

PURE

BREAKFAST

YOGHURT & TOASTED GRANOLA ^V 8.50
Berry Compote, Fresh Berries, Natural Yoghurt,
Toasted Nut & Oat Granola

SPIRULINA OVERNIGHT OATS ^V 9.50
Yoghurt, Toasted Nut & Oat Granola, Blueberries

OATMEAL BUTTERMILK PANCAKES ^V 10.00
Fresh Fruits, Algarve Honey, Crème Fraîche

PURE FLORENTINE 12.50
Toasted Multi Grain Bread, Spinach, Cherry
Tomatoes, Poached Eggs, Hollandaise Sauce

SMOKED SALMON & EGGS 14.50
Choice of Scrambled, Poached or Fried Egg
Toasted Multi Seeded Bread, Smashed Avocado,
Smoked Salmon, Rocket & Lemon Olive Oil, Lemon

HUMMUS & POACHED EGGS 12.50
Toasted Multi Seeded Bread, Hummus,
Fresh Spinach, Sun Blushed Tomatos,
Roast Chickpeas, Ras El Hanout Crumb

PURE BREAKFAST 14.00
Choice of Scrambled, Poached or Fried Egg
Prime Pork Sausage, Irish Back Bacon, Baked Beans,
Black Pudding, Toasted White Bread

TOAST 4.50
Choice of White Bread or Wholegrain,
Sea Salted Butter and Preserves

SIDES

Roast Tomato ^{VG} 2.00
Bacon | Sausage | Avocado ^{VG} 3.00
Smoked Salmon 4.50

FRESH WRAPS

HUMMUS ^{VG} 8.00
Carrot Hummus, Roasted Peppers, Avocado, Mixed Leaves

TUNA 8.00
Flaked Mayo, Cucumber, Red Onion, Mixed Leaves

CHICKEN CORONATION 8.00
Chicken Breast, Spiced Mayo, Mixed Leaves

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.

V - VEGETARIAN | VG - VEGAN

LUNCH SERVED FROM 12:00

CHICKEN SCHNITZEL 16.50
Panko Crusted Chicken Breast, Rainbow Slaw,
Mixed Leaves, Garlic & Herb Mayo'

MALABAR CURRY ^{VG} 16.50
Butternut Squash, Chickpeas, Coconut, Cauliflower,
Green Beans, Spinach, Garlic, Onions, Chilli, Black
Mustard Seeds, Fenugreek Seeds, Brown Rice & Chata
Naan Bread, Raita, Mango Chutney

PURE BUDDHA BOWL ^{VG} 15.00
Beetroot Hummus, Quinoa & Vegetables, Roasted
Sweet Potato & Butternut Squash, Montanheira Salad,
Pickled Red Cabbage & Sesame Seeds, Avocado,
Minted Watermelon, Mixed Leaves

SEAFOOD POKE BOWL 19.00
Irish Smoked Salmon, Black Tiger Prawns, Avocado,
Mango, Nori Cucumber, Pickled Rose Ginger,
Cherry Tomatoes, Mixed Leaves, Salsa Verde

SIDES

Chicken Breast | Smoked Salmon 4.50
Green Salad 3.50
Roasted Sweet Potato | Rainbow Slaw ^{VG} 3.50

OPEN TACOS

PULLED DUCK 14.00
Marinated Duck, Soy, Sriracha, Garlic, Ginger
Black & White Sesame, Rainbow Slaw, Pimento Sauce

MUSHROOM & MUHAMMARA ^{VG} 14.00
Wild Mushrooms, Portobello Mushroom,
Roast Red Pepper, Walnuts, Garlic, Aleppo Pepper,
Rainbow Slaw, Pomegranate, Balsamic

GARLIC PRAWNS 16.00
Sautéed Black Tiger Prawns, Garlic, Chives
Rainbow Slaw, Lime & Herb Oil

SALADS OF THE DAY

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

EACH
FULL PORTION 9.50
HALF PORTION 5.50

PASTRY & BAKERY

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

MUFFINS, SCONES OR CROISSANTS FROM 3.50
FRESHLY BAKED BREAD FROM 5.50

JUICES

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

CREATE YOUR OWN JUICE

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| SELECT 5 INGREDIENTS Please ask a member of our team | 7.50 |
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| ADDITIONAL INGREDIENTS Chia Seeds Flax Seeds Honey Matcha Spirulina Chocolate Protein Vanilla | EACH 0.95 1.50 |
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PURE SHOTS

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| N°1 Ginger | 3.00 |
| N°2 Lemon, Ginger, Tumeric | 3.00 |
| N°3 Beetroot, Lemon, Ginger, Mint | 3.50 |

SMOOTHIES

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| BANABERRY Oat Milk, Banana, Mixed Berries, Chocolate Protein | 7.50 |
| LIL' ONE Orange, Banana, Strawberry | 7.50 |
| GREEN BOOSTER Cucumber, Lemon, Ginger, Spinach, Avocado, Apple | 7.50 |
| WORKOUT RECOVERY Almond Milk, Banana, Maca, Spinach, Almond Butter, Raw Cacao, Vanilla Protein | 7.50 |
| B BOX Pear, Orange, Pineapple, Avocado, Apple, Vanilla Protein | 7.50 |

COFFEE & TEA

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| AMERICANO | 4.00 |
| CAPPUCCINO | 3.50 |
| WHITE COFFEE | 3.50 |
| FLAT WHITE | 4.00 |
| ESPRESSO | 2.00 |
| LATTE | 3.50 |
| CAFE MOCHA | 4.00 |
| DOUBLE ESPRESSO | 4.50 |
| ICED COFFEE | 3.50 |
| TEA | 1.00 |
| EXTRA SHOT | 0.75 |
| ADD A FLAVOUR | |

DRINKS

| STILL | SPARKLING |
|-------------|----------------|
| 0.25 L 1L | 0.25 L 0.75L |
| 2.50 4.00 | 2.50 4.00 |

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| SOFT DRINKS COCA-COLA COCA-COLA ZERO SPRITE | 3.00 |
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WINE

| | GLASS | BOTTLE |
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| CHAMPAGNE BILLECART-SALMON BRUT Rich, fresh and floral | | 80.00 |
| PROSECCO ALBINO ARMANI DOC Fresh and fruity | 8.50 | 38.00 |
| WHITE LACRAU COLHEITA Fresh and fruity | 5.50 | 23.00 |
| LACRAU SAUVIGNON Fresh and citric | 6.50 | 28.00 |
| ROSÉ LACRAU COLHEITA Light, fresh and dry | 5.50 | 23.00 |
| M DE MINUTY COTÉ PROVENCE Dry and fruity | 8.50 | 38.00 |
| RED LACRAU COLHEITA | 5.50 | 23.00 |

BEER AND CIDER

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

Eat Pure . Drink Pure . Feel Pure