

Hot food

Please go to our website to see the Daily Specials for this week

pure-madeforyou.co.uk

Soups

Vegetable V £3.60

Meat £3.95

Hot boxes

Served on short grain organic brown and Camargue rice

Vegetable V £5.20

Meat £5.75

One Pots

A new addition to our hot food for this winter...

Delicious daily hot dishes (think of your Mum's home cooking!) served on colcannon root vegetable mash £5.85

Noodle Pots

Served on soba noodles, bean sprouts, spring onion, spinach, broccoli, carrot, sesame seeds & coriander with Pure's special miso soup

Chicken & Ginger £5.65

Vegetable Gyoza £5.45

Specials available each week
See Daily Specials at pure-madeforyou.co.uk

Toasties

Delicious toasted wraps

New It's a Croque Toastie £3.99
Smoked Wiltshire ham, Swiss cheese & tomato pesto

Haloumi Toastie V £4.29
Haloumi, balsamic mushroom, hummus & sun-dried tomatoes

Specials available each week
See Daily Specials at pure-madeforyou.co.uk

See all of our 'Daily Specials' on our homepage
pure-madeforyou.co.uk

Flat breads

We bake our flat bread in store, every morning

Pleased To Meet You £3.65

Chicken breast, Spanish chorizo, hummus, red peppers, tomatoes and chopped parsley in our freshly baked, Pure Flat Bread

New Classic Prawn £3.85

King prawns, Marie Rose dressing, avocado, Cos lettuce in our freshly baked, Pure Flat Bread

Hail Caesar £3.35

Chicken breast, parmesan cheese, Cos lettuce, black pepper and homemade croutons with Caesar dressing in a Pure wheat bran wrap

Hummus be Joking V £2.99

Hummus, baby spinach and grated carrots in a Pure wheat bran wrap

Chicken Caesar £4.85

Chicken breast, parmesan cheese, free-range egg and parmesan croutons on crunchy Cos lettuce. We recommend Caesar dressing

New The Colonel £3.85

Chicken breast, cream cheese, tomato pesto, mozzarella, roquito peppers, tomatoes and baby leaf spinach in our freshly baked, Pure Flat Bread

Improved Beefeater £3.85

Rare roast beef, horseradish, winter roasted vegetables, sun-dried tomatoes, butter and baby leaf spinach in our freshly baked, Pure Flat Bread

New Smokin' Tuna £3.49

Tuna, crème fraiche, smoked cheddar, broccoli, tomatoes and mixed leave with Grandma's dressing in a Pure wheat bran wrap

Improved Bean Beanie V £3.45

Hummus, Pure super-bean mix, avocado and broccoli with baby spinach and Cos lettuce in a wheat bran wrap

Greek V £4.85

Feta cheese, marinated mixed olives, tomatoes, red onion, cucumber and hummus on mixed leaves. We recommend Oil & Vinegar dressing

New Yorker £3.89

Shaved pastrami, mature cheddar, cream cheese, Dijon mustard, dill pickles and crunchy Cos lettuce in our freshly baked, Pure Flat Bread

Italian Job V £3.45

Mozzarella, sun-dried tomatoes, avocado and baby leaf spinach with Pesto Crème served in our freshly baked, Pure Flat Bread

Cheddar Gorge'ous V £2.99

Mature Cheddar cheese, tomato relish, celery, butter and watercress in our freshly baked, Pure Flat Bread

Specials available
See Daily Specials at
pure-madeforyou.co.uk

Specials available
See Daily Specials at
pure-madeforyou.co.uk

Trotter £3.75

Roast pulled pork, Italian pancetta, Pure Apple Sauce, stuffing, crème fraiche and baby leaf spinach in a Pure wheat bran wrap

Ariba Fajita! £3.45

Fajita chicken breast, avocado, Pure tomato salsa, mature cheddar, Roquito peppers, sweet peppers and mixed leaves with yoghurt dressing in a Pure wheat bran wrap

Marrakesh £5.65

Chicken breast, winter roasted vegetables, sun-dried tomatoes, cucumber and golden raisins on dressed cous cous and baby leaf spinach. We recommend Sweet Chilli & Lime dressing

Pure Salads

With our recommendation of dressing

Salmon Nicoise £5.65
Scottish, hot-smoked salmon, free-range egg, marinated mixed olives, cucumber, red onion and Omega seed on mixed leaves. We recommend Grandma's dressing

Low GI £5.65
Chicken breast, Pure super-bean mix, avocado, tomatoes, cucumber, broccoli, mixed peppers and Omega seed mix on mixed leaves. We recommend Oil & Vinegar dressing

New Big Mack™ £5.65
Smoked mackerel, avocado, red onion, cucumber and Omega Seed mix on baby leaf spinach and brown rice. We recommend Grandma's dressing

New The Jerk £5.65
Fajita chicken, avocado, tomato salsa, mixed peppers, red onion and sweetcorn on whole-wheat pasta and baby leaf spinach. We recommend Devil's dressing

Tuna Chef £5.25
Dolphin-friendly tuna, free-range egg, cucumber, tomatoes, broccoli, Omega seed mix and golden raisins on mixed leaves. We recommend Pure Vinaigrette

Base £2.35 each
Mixed leaves
Cos lettuce
Baby leaf spinach
Organic whole-wheat pasta
Organic short-grain rice
Brown and Camargue rice
Whole-wheat pea and mint couscous

Proteins £1.25 each
Chicken breast
Fajita chicken
Roast beef
Italian pancetta
Farmhouse ham
Marinated, pulled pork
Tuna
Hot-smoked salmon +30p
Smoked mackerel +30p
King prawns +30p

Vegetables 60p each
Pure super-bean mix
Red onions
Sweetcorn
Tomatoes
Bean sprouts
Beetroot
Broccoli florets
Carrots
Cucumber
Free-range egg
Mixed peppers
Petit pois

Deli 85p each
Winter roasted vegetables
Pure tomato salsa
Portobello mushrooms
Roasted potato bits
Avocado
Hummus
Roquito peppers
Sun-dried tomatoes
Mixed Italian olives
Sesame ginger noodle
Mozzarella
Parmesan
Mature cheddar
Feta cheese

Toppings 30p each
Omega seed mix
New Golden raisins
New Pistachios
Pure parmesan
croutons
Cashew nuts
Toasted almonds

Dressings
Free with every salad
Caesar
Pure Vinaigrette
New Grandma's Dressing
Sweet Chilli & Lime
Honey Mustard
Pesto Crème
Sesame Ginger
New Devils Dressing
HOT
Extra virgin olive oil
Balsamic vinegar
Lemon juice

Salad Specials

New Bataniku £5.35
Pulled, marinated pork, broccoli, Pure super-bean mix, roquito peppers, cucumber, bean sprouts and cashew nuts on Asian noodles and baby leaf spinach. We recommend Sesame Ginger dressing

Deep Rooted £5.35
Roasted winter vegetables, feta cheese, Pure super-bean mix, hummus, tomatoes, cucumber and flaked almonds on cous cous and baby leaf spinach. We recommend Grandma's dressing

Salad Bar

Make your perfect salad finished your way: salt, pepper, mixed with dressing, dressing on the side

Sides

Edamame V £1.95
24 Carrot V £1.60
Crunchy carrot batons with hummus

Super Bean V £1.75
Pure super-bean mix with our delicious hummus

Mozzato V £2.15
Vine ripened tomatoes, mozzarella, baby leaf spinach and basil with Pure Vinaigrette

Moroc £2.85
Chicken breast, minted cous cous, sun-dried tomatoes, golden raisins and our Sweet Chilli & Lime dressing

New Roasted Roots V £2.10
Roasted winter vegetables (butternut squash, sweet potato, parsnip, carrot, aubergine and shallots) and our delicious hummus

New Yaku-Shima Salmon £3.65
Teriyaki Salmon, sesame ginger noodles, sushi ginger, roquito peppers, sesame seeds and coriander with Sweet Chilli & Lime dressing

Prawn King £3.65
King prawns, sesame ginger noodles, fresh lime, black sesame seeds and coriander with Sweet Chilli & Lime dressing

Beef Encounter £3.45
Roast beef, sesame ginger noodles, sushi ginger, roquito peppers, sesame seeds and coriander with Sweet Chilli & Lime dressing

Juices

£3.95

Single
Orange or apple or Carrot

AGC
Apple, ginger and carrot

Anti-Oxidizer
Apple, orange, pomegranate juice and fresh mint

Detox
Carrot, beetroot, celery and fennel

Jumble Juice
Carrot, apple, pear and orange

New Flu Fighter
Orange, pineapple, lemon and honey

Desserts

New Winter fruit crumble £1.75
Stewed fruits with custard with a cinnamon crumble top

New It's Mine! (Not Terry's) £1.90
70% cocoa chocolate whipped into a mousse with orange zest

Sicilian lemon cheesecake pot £1.90
Lemon curd and sweet cheese on a ginger biscuit base

New Organic toffee apple rice £1.45
Organic rice pudding with dulce de leche and semi-dried apple

Brownie bites £1.10
Cookies 99p
Seasonal fruit salad £2.95
Pure citrus fruit £2.95

Blueberry Barry £3.35
Blueberries, banana, strawberries and apple juice

Brain Fuel £3.35
Strawberries, apple juice and banana

Body Builder £3.95
Peanut butter, banana, oats and organic skimmed milk

Blueberry muffin £1.85
Banana bran muffin £1.85

Morning Glory £1.95
Greek yoghurt with stewed winter fruits
Greek Honey £2.15
Greek yoghurt & honey

Birchers Oats, apple juice and yoghurt
New Winter fruits £1.95
Banana & Apple £1.75
Blueberry £1.75

Raspberry Rhapsody £3.35
Raspberries, banana, strawberries, orange juice and yoghurt

Smoothies

Pure Classic £3.35
Strawberries, banana, skimmed milk, orange juice and honey

New Super Vit £3.35
Rhubarb, banana, strawberry and apple

Big Breakfast £3.35
Strawberries, orange juice, banana, oats, low-fat yoghurt