RED LACRAU COLHEITA	21.00

~ L	. 0	
Wines	by the	glass

Young and smooth

Portugal

ALBINO ARMANI DOC Prosecco	8.00
LACRAU COLHEITA White, Rosé and Red	4.50
M de MINUTY COTÉ PROVENCE Rosé	6.50
LACRAU SAUVIGNON White	5.50

### Beer and Cider

SAGRES Portugal	3.50
HEINEKEN 0.0 Netherlands	3.50
ΒΑΝΠΙΠΑ ΠΩ ΡΩΜΑΒ	3.75

### PASTRY

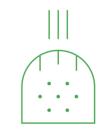


Freshly Baked

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.