

PURE

BREAKFAST

SERVED DAILY
FROM 8AM TO 11.30AM

AÇAÍ BOWLS

BE ENERGETIC PROTEIN BOWL 10.50

PURE homemade granola, honey, hemp seeds & yoghurt
CAL: 410 // FAT: 15g // CARBOHYDRATES: 39g
// PROTEIN: 30g

BE GOOD GREEN BOWL 10.50

Açaí, almond milk, mango, PURE homemade granola, avocado, spinach, banana & spirulina
CAL: 310 // FAT: 16g // CARBOHYDRATES: 39g
// PROTEIN: 6g

BE TROPICAL BOWL 10.50

Açaí, almond milk, banana, strawberries, pineapple, bee pollen & yoghurt
CAL: 230 // FAT: 4g // CARBOHYDRATES: 32g
// PROTEIN: 17g

WORLD'S HEALTHIEST BREAKFAST

Creamy Ancient Grains Porridge a low GI, high fibre porridge cooked in almond milk, served with locally sourced honey, creamy almond butter and prunes **8.00**

CALS: 280 // FAT: 5g // CARBOHYDRATES: 52g // PROTEIN: 9g

Protein Pack an omega packed protein breakfast of sliced smoked salmon topped with dill and creamed leek scrambled eggs **10.50**

CALS: 440 // FAT: 23g // CARBOHYDRATES: 5g // PROTEIN: 53g

Blueberry Pancakes a low GI multi grain pancake served with a zesty maple syrup **9.00**

CALS: 290 // FAT: 4g // CARBOHYDRATES: 56g // PROTEIN: 6g

Pure Deli Breakfast scrambled eggs, oven baked home fries, bacon, sausage and sourdough toast **12.50**

CALS: 590 // FAT: 27g // CARBOHYDRATES: 50g // PROTEIN: 34g

Greek Yoghurt mixed berries, sliced bananas, PURE homemade granola drizzled with locally sourced honey **6.50**

CALS: 300 // FAT: 7g // CARBOHYDRATES: 44g // PROTEIN: 17g

Pure Omelette filled with fresh baby spinach, onions & cheddar cheese **8.50**

CALS: 300 // FAT: 17g // CARBOHYDRATES: 3g // PROTEIN: 30g

Huevos Rancheros soft poached eggs served on multigrain toast with chorizo, mixed cherry tomato salsa, cheddar cheese & homemade guacamole **12.00**

CALS: 450 // FAT: 23g // CARBOHYDRATES: 29g // PROTEIN: 31g

Toast choose from raisin, brown, sourdough or multigrain bread served with butter, jam or marmalade **4.50**

No dish, food or drink, including couvert, can be charged if not requested or consumed by the customer. Please let us know if you have any food allergies.
All our egg products consist of a 50/50 mix of egg whites and whole egg. All prices are in Euros, VAT included.

PURE

LUNCH

SERVED DAILY
UNTIL 4PM

FOR THE SPECIALS
OF THE DAY PLEASE
ASK A MEMBER
OF STAFF

MAIN COURSES

VEGAN BURRITO 8.00

curried tofu, salsa, guacamole
and arugula served in a soft
tortilla

CALS: 380 // FAT: 14g // CARBOHYDRATES: 44g
// PROTEIN: 19g

CHICKEN SCHNITZEL 10.00

crispy chicken breast served
with PURE avocado salsa,
garlic mayonnaise on a brioche
bun with potato wedges

CALS: 580 // FAT: 21g // CARBOHYDRATES: 54g
// PROTEIN: 44g

SALADS

FULL PORTION 7.00 / HALF PORTION 5.00

Mediterranean Salad a perfect mix of roasted local vegetables, figs, pomegranate & olives in a fragrant nutty dressing

CALS: 170 // FAT: 5.5g // CARBOHYDRATES: 29g // PROTEIN: 5g

Supergrain Tabbouleh a power packed mix of three grains, herbs, port soaked raisins and local crumbly goat's cheese in a Caribbean Jerk dressing

CAL: 430 // FAT 12g // CARBOHYDRATES: 75g // PROTEIN: 14g

PURE Mesclun Salad a blend of sweet and peppery leaves with cucumber, cherry tomatoes and sweet peppers in a pomegranate and yuzu dressing

CALS: 300 // FAT: 20g // CARBOHYDRATES: 21g // PROTEIN: 3g

Asian Pickle Slaw a freshly pickled slaw in a nutty and spicy dressing

CALS: 260 // FAT: 7g // CARBOHYDRATES: 45g // PROTEIN: 5g

Coleslaw a mild and sweet slaw in an Indian spiced probiotic dressing

CALS: 145 // FAT: 1g // CARBOHYDRATES: 30g // PROTEIN: 7g

Add sliced chicken breast or flaked salmon to the above salads for an additional €4

CHOOSE YOUR ADD ON €0.80

Seed mix // Potato sticks // Dried fruit mix // Grated goat's cheese // Mixed nuts

WRAPS / CIABATTAS

Avocado baby spinach, sunflower seeds, cucumber, onion and hummus 7.50

WRAP CALS: 570 // FAT: 30g // CARBOHYDRATES: 63g // PROTEIN: 13g

CIABATTA CALS: 620 // FAT: 27g // CARBOHYDRATES: 82g // PROTEIN: 17g

Chicken curried coconut spiced chicken with mango mayonnaise, guacamole, arugula and beef tomatoes 8.50

WRAP CALS: 580 // FAT: 23g // CARBOHYDRATES: 52g // PROTEIN: 41g

CIABATTA CALS: 630 // FAT: 21g // CARBOHYDRATES: 71g // PROTEIN: 45g

Tuna Mayonnaise spring onions, sweetcorn, celery, parsley and lemon pepper . . . 8.00

WRAP CALS: 520 // FAT: 23g // CARBOHYDRATES: 47g // PROTEIN: 31g

CIABATTA CALS: 580 // FAT: 20g // CARBOHYDRATES: 66g // PROTEIN: 35g

Smoked Salmon spinach, rocket, crème fraîche and dill 8.50

WRAP CALS: 760 // FAT: 35g // CARBOHYDRATES: 39g // PROTEIN: 69g

CIABATTA CALS: 820 // FAT: 33g // CARBOHYDRATES: 58g // PROTEIN: 73g

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PURE

PURE JUICES

- Pure C** orange juice 4.00
 - Green Glow** apple, spinach, cucumber, mint, pineapple & parsley 6.50
 - Beet it Up** beetroot, carrot, pear, lemon, pineapple, orange & ginger 7.00
 - Hydrate** watermelon, mint & lime 6.00
 - Basic Basil** basil, pear, orange, apple & pineapple 6.50
 - Pure C3** orange, carrot & ginger 6.00
 - Ultimate Matcha** cucumber, pineapple, spinach, celery, matcha, parsley & spirulina 7.00
 - Antioxidant** beetroot, watermelon, pineapple & blueberries 6.50
 - Tomato Spice** tomato, parsley, celery & tabasco 6.50
- ## PURE SMOOTHIES
- Superfood Detox** cucumber, avocado, chia seeds, parsley, wheatgrass, ginger, lemon & spinach 7.50
 - Very Berry Breakfast** mixed berries, dates, rice milk, honey, brown flax seeds & lemon juice 7.00
 - Workout Recovery** almond milk, banana, agave, maca, spinach, almond butter, vanilla protein powder & raw cacao 7.50
 - Apple Pie** oat milk, oats, apple, dates, walnuts, cinnamon, banana and vanilla protein 7.50

PURE SHOTS

- Lemon, ginger & apple cider vinegar 2.95
- Ginger & lemon 2.00
- Lime, spirulina & apple 2.95
- Ginger, cayenne pepper, lemon & flax seed oil 3.95

CREATE YOUR OWN JUICE OR SMOOTHIE

CHOOSE 5 INGREDIENTS

€6.50, ADDITIONAL INGREDIENTS ARE CHARGED AT €0.80

1

CHOOSE YOUR LIQUID BASE

- Yoghurt
- Almond milk
- Soya milk
- Rice milk
- Orange juice
- Apple juice
- Tomato juice
- Cucumber juice
- Watermelon juice

2

CHOOSE YOUR FRUIT

- Pear
- Banana
- Pineapple
- Mixed berries
- Lime
- Lemon
- Blueberries
- Avocado

3

CHOOSE YOUR VEGETABLES & LEAVES

- Parsley
- Spinach
- Celery
- Mint
- Ginger

4

CHOOSE YOUR BOOST

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> Açai Agave Spirulina Chlorella Honey Bee pollen Matcha powder | <ul style="list-style-type: none"> Maca powder Chocolate protein powder Vanilla protein powder Wheatgrass powder Raw cacao powder | <ul style="list-style-type: none"> Coconut butter Coconut oil Almond butter Mixed seeds Hemp seeds Chia seeds |
|---|--|---|

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WINES

WATER & SOFT DRINKS

Still or Sparkling Water
(0.25L) 2.50 / (0.75L) 4.00

Coca-Cola / Light 3.00
Sprite 3.00

PROSECCO WINE

Prosecco Albino Armani DOC fresh & fruity 35.00

RED WINE

Lacrau young & smooth 21.00

WHITE WINE

Lacrau fresh & fruity 20.00

Soalheiro Alvarinho fresh, fruity & mineral 30.00

Quinta da Chocapalha fruity & smooth 28.00

ROSÉ WINE

Lacrau light, fresh & dry 19.00

M de Minuty dry & fruity 25.00

Sancerre Dom. Bonnard dry & mineral 32.00

CHAMPAGNE

Billecart Salmon Brut rich, fresh & floral 80.00

BY THE GLASS

Lacrau white, rosé & red 4.50

Quinta da Chocapalha white 5.50

M de Minuty rosé 6.50

Prosecco Albino Armani DOC 8.00

BEER & CIDER

Super-Bock 3.50

Magners 4.50

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