

<b>PURE JUICE BAR 12 OZ.</b>	
<b>Pure Lemonade</b>	<b>\$3</b>
<b>Honey Lemon Ginger</b>	<b>\$4</b>
<b>Black Lemonade Detox</b>	<b>\$4</b>

<b>PURE COLD PRESSED JUICES 12 OZ.</b>	
<b>Beet Mel</b>	<b>\$8</b>
Beets, green apple, organic carrots, orange, and lime	
<b>Carrot Head</b>	<b>\$8</b>
Organic carrots, green grapes, lime, and ginger	
<b>Grape Star</b>	<b>\$7</b>
Green grapes and carambola	
<b>Melon Head</b>	<b>\$7</b>
Watermelon, green grapes, celery, and lime	
<b>Mr. Green</b>	<b>\$10</b>
Green apples, cucumber, celery, kale and pear	

<b>PURE ADDITIVES FOR ALL JUICES</b>	
Add: spirulina \$2 • maca \$1 • matcha green tea \$1.5	
• guarana \$1.5 • activated coconut charcoal \$1.5	

<b>PURE SMOOTHIES 16 OZ.</b>	
<b>Pure Original Spirulina Blend</b>	<b>\$6</b>
Papaya, spirulina, bee pollen, organic vanilla soy milk, and raw cane sugar	
<b>Nirvanut</b>	<b>\$4</b>
Banana, organic peanut butter, organic vanilla soy milk, and raw cane sugar	
<b>Papaya Swirl</b>	<b>\$4</b>
Papaya, strawberries, organic vanilla soy milk, and raw cane sugar	
<b>Super Mango Lemonade</b>	<b>\$5</b>
Mangos, mixed berries, and lemonade	
<b>Crammed Berries</b>	<b>\$7</b>
Mixed berries, mango, acai, and coconut water	
<b>Coconut Papaya</b>	<b>\$4</b>
Papaya and organic coconut water	
<b>Berry Green</b>	<b>\$6</b>
Banana, mixed berries, spinach, and P&N's almond milk	
<b>Mrs. Kale</b>	<b>\$6</b>
Banana, kale, pear, almond butter, and organic vanilla soy milk	

<b>PURE GREENS</b>	
<b>Mixed Spring Salad</b>	<b>\$9</b>
Mixed greens, cherry tomatoes, shredded carrots, radish, glazed pecans, with a passion fruit balsamic vinaigrette	
<b>Mediterranean Salad</b>	<b>\$10</b>
Spinach, cherry tomatoes, marinated red onions, cucumber, roasted red peppers, Kalamata olives, feta cheese, with a Greek dressing	
<b>Southwestern Salad</b>	<b>\$11</b>
Mixed greens, cherry tomatoes, honey-chipotle black bean and corn salad, feta cheese, tomatillo strips, avocado, with a creamy cilantro dressing	
<b>Falafel Salad</b>	<b>\$9</b>
P & N's falafel, mixed greens, shredded carrots, cherry tomatoes, hummus, tzatziki, with a sweet tahini dressing	
<b>Berry Salad</b>	<b>\$12</b>
Mixed greens, blueberries, blackberries, strawberries, locally farmed goat cheese, glazed pecans, with a guava balsamic vinaigrette	
<b>Roasted Beet Salad</b>	<b>\$12</b>
Mixed Greens, roasted beets, glazed pecans, locally farmed goat cheese, with a fresh mango vinaigrette	
<b>Seared Ahi Tuna Salad</b>	<b>\$19</b>
Mixed greens, carrots, cherry tomatoes, radish, roasted nuts, with mango and wasabi ginger vinaigrette	
<b>Seasonal Fruit Salad</b>	<b>\$7</b>
w/honey, Greek yogurt served with granola	
<b>Add: Grilled Chicken Breast</b>	<b>5oz \$4 • 7oz \$5</b>
<b>Turkey Breast</b>	<b>\$6</b>
<b>Fresh Fish Fillet</b>	<b>\$16</b>
<b>Ahi Tuna</b>	<b>\$14</b>
<b>Angus Churrasco</b>	<b>10oz \$12</b>

<b>PURE WRAPS</b>	
<b>Grilled Chicken Breast</b>	<b>\$9</b>
Swiss-American cheese, mixed greens, tomato, shredded carrots, sprouts, avocado, and cilantro sauce	
<b>Southwestern Grilled Chicken</b>	<b>\$12</b>
Feta cheese, honey-chipotle black bean and corn salad, caramelized onions, mixed greens, tomatoes and creamy cilantro dressing	
<b>Spicy Tangy Chicken</b>	<b>\$7</b>
Shredded cheese, Asian slaw, spicy mayo, fresh cilantro	
<b>Mediterranean Chicken</b>	<b>\$12</b>
Feta cheese, mixed greens, shredded carrots, tomatoes, Kalamata olives, cucumbers, roasted red peppers and Greek dressing	
<b>Oven Roasted Turkey Breast</b>	<b>\$11</b>
Swiss-American cheese, mixed greens, tomato, shredded carrots and cilantro sauce	
<b>Fresh Fish Porrito</b>	<b>\$15</b>
Shredded cheese, mixed greens, honey chipotle pico de gallo, spicy sour cream, fresh cilantro, sweet chili sauce	
<b>Hummus</b>	<b>\$9</b>
Feta cheese, mixed greens, shredded carrots, tomatoes, Kalamata olives, cucumber, roasted red peppers and Greek dressing	
<b>Add: Avocado \$1.5</b>	

<b>PURE PROTEIN SHAKES 24OZ.</b>	
<b>Cemento</b>	<b>\$8</b>
Banana, protein powder, spirulina, bee pollen, and P&N's almond milk	
<b>Protein Power</b>	<b>\$6</b>
Banana, organic peanut butter, protein powder, and P&N's almond milk	
<b>Berrilicious</b>	<b>\$8</b>
Mixed berries, protein powder, and organic vanilla soy milk	
<b>Blueberry Crunchy</b>	<b>\$10</b>
Blueberries, acai, almond butter, protein powder, granola, and P&N's almond milk	
<b>Chocolate Lightning</b>	<b>\$6</b>
Chocolate whey protein, espresso, and organic vanilla soy milk	
<b>New Girl in Town</b>	<b>\$8</b>
Pineapple, mango, avocado, vanilla protein powder, basil, lime, honey, and organic vanilla soy milk	
<b>Lawn Mower</b>	<b>\$9</b>
Bananas, blueberries, spirulina, chia seeds, shredded coconut, vanilla protein powder, and coconut milk	

<b>PURE ADDITIVES FOR ALL SHAKES AND SMOOTHIES</b>	
oatmeal \$0.5 • granola \$1 • greek yogurt \$1 • vanilla whey protein powder \$2	
chocolate whey protein powder \$2 • vegan protein \$4 • spirulina \$2	
bee pollen \$1 • organic peanut butter \$0.5 • almond butter \$1	
flax seeds \$0.5 • chia seeds \$0.5 • maca \$1 • matcha green tea \$1.5	
guarana \$1.5 • activated coconut charcoal \$1.5	

<b>PURE NUT MILKS</b>	
<b>12 oz. Cashew</b>	<b>\$5</b>
<b>Walnut</b>	<b>\$3</b>
<b>Almond</b>	<b>\$3</b>

<b>WATERS</b>	
<b>Fiji Bottled Water 16 oz.</b>	<b>\$3</b>
<b>32 oz.</b>	<b>\$5</b>
<b>Badoit Sparkling Water 11 oz.</b>	<b>\$4</b>

<b>PURE COFFEE</b>	
<b>Espresso</b>	single <b>\$1.5</b> double shot <b>\$2</b>
<b>Cappuccino</b>	single or double shot <b>\$2.5</b>
Almond, Cashew, Walnut, Organic vanilla soy milk or Low fat milk	

<b>PURE SANDWICHES</b>	
<b>Grilled Chicken Breast</b>	<b>\$9</b>
Swiss-American cheese, mixed greens, tomato, shredded carrots and cilantro sauce	
<b>Pesto Chicken Breast</b>	<b>\$9</b>
Buffalo mozzarella, tomato, sun-dried tomato pesto and pesto mayo	
<b>Roasted Turkey Breast</b>	<b>\$12</b>
Swiss-American cheese, mixed greens, tomato, shredded carrots, and cilantro sauce	
<b>Chipotle Turkey</b>	<b>\$13</b>
Jack cheddar cheese, caramelized onions, mixed greens, tomato, shredded carrots and spicy mayo	
<b>Fresh Fish Burger</b>	<b>\$17</b>
Asian slaw, shredded cheese, spicy mayo	
<b>Fresh Fish Tacos</b>	<b>\$15</b>
Two fresh corn tortillas, shredded cheese, lettuce, honey chipotle pico de gallo, spicy sour cream, fresh cilantro and sweet chili sauce	
<b>Pure Falafel</b>	<b>\$7</b>
Mixed greens, tomato, shredded carrots, sweet tahini sauce, tzatziki on a whole wheat pita bread	
<b>Pure Veggie Burger</b>	<b>\$8</b>
Swiss-American cheese, caramelized onions, mixed greens, tomato, shredded carrots, and spicy mayo	
<b>Pure Black Bean Burger</b>	<b>\$10</b>
Jack cheddar cheese, caramelized onions, mixed greens, tomato, shredded carrots and spicy mayo	
<b>Portobello Burger</b>	<b>\$12</b>
Provolone cheese, caramelized onions, roasted red peppers, mixed greens, tomato, shredded carrots, sun-dried tomato pesto mayo	
<b>Grilled Eggplant</b>	<b>\$7</b>
Swiss-American cheese, caramelized onions, mixed greens, tomato, shredded carrots, cilantro sauce, on a whole wheat pita bread	
<b>Grilled Vegetables</b>	<b>\$8</b>
Swiss-American cheese, eggplant, zucchini, yellow squash, roasted red peppers, spinach, caramelized onions, shredded carrots and cilantro sauce	
<b>Add: Avocado \$1.5 • Hummus \$1 • Grilled eggplant \$1 • Grilled Portobello \$3</b>	

<b>PURE POWER PLATES</b>	
<b>Served with a small salad and your choice of side:</b>	
Vegetable brown rice \$1.5 Grilled vegetables \$3	
Grilled vegetable pasta salad \$1.5 or red quinoa salad \$1.5	
<b>Fresh Local Grilled Fish</b>	<b>\$20</b>
<b>Seared Ahi Tuna</b>	<b>\$18</b>
w/house ponzu	
<b>Grilled Chicken Breast</b>	<b>\$9</b>
<b>Southwestern Grilled Chicken Breast</b>	<b>\$13</b>
w/honey-chipotle black bean and corn salad, feta cheese and avocado	
<b>Oven Roasted Turkey Breast</b>	<b>\$10</b>
<b>Angus Churrasco Steak 10 oz.</b>	<b>\$16</b>
<b>Grilled Vegetable Gratin</b>	<b>\$9</b>
Eggplant, zucchini, yellow squash, spinach, roasted red peppers, locally farmed goat cheese, fresh herbs and extra virgin olive oil	
<b>Eggplant Milanese</b>	<b>\$9</b>
Marinara sauce, provolone cheese, sun-dried tomato pesto, fresh basil and extra virgin olive oil w/Chicken Breast	
<b>Grilled Portobello</b>	<b>\$10</b>
w/ Chicken Breast	

<b>PURE PROTEINS</b>	
<b>Grilled Chicken Breast</b>	<b>5oz \$4 • 7oz \$5</b>
<b>Turkey Breast</b>	<b>\$6</b>
<b>Angus Churrasco</b>	<b>10oz \$12</b>

<b>PURE SIDES</b>	
<b>Pure Brown Rice</b>	<b>\$3</b>
<b>Vegetable Brown Rice</b>	<b>\$3</b>
<b>Grilled Vegetables</b>	<b>\$6</b>
<b>Grilled Vegetable Pasta Salad</b>	<b>\$3</b>
<b>Fresh Grilled Asparagus</b>	<b>\$9</b>
<b>Red Quinoa Salad</b>	<b>\$3</b>

<b>PURE DESSERTS</b>	
<b>Budin</b>	Slice <b>\$4</b> Whole <b>\$45</b>
<b>Cake</b>	Slice <b>\$4</b> Whole <b>\$40</b>



## M E N U

### PURE BITES

<b>Soup</b>	<b>\$4</b>
<b>Hummus</b>	<b>\$5</b>
w / pita bread	
<b>Falafel</b>	<b>\$6</b>
w / tzatziki and sweet tahini sauce	
<b>Ceviche</b>	<b>\$12</b>
Citrus or Coconut	
<b>Ahi Tuna Tartare</b>	<b>\$13</b>
w/ avocado, mango, roasted Macadamia nuts and sweet soy sauce	