

PURE

BRUNCH



YOGHURT & TOASTED GRANOLA ^V 7.50

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

CHOCOLATE & HAZELNUT OVERNIGHT OATS ^V 7.50

80% Cocoa, Organic Chocolate, Oat Milk, Vanilla, Algarve Honey, Yoghurt, Chia Seed, 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, 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	EACH
HALF PORTION	

7.50
4.50

LUNCH



CHICKEN SCHNITZEL 13.00

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

DUCK 14.00

Hot Pulled Duck, Mango, Pomegranate, Spring Onion, Steamed Vegetables, Seeded Cracker

VEGETABLE MASALA ^{VG} 13.00

Butternut Squash, Chickpeas, Cauliflower, Courgette, Aubergine, Bell Pepper, Spinach, Tomatoes, Garam Masala, Chilli, Wild Cardamom Rice, Onion Bhajis

SESAME TOFU ^{VG} 14.00

Sauteed Tofu Hoi Sin, Soy Sauce, Sesame Seeds, Garlic, Ginger, QFarm Spinach Leaves, Avocado, Pineapple, Beets, Coarse Grain Mustard & Mango Dressing, Seeded Cracker

SEABASS FILLET 16.00

Quinoa, Broccoli, Haricot Vert, Roasted Mediterranean Vegetables, Salsa Verde, Lemon

HOT UDON & VEGETABLE BOWL ^{VG} 14.00

Noodles, Spinach, Broccoli, Onion, Bell Peppers, Carrot, Courgette, Garlic, Ginger, Aromatic Vegetable Broth

CHILLED BUDDHA BOWL ^{VG} 13.00

Bulgur Wheat Tabbouleh, Herb Vegetable Cous Cous, Red Onion, Cucumber, Beetroot Hummus, Cherry Tomatoes, Mixed Beans

CHILLED SEAFOOD BOWL 16.00

Smoked Salmon, Flaked Tuna, Tiger Prawns, Rice Salad, Avocado, Cucumber, Cherry Tomatoes, Chive Dip

Extras

CHICKEN BREAST	4.50
PULLED DUCK	4.50
SAUTÉED TOFU ^{VG}	4.50
SEABASS FILLET	5.50

Sides

WILD RICE WITH CARDAMOM ^{VG}	3.50
GREEN SALAD ^{VG}	3.50
STEAMED VEGETABLES ^{VG}	3.50
SEEDED CRACKERS ^{VG}	2.50

PURE

PASTRY & BAKERY



Homemade Cakes

MUFFINS, SCONES OR 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	6.50
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	
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



@pureqdl

