

# PURE

## BREAKFAST



### CHILLED APPLE BIRCHER <sup>V</sup> 8.50

Overnight Oats, Sultanas, Cinnamon, Apple, Yoghurt, Vanilla Protein, Almonds, Flaxseed

### YOGHURT & TOASTED GRANOLA <sup>V</sup> 6.50

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

### PURE SEEDED CRACKER 11.50

Cream Cheese & Chives, Avocado, Smoked Salmon, on a Multi Seeded Cracker

### OATS OATS OATS <sup>V</sup> 8.50

Hot Slow-Cooked Oats, Oat Milk, Algarve Honey, Hedgerow Berries

### PURE FLORENTINE 10.50

Breakfast Muffin, Spinach, Cherry Tomatoes, Poached Eggs, Hollandaise Sauce

### IRISH SMOKED SALMON 11.50

Warm Rye Bread, Smashed Avocado, Scrambled Eggs, Irish Smoked Salmon, Cherry Tomatoes

### PURE BREAKFAST 12.50

Choice of Eggs - Scrambled, Poached or Fried, Prime Pork Sausage, Irish Back Bacon, Baked Beans, Toasted White Bread

### OATMEAL BUTTERMILK PANCAKES <sup>V</sup> 9.50

Fresh Fruits, Algarve Honey, Crème Fraîche

### TOAST 4.50

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

### SIDES

Bacon | Roast Tomato 2.00

Avocado <sup>VG</sup> 2.50

Smoked Salmon 4.50

## Fresh Wraps

### TUNA 8.00

Dill Crème Fraîche, Cucumber, Red Onion, Lettuce

### CHICKEN 8.00

Chicken Breast in Sambal Yoghurt, Coriander Slaw

### VEGAN <sup>VG</sup> 8.00

Beetroot Hummus, Peppers, Grated Carrot, Lettuce

## Salads

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 <sup>VG</sup> 12.00

Butternut Squash, Cauliflower, Spinach, Chickpeas, Coriander, Coconut Milk, Wild Cardamom Rice

### VEGETABLES & UDON NOODLES <sup>VG</sup> 12.00

Spinach, Broccoli, Onion, Bell Peppers, Carrot, Courgettes, Ginger, Garlic, Side of Aromatic Vegetable Broth

## Cold Dishes

### BUDDHA BOWL <sup>VG</sup> 10.50

Bulgur Wheat Tabbouleh, Herb Cous Cous, Mixed Beans, Red Onion, Cucumber, Beetroot Hummus, Cherry Tomatoes, Bell Peppers, Roast Vegetables

### 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 <sup>VG</sup> 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

## Sides

### WILD RICE <sup>VG</sup> 3.50

With Cardamom

### GREEN SALAD <sup>VG</sup> 3.50

QDL Farm Leaves, Cucumber, Avocado, Spring Onion

### STEAMED VEGETABLES <sup>VG</sup> 3.50

A Panaché of Seasonal Vegetables

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## PASTRY



*Freshly Baked*

### MUFFINS, SCONES & CROISSANTS 3.50

Ask us about our selection of daily homemade cakes

*Desserts*

### KIWI, CHIA & GRANOLA GLASS <sup>VG</sup> 7.50

Chia Seed with Turmeric and Coconut Milk, Kiwi, Banana, Apple, PURE Granola, Fresh Berries

### SET RED BERRIES <sup>VG</sup> 7.50

Oat Milk, Strawberry, Raspberry, Blueberry, Toasted Almonds



## 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

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

## Pure Shots

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

## Still water

<b>0.25 L LUSO</b>	2.50
<b>1 L LUSO</b>	4.00

## Sparkling water

<b>0.25 L</b>	2.50
<b>0.75 L</b>	4.00

## Soft drinks

<b>COCA-COLA</b>	3.00
<b>COCA-COLA LIGHT</b>	3.00
<b>SPRITE</b>	3.00



## Wines by bottle

<b>CHAMPAGNE</b> <b>BILLECART-SALMON BRUT</b> Rich, fresh and floral	80.00
<b>PROSECCO</b> <b>ALBINO ARMANI DOC</b> Fresh and fruity	35.00
<b>WHITE</b> <b>LACRAU COLHEITA</b> Fresh and fruity	21.00
<b>LACRAU SAUVIGNON</b> Fresh and citric	25.00
<b>ROSÉ</b> <b>LACRAU COLHEITA</b> Light, fresh and dry	21.00
<b>M de MINUTY COTÊ PROVENCE</b> Dry and fruity	30.00
<b>RED</b> <b>LACRAU COLHEITA</b> Young and smooth	21.00

## Wines by the glass

<b>ALBINO ARMANI DOC</b> Prosecco	8.00
<b>LACRAU COLHEITA</b> White, Rosé and Red	4.50
<b>M de MINUTY COTÊ PROVENCE</b> Rosé	6.50
<b>LACRAU SAUVIGNON</b> White	5.50

## Beer and Cider

<b>SAGRES</b> Portugal	3.50
<b>BANDIDA DO POMAR</b> Portugal	3.75