

PURE

BREAKFAST



CHILLED APPLE BIRCHER ^V **8.50**

Overnight Oats, Sultanas, Cinnamon, Apple, Yoghurt, Vanilla Protein, Almonds, Flaxseed

YOGHURT & TOASTED GRANOLA ^V **6.50**

Berry Compote, Fresh Berries, Natural Yoghurt, Toasted Nut & Oat Granola

PURE SEEDED CRACKER **11.50**

Cream Cheese & Chives, Avocado, Smoked Salmon on a Multi Seeded Cracker

OATS OATS OATS ^V **8.50**

Hot Slow-Cooked Oats, Oat Milk, Algarve Honey, Hedgerow Berries

PURE FLORENTINE **10.50**

Breakfast Muffin, Spinach, Cherry Tomatoes, Poached Eggs, Hollandaise Sauce

IRISH SMOKED SALMON **11.50**

Toasted Multi Seeded Bread, Smashed Avocado, Scrambled Eggs, Irish Smoked Salmon, Cherry Tomatoes

PURE BREAKFAST **12.50**

Choice of Eggs - Scrambled, Poached or Fried, Prime Pork Sausage, Irish Back Bacon, Baked Beans, Toasted White Bread

OATMEAL BUTTERMILK PANCAKES ^V **9.50**

Fresh Fruits, Algarve Honey, Crème Fraîche

TOAST **4.50**

Choice of White Bread or Wholegrain, Sea Salted Butter and Preserves

SIDES

- Bacon | Roast Tomato **2.00**
- Avocado ^{VG} **2.50**
- Smoked Salmon **4.50**

PASTRY & BAKERY



Ask us about our selection of daily homemade cakes and bread

MUFFINS, SCONES & CROISSANTS **3.50**

FRESHLY BAKED BREAD **FROM 4.50**

JUICES



GO PURE **6.50**

Apple, Lemon, Spinach, Cucumber, Pineapple, Wheatgrass

PURE C **5.00**

Freshly Squeezed Orange Juice

VEGGIE SKIN **6.50**

Carrot, Cucumber, Parsley, Celery

HYDRATE **6.00**

Watermelon, Mint, Lime

PURE LUST **6.50**

Apple, Pineapple, Watermelon, Ginger

CGO **6.00**

Carrot, Ginger, Orange

BEET-IT-UP **6.50**

Beetroot, Carrot, Pear, Lemon, Orange, Ginger, Pineapple

PRUNES ANTIOX **6.50**

Prunes, Orange, Beetroot, Açai

EQUALIZER **6.50**

Apple Cider Vinegar, Lemon, Ginger, Orange, Turmeric

SMOOTHIES



BANABERRY

Oat Milk, Banana, Mixed Berries, Chocolate Protein

7.50

B BOX

Pear, Orange, Pineapple, Avocado, Mango, Apple, Vanilla Protein

7.50

GREEN BOOSTER

Cucumber, Lemon, Ginger, Spinach, Avocado, Apple

7.50

WORKOUT RECOVERY

Almond Milk, Agave, Banana, Maca, Spinach, Almond Butter, Raw Cacao, Vanilla Protein

7.50

THE ROCK

Spinach, Banana, Ginger, Mango, Almond Milk, Bee Pollen, Turmeric

7.50

Pure Shots

N°1

Ginger, Lemon

2.00

N°2

Lemon, Ginger, Apple Cider Vinegar

2.50

N°3

Cayenne Pepper, Lemon, Ginger, Flax Seed Oil

3.00

Create your own

Select 5 ingredients

FRESH FRUIT OR VEG ADDITIONAL INGREDIENT

Chia Seeds | Chlorella | Flax Seeds

Honey | Matcha | Mixed Seeds

Rice Milk | Soya Milk | Spirulina

Chocolate Protein

Vanilla Protein

7.00

0.75

1.50

V - VEGETARIAN | VG - VEGAN

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.