

PURE

BRUNCH

YOGHURT & TOASTED GRANOLA ^V	7.50
Berry Compote, Fresh Berries, Natural Yoghurt, Toasted Nut & Oat Granola	
SPIRULINA OVERNIGHT OATS ^V	8.50
Yoghurt, Toasted Nut & Oat Granola, Blueberries	
IRISH SMOKED SALMON	14.00
Toasted Multi Seeded Bread, Smashed Avocado, Scrambled Eggs, Irish Smoked Salmon, Cherry Tomatoes	
OATMEAL BUTTERMILK PANCAKES ^V	9.50
Fresh Fruits, Algarve Honey, Crème Fraîche	

JUICES

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

CREATE YOUR OWN JUICE

SELECT 5 INGREDIENTS	7.50
Please ask a member of our team	
ADDITIONAL INGREDIENTS	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 have available today.

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

SOUP OF THE DAY

SOUP OF THE DAY & MULTI SEEDED BREAD	4.50
SOUP OF THE DAY & WRAP	12.00
Choose one of our wraps	

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	

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

SMOOTHIES

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

LUNCH

CHICKEN SCHNITZEL 16.50

Panko Crusted Chicken Breast, Garlic Herb Mayo', Sweet Potato Wedges, Montanheira Salad, Lemon

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

WARM SESAME SMOKED TOASTED TOFU ^{VG} 16.50

Hoi Sin & Soy Toasted Tofu, Sesame Seeds, Garlic, Ginger, Steamed Vegetables, Coarse Grain Mustard & Mango Dressing

MEDITERRANEAN FETA TART ^V 16.50

Filo Pastry, Feta Crumb, Spinach, Herbs, Quinoa and Vegetable Salad, Mixed Leaves, Honey and Mustard Dressing

PURE BUDDHA BOWL ^{VG} 15.00

Beetroot Hummus, Quinoa & Vegetables, Roasted Sweet Potato & Butternut Squash, Montanheira Salad, Pickled Red Cabbage & Sesame Seeds, Minted Watermelon, Avocado, 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

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, Roast Red Pepper, Walnuts, Garlic, Aleppo Pepper, Rainbow Slaw, Pomegranate Molasses

GARLIC PRAWNS 16.00

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

SIDES

Chicken Breast | Smoked Salmon 4.50

Roasted Sweet Potato | Rainbow Slaw ^{VG} 3.50

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 | IL

0.25 L | 0.75L

2.50 4.00

2.50 4.00

SOFT DRINKS

COCA-COLA | COCA-COLA ZERO | SPRITE 3.00

WINE

CHAMPAGNE GLASS BOTTLE

BILLECART-SALMON BRUT 80.00

Rich, fresh and floral

PROSECCO 8.00 35.00

ALBINO ARMANI DOC

Fresh and fruity

WHITE 4.50 21.00

LACRAU COLHEITA

Fresh and fruity

LACRAU SAUVIGNON 5.50 25.00

Fresh and citric

ROSÉ 4.50 21.00

LACRAU COLHEITA

Light, fresh and dry

M DE MINUTY COTÉ PROVENCE 7.50 35.00

Dry and fruity

RED 4.50 21.00

LACRAU COLHEITA

BEER AND CIDER

SAGRES | Portugal 3.50

BANDIDA DO POMAR | Portugal 3.75

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

V - VEGETARIAN | VG - VEGAN

Eat Pure . Drink Pure . Feel Pure



@pureqdl

www.quintadolago.com