

PURE

TAKE AWAY MENU

BREAKFAST

08:00



11:30

CHILLED APPLE BIRCHER

Overnight oats, sultanas, cinnamon, apple, yoghurt, vanilla protein, almonds, flaxseed

8.50

YOGHURT & TOASTED GRANOLA

Hedgerow berries, natural yoghurt, toasted nut, oat granola

6.50

OATS OATS OATS

Hot oats slowly cooked in oat milk with Algarve honey, hedgerow berries

8.50

PANCAKES

Oatmeal buttermilk pancakes, seasonal fruits, Algarve honey, crème fraiche

9.00

SALADS



FULL PORTION HALF PORTION

7.50

4.50

PASTRY



MUFFINS, SCONES & CROISSANTS 3.50

Discover our delicious and recognized specials of the day

LUNCH

12:00



16:00

INDIO CHICKEN

Lightly curried chicken breast, crème fraiche, pineapple, dried apricot, scallion, saffron & cardamom rice

11.50

FALAFEL

Bulgur wheat tabbouleh, mint, parsley, cucumber & mint raita, tomato jalapeño dip

11.50

CHILLED TURKEY BOWL

Turkey meat balls, herb cous cous, cucumber, red onion, tomatoes, sweetcorn, black eyed beans, wasabi guacamole

12.00

SALMON, QUINOA, TZATZIKI

Paprika & cumin dusted salmon, lemon & dill quinoa, roast vegetables, tzatziki

12.00

FRESH WRAPS

CHICKEN CAESAR

Chicken breast, lettuce, Caesar dressing

7.50

LINE CAUGHT TUNA

Tuna, lemon, sweetcorn, lettuce, crème fraîche

8.00

VEGAN

Hummus, red pepper, grated carrot, lettuce

7.50

PURE

SMOOTHIES

BANABERRY 7.50
Oat milk, banana, mixed berries, chocolate protein

B BOX 7.50
Pear, orange, pineapple, avocado, mango, apple, vanilla protein

GREEN BOOSTER 7.50
Cucumber, lemon, ginger, spinach, avocado, apple

WORKOUT RECOVERY 7.50
Almond milk, agave, banana, maca, spinach, almond butter, raw cacao, vanilla protein

THE ROCK 7.50
Kale, banana, ginger, mango, almond milk, bee pollen, turmeric

*Create your own
select 5 ingredients*

FRESH FRUIT OR VEG 7.00
ADDITIONAL INGREDIENT 0.50

Açaí	Flax seed oil
Agave	Hemp seeds
Almond butter	Honey
Almond milk	Matcha
Apple cider vinegar	Mixed seeds
Bee pollen	Oat milk
Cayenne pepper	Raw cacao
Chia seeds	Rice milk
Chlorella	Soya milk
Chocolate protein	Spirulina
Coconut oil	Vanilla protein
Flax seeds	Wheatgrass

PURE JUICES

GO PURE 6.50
Apple, lemon, spinach, cucumber, pineapple, watercress

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

GREEN TEE 6.50
Orange, parsley, celery, spinach, kiwi

EQUALIZER 6.50
Apple cider vinegar, lemon, ginger, orange, turmeric

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 ensure the safety of our consumers, however we cannot guarantee that all 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 spirits & liquors 5 cl per serving. 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.



@pureqdl

