

# PURE

## BRUNCH

---

<b>YOGHURT &amp; TOASTED GRANOLA <sup>v</sup></b>	7.50
Berry Compote, Fresh Berries, Natural Yoghurt, Toasted Nut & Oat Granola	
<b>SPIRULINA OVERNIGHT OATS <sup>v</sup></b>	8.50
Yoghurt, Toasted Granola	
<b>IRISH SMOKED SALMON</b>	11.50
Toasted Multi Seeded Bread, Smashed Avocado, Scrambled Eggs, Irish Smoked Salmon, Cherry Tomatoes	
<b>OATMEAL BUTTERMILK PANCAKES <sup>v</sup></b>	9.50
Fresh Fruits, Algarve Honey	

## JUICES

---

<b>GO PURE</b>	6.50
Apple, Lemon, Spinach, Cucumber, Pineapple	
<b>PURE</b>	5.00
Freshly Squeezed Orange Juice	
<b>HYDRATE</b>	6.50
Watermelon, Mint, Lime	
<b>PURE LUST</b>	6.50
Apple, Pineapple, Watermelon, Ginger	
<b>CGO</b>	6.50
Carrot, Ginger, Orange	
<b>BEET-IT-UP</b>	6.50
Beetroot, Carrot, Pear, Lemon, Orange, Ginger, Pineapple	
<b>EQUALIZER</b>	6.50
Apple Cider Vinegar, Lemon, Ginger, Orange, Turmeric	

## CREATE YOUR OWN JUICE

---

<b>SELECT 5 INGREDIENTS</b>	7.50
Please ask a member of our team	
<b>ADDITIONAL INGREDIENTS</b>	EACH 0.95
Chia Seeds   Flax Seeds Honey   Matcha   Spirulina Chocolate Protein   Vanilla	1.50

## PASTRY & BAKERY

---

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

<b>MUFFINS, SCONES OR CROISSANTS</b>	3.50
<b>FRESHLY BAKED BREAD</b>	FROM 5.50

## SALADS OF THE DAY

---

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

	<b>EACH</b>
<b>FULL PORTION</b>	9.50
<b>HALF PORTION</b>	5.50

## FRESH WRAPS

---

<b>HUMMUS <sup>VG</sup></b>	8.00
Carrot Hummus, Roasted Peppers, Avocado, Mixed Leaves	
<b>TUNA</b>	8.00
Flaked Tuna, Mayo, Cucumber, Red Onion, Mixed Leaves	
<b>CHICKEN CORONATION</b>	8.00
Chicken Breast, Spiced Mayo, Mixed Leaves	
<b>SMOKED SALMON &amp; CREAM CHEESE</b>	9.50
Irish Smoked Salmon, Cream Cheese & Chives, Mixed Leaves	

## SMOOTHIES

---

<b>BANABERRY</b>	7.50
Oat Milk, Banana, Mixed Berries, Chocolate Protein	
<b>B BOX</b>	7.50
Pear, Orange, Pineapple, Avocado, Mango, Apple, Vanilla Protein	
<b>GREEN BOOSTER</b>	7.50
Cucumber, Lemon, Ginger, Spinach, Avocado, Apple	
<b>WORKOUT RECOVERY</b>	7.50
Almond Milk, Banana, Maca, Spinach, Almond Butter, Raw Cacao, Vanilla Protein	

## LUNCH

**CHICKEN SCHNITZEL** 14.50  
Panko Crusted Chicken Breast, Garlic Herb Mayo',  
Sweet Potato Wedges, Green Salad, Lemon

**HOT UDON & VEGETABLES BOWL** <sup>VG</sup> 14.50  
Noodles, Spinach, Broccoli, Onion, Bell Peppers,  
Carrot, Courgette, Garlic, Ginger, Aromatic Broth

**PEAR, FIG, FIOR DI LATTE MOZZARELLA &  
PRESUNTO SALAD** 16.00  
Caramelised Pear with Balsamic & Honey, Fresh Figs,  
Fior di Latte, Presunto, Sun Dried Pesto, Pine Nuts, Basil

**PURE BUDDHA BOWL** <sup>VG</sup> 14.50  
Beetroot Hummus, Quinoa & Black Eyed Beans,  
Herb Chickpeas, Cherry Tomatoes, Roasted Sweet  
Potato & Butternut Squash, Pickled Rose Ginger,  
Tamari Watermelon, Nori Cucumber, Mixed Leaves

**SEAFOOD POKE BOWL** 18.00  
Irish Smoked Salmon, King Prawns, Avocado, Mango,  
Pickled Red Cabbage & Sesame Seeds, Cucumber, Radish,  
Cherry Tomatoes, Mixed Leaves, Jalapeño Sauce

**CHILLED VIETNAMESE SPRING ROLL** <sup>VG</sup> 14.50  
Leeks, Carrots, Peppers, Red Cabbage, Romaine Lettuce,  
Sesame Seeds, Radishes, Rolled in Rice Paper  
Black Rice Salad and Satay Sauce

## OPEN TACOS

**SHREDDED KOREAN DUCK** 10.50  
Red Cabbage, Mouli, Beetroot, Mango, Sriracha Mayo

**ASADA MUSHROOM** 9.00  
Orange, Lime, Garlic, Smoked Paprika Marinated  
Portobello Mushrooms, Smashed Avocado & Lime,  
QFarm Leaves, Pineapple & Chilli Salsa

### SIDES

**Chicken Breast** 4.50  
**Smoked Salmon** 4.50  
**Roasted Sweet Potato** 3.50  
**Seeded Cracker** <sup>VG</sup> 2.50  
**Green Salad** <sup>VG</sup> 3.50

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 cover, can be charged if not requested by the customer or if not consumed. We have a complaints book.

V - VEGETARIAN | VG - VEGAN

## PURE SHOTS

**N°1** 2.00  
Ginger, Lemon

**N°2** 2.50  
Lemon, Ginger, Apple Cider Vinegar

**N°3** 3.00  
Cayenne Pepper, Lemon, Ginger, Flax Seed Oil

## 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

## WINE

	GLASS	BOTTLE
<b>CHAMPAGNE</b>		
<b>BILLECART-SALMON BRUT</b>		80.00
Rich, fresh and floral		

<b>PROSECCO</b>		
<b>ALBINO ARMANI DOC</b>	8.00	35.00
Fresh and fruity		

<b>WHITE</b>		
<b>LACRAU COLHEITA</b>	4.50	21.00
Fresh and fruity		
<b>LACRAU SAUVIGNON</b>	5.50	25.00
Fresh and citric		

<b>ROSÉ</b>		
<b>LACRAU COLHEITA</b>	4.50	21.00
Light, fresh and dry		
<b>M DE MINUTY COTÉ PROVENCE</b>	7.50	35.00
Dry and fruity		

<b>RED</b>		
<b>LACRAU COLHEITA</b>	4.50	21.00

## BEER AND CIDER

**SAGRES** | Portugal 3.50  
**BANDIDA DO POMAR** | Portugal 3.75

Eat Pure . Drink Pure . Feel Pure

  @pureqdl  
www.quintadolago.com