

PURE

BRUNCH



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

CHIA PUDDING 8.50
Coconut Yoghurt, Blueberries, Tumeric Chia Seed Pudding, Toasted Hazelnuts

IRISH SMOKED SALMON 11.50
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

Fresh Wraps

TUNA 8.00
Dill Crème Fraîche, Cucumber, Red Onion, Lettuce

CHICKEN 8.00
Chicken Breast in Sambal Yoghurt, Coriander Slaw

VEGAN ^{VG} 8.00
Beetroot Hummus, Peppers, Grated Carrot, Lettuce

Salads of The Day

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

FULL PORTION 7.50
HALF PORTION 4.50

LUNCH



Hot Dishes

CHICKEN SCHNITZEL 12.50
Panko Crusted, Chicken Breast, Pure Garlic Herb Mayo', Lemon, Sweet Potato Wedges, Green Salad

DUCK 13.00
Pulled Duck, Mango, Pomegranate, Spring Onion, Coriander, Steamed Vegetables, Seeded Cracker Bread

GOAN CURRY ^{VG} 12.00
Butternut Squash, Cauliflower, Spinach, Chickpeas, Coriander, Coconut Milk, Wild Cardamom Rice

Chilled Dishes

SALMON 12.00
Cold Salmon Supreme, Toasted Shawarma Kamut Grain, Avocado, Corn, Cherry Tomatoes, Cucumber, Sour Cream, Sweet Chilli Mango & Pineapple Salsa

CHICKEN SAMBAL YOGHURT 12.00
Chicken Breast Marinated in Spiced Sambal & Natural Yoghurt, Served Chilled on Chermoula Quinoa, Pomegranate, Black-Eyed Peas, Roasted Chickpeas, Toasted Almonds

SESAME SMOKED TOFU ^{VG} 11.50
Hoisin & Soy Smoked Tofu, Sesame Seeds, Garlic, Ginger, Avocado, Spinach, Leaves, Pineapple, Beetroot, Coarse Grain Mustard & Mango Dressing, Seeded Cracker

EXTRAS 4.50
Chicken Breast | Spiced Salmon | Smoked Tofu

Bowls

CHILLED BUDDHA BOWL ^{VG} 10.50
Bulgur Wheat Tabbouleh, Herb Cous Cous, Mixed Beans, Red Onion, Cucumber, Beetroot Hummus, Cherry Tomatoes, Bell Peppers, Roast Vegetables

HOT VEGETABLES & UDON NOODLES BOWL ^{VG} 12.00
Spinach, Broccoli, Onion, Bell Peppers, Carrot, Courgette, Garlic, Ginger Aromatic Vegetable Broth

CHILLED SEAFOOD BOWL 15.50
Smoked Salmon, Flaked Line Caught Tuna, Black Tiger Prawns, Rice Salad, Avocado, Cucumber, Cherry Tomatoes, Red Onion, Chive Dip

SIDES
Wild Rice With Cardamom ^{VG} 3.50
Green Salad ^{VG} 3.50
Steamed Vegetables ^{VG} 3.50

PURE

PASTRY & BAKERY



Homemade Cakes

MUFFINS, SCONES & CROISSANTS 3.50

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



Freshly Baked Loaves of Bread

Ask us about our selection of
daily homemade bread



QDL LOVES NATURE

Making our resort more eco-friendly
and sustainably aware,
read our environmental measures
and join us in protecting
our incredible destination.



Pure 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	

Create your own select 5 ingredients

FRESH FRUIT OR VEG	7.00
ADDITIONAL INGREDIENT	0.75
Chia Seeds Chlorella Flax Seeds Honey Matcha Mixed Seeds Rice Milk Soya Milk Spirulina	
Chocolate Protein	1.50
Vanilla Protein	

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.

PURE



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

PURE N°1 Ginger, Lemon	2.00
PURE N°2 Lemon, Ginger, Apple Cider Vinegar	2.50
PURE N°3 Cayenne Pepper, Lemon, Ginger, Flax Seed Oil	3.00

Still water

0.25 L LUSO	2.50
1 L LUSO	4.00

Sparkling water

0.25 L	2.50
0.75 L	4.00

Soft drinks

COCA-COLA	3.00
COCA-COLA LIGHT	3.00
SPRITE	3.00



Wines by bottle

CHAMPAGNE BILLECART-SALMON BRUT Rich, fresh and floral	80.00
PROSECCO ALBINO ARMANI DOC Fresh and fruity	35.00
WHITE LACRAU COLHEITA Fresh and fruity	21.00
LACRAU SAUVIGNON Fresh and citric	25.00
ROSÉ LACRAU COLHEITA Light, fresh and dry	21.00
M de MINUTY COTÊ PROVENCE Dry and fruity	35.00
RED LACRAU COLHEITA Young and smooth	21.00

Wines by the glass

ALBINO ARMANI DOC Prosecco	8.00
LACRAU COLHEITA White, Rosé and Red	4.50
M de MINUTY COTÊ PROVENCE Rosé	7.50
LACRAU SAUVIGNON White	5.50

Beer and Cider

SAGRES Portugal	3.50
BANDIDA DO POMAR Portugal	3.75