

# Summer's here



Nominated for Independent  
Sandwich Bar of the Year



**Drinks** • made to order smoothies • functional smoothies • single and mixed juices...

## Smoothies

All our smoothies are freshly blended-to-order, using only natural ingredients

Small **£2.65**  
Regular **£3.35**  
Large **£4.35**

### California Classic

Strawberries, banana, skimmed milk, orange juice & honey...a classic combination

### Tropical Twister

A taste of the tropics with mangoes, pineapples & coconut milk

### Blueberry Barry

Barry's favourite! Blueberries blended with bananas, strawberries & apple juice

### Berry Burst

A delicious combination of strawberries, raspberries, blackberries & skimmed milk

### Cherry Delicious

A very cherry blend of cherries, strawberries, banana & apple juice

### Citrus Breeze

A light citrus blend, including pineapple, strawberries & orange juice

### Pom Paradise

A blend of pineapple, strawberries & pomegranate juice

### Go NUTS

A nutty blend of additive-free peanut butter, bananas, skimmed milk & honey

### Mediterranean Life

A delicious mix of banana, dates, almonds & honey

### NEW Strawberries & Cream

Well not quite cream, but low-fat yoghurt, strawberries and a touch of honey

### Mango Raspberry

A juicy blend of mangoes, raspberries, orange juice & apple juice

## Boosts

50p to add to any smoothie or juice:

Multi Vitamin  
Immune  
Energy  
Fat Burner  
Detox

£1 to add to any smoothie or juice:

Whey protein isolate  
Acai

Nutritious and delicious

### Breakfast

Muesli with your choice of fresh fruit, yoghurt or milk; a selection of low-fat yoghurts; organic muffins; fruit salads; the Brazilian super-berry, Acai, mixed with muesli; organic porridge made with skimmed or soy milk; tea, coffee and made-to-order smoothies and juices.

### Lunch

The finest freshly tossed salad bar with a range of new dressings; handmade, healthy whole-wheat wraps and sandwiches; oven baked potatoes; low-fat soups; chunky stews served on brown rice and, of course, the best smoothies and juices around

### Afternoon

Drop into Pure California for a freshly made smoothie for an afternoon boost or on your way to the gym. Summer's here!

at any time of the day

## Functional Smoothies

These smoothies are blended with our nutritional supplements

Small **£3.05**  
Regular **£3.65**  
Large **£4.65**

### The Big Breakfast Smoothie

Start your day off the right way – muesli, bananas, strawberries, orange juice, low-fat yoghurt & a Multi Vitamin Boost

### Immune Tune

Feeling under the weather? Try our acerola cherry & orange juice smoothie with an Immune Boost

### Brain Fuel

Got a 4pm meeting? Strawberries & bananas, with ginkgo & ginseng to keep you going

### Hangover Over

Recovering from the night before? Raspberries, bananas, strawberries & orange juice with our Detox Boost

### One-a-day

100% of your recommended daily essential vitamins & minerals from our Multi-V boost with strawberries & bananas

### Personal Trainer

Need some energy before or after the gym? Try our energy boosting smoothie with whey protein isolate  
Small **£3.85** Regular **£4.50**  
Large **£5.50**

### Energy Elixir with Acai

Feeling tired? Try a smoothie with Brazilian super berry Acai & our energy boost  
Small **£3.85** Regular **£4.50**  
Large **£5.50**

### Goji Power

Goji berries, blueberries, strawberries, skimmed milk & honey. There simply isn't a better smoothie around...  
Small **£3.85** Regular **£4.50**  
Large **£5.50**

### NEW The Protein Provider

Blueberries, banana, peanut butter, skimmed milk and whey protein isolate  
Small **£3.85** Regular **£4.50**  
Large **£5.50**

## Juices

Small **£2.95**  
Regular **£3.95**

### AGC

Apple, Ginger & Carrot

### Detox

Carrot, beetroot, celery & fennel

### Anti-oxidiser

Apple, orange, pomegranate juice & fresh mint

### Green Energy

Carrot, apple & spinach

### Jumble Juice

Carrot, apple, pear & orange

### Quick Quencher

Apples, cucumber & lemon juice

### Single Juices

Small **£1.95**  
Regular **£2.95**

Carrot  
Apple  
Orange  
Pear  
Cucumber

### Wheatgrass shot

1oz **£1.25**  
2oz **£2.30**



**Pure California** Made-to-order smoothies & juices; freshly tossed salad bar; whole-wheat wraps & sandwiches; hearty soups & stews, made on site with the finest, healthy and preservative-free ingredients.

For new store openings, catering menu, daily specials and details about our new delivery service, please visit...

# www.purecalifornia.co.uk

We are already open at **39 Beak Street** and **47 Goodge Street**. Other new stores will be coming soon.

If you would like to know anything else about us, please call on 0845 601 9141 or e-mail [info@purecalifornia.co.uk](mailto:info@purecalifornia.co.uk)



# Summer's here



Nominated for Independent Sandwich Bar of the Year



Food • Salad bar • whole-wheat wraps & sandwiches • hot food • and loads more...

## Salad bar

### Make your own...

One base, one meat or fish, three dairy or vegetables and a dressing for £4.45

Choose one	Choose one	Choose any three		Add any for 65p	Choose any
<b>Bases</b> Cos lettuce Exclusive leaf mix Whole-wheat pasta Wheat-free pasta Organic brown rice Hot potato Hot sweet potato (50p extra)	<b>Meat or Fish</b> Free-range chicken Free-range turkey Free-range ham Atlantic prawns Tuna Grilled salmon Mackerel	<b>Dairy</b> Mozzarella Low-fat cheddar Feta Goat's cheese Parmesan Cottage cheese Free-range egg	<b>Vegetables</b> Avocado Beetroot Black olives Bean sprouts Alfalfa sprouts Carrot Mixed bean salad Cucumber Sweetcorn Pine nuts	Red onion Broccoli Baby spinach Mixed peppers Organic hummus Tomatoes Red cabbage Potato salad Sugar snap peas  50p each extra item	<b>Deli</b> Anchovies Artichokes Sun-dried tomatoes  <b>Toppings</b> Garlic croutons Cashew nuts Flaked almonds Raisins Omega seeds
					<b>Dressings</b> <i>Low-fat &amp; low-salt</i> Oil & Vinegar Sun-dried Tomato Vinaigrette <b>NEW</b> Olive Vinaigrette <b>NEW</b> French Honey Mustard Pesto & Wild Rocket <b>NEW</b> Green Thai <b>NEW</b> Caesar Sesame Ginger Lemon & Summer Herbs <b>NEW</b>

## ...or choose one of ours



<b>Greek Salad</b> (V) £4.45 Lettuce mix, feta cheese, red onion, cucumber, tomatoes, organic hummus & olives with Oil & Vinegar	<b>Tuna Chef's Salad</b> £4.45 Lettuce mix, tuna, free-range egg, cucumber, tomatoes, broccoli, low-fat cheddar, raisins & Omega seed mix with French dressing	<b>California Chicken Salad</b> £4.75 Cos lettuce, chicken, broccoli, alfalfa sprouts, cucumber & tomatoes with Honey Mustard dressing	<b>Oriental Chicken Salad</b> £4.75 Lettuce mix, free-range chicken, bean sprouts, grated carrots, broccoli, sweetcorn & cashews with Sesame Ginger dressing	<b>Celebrity Skin Salad with Salmon</b> £5.25 Lettuce mix, grilled smoked salmon, avocado, tomatoes, cucumber, flaked almonds & pine nuts with French dressing
<b>Chicken Caesar Salad</b> £4.45 Cos lettuce, free-range chicken, parmesan, garlic croutons & free range-egg with Caesar dressing	<b>Big Bean Salad</b> (V) £4.45 Lettuce mix, mixed bean salad, avocado, cucumber, tomatoes, broccoli, peppers & Omega seed mix with Oil & Vinegar	<b>Prawn &amp; Avocado Salad</b> £4.75 Lettuce mix, North Atlantic prawns, avocado, cucumber, tomatoes & mixed peppers with Oil, Vinegar & Lemon juice	<b>Low GI Salad</b> £5.25 Lettuce mix, free-range chicken, mixed bean salad, avocado, cucumber, tomatoes, broccoli, peppers & Omega seed mix with Oil & Vinegar	<b>High Protein Salad</b> £5.25 Lettuce mix, free-range turkey, avocado, tomatoes, free-range egg, alfalfa sprouts & raisins with Oil & Vinegar

## Wraps

We only use whole-wheat bread with no additives or preservatives to make our wraps

<b>Crunchy Tuna</b> Tuna salad mixed with carrots, tomatoes, cucumber & broccoli for that little bit of crunch in your lunch <b>£2.65</b>	<b>Hummus</b> (V) Organic hummus, chopped carrots & baby spinach <b>£2.65</b>	<b>NEW Green Thai Chicken</b> Free-range chicken with bean shoots, yellow peppers & carrots in a green Thai dressing <b>£2.95</b>
<b>Beans and Avocado</b> (V) A power-packed vegetarian combination of bean salad, avocado & baby spinach <b>£2.65</b>	<b>Sweet Potato</b> (V) A delightful veggie option containing sweet potato & mixed peppers <b>£2.65</b>	<b>Chicken Pesto</b> Free-range chicken, pesto dressing, black olives, tomatoes, baby spinach & red onions <b>£2.95</b>
	<b>Chicken Caesar</b> Free-range chicken, low-fat Caesar dressing & garlic croutons <b>£2.95</b>	

<b>California Chicken</b> A California classic – free-range chicken with low-fat honey mustard dressing, alfalfa sprouts & chopped broccoli <b>£2.95</b>	<b>Prawn &amp; Avocado</b> Prawn, avocado, baby spinach & fresh dill in a low-fat seafood dressing <b>£2.95</b>
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<b>NEW Salmon &amp; Avocado</b> Grilled salmon, avocado & tomatoes. <b>£2.95</b>
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## Sandwiches

All of our sandwiches are made on thick slices of multi-seed low-GI bread

<b>Mozzarella, Tomato &amp; Avocado</b> (V) With lite pesto dressing & mixed lettuce leaves <b>£2.95</b>	<b>Smoked Salmon</b> (WF) Fresh smoked salmon with low-fat cream cheese, freshly cracked black pepper & a drizzle of lemon juice <b>£2.95</b>	<b>Hummus be Joking</b> (V) (WF) There is nothing funny about this healthy classic with lightly spiced hummus, baby spinach & grated carrot <b>£2.95</b>
<b>Mediterranean Chicken</b> Sandwich Free-range chicken, organic hummus, red peppers & mixed lettuce leaves <b>£2.95</b>	<b>Turkey &amp; Avocado</b> (WF) A tasty and filling mix of free-range turkey, avocado, mixed lettuce leaves & tomatoes <b>£2.95</b>	<b>NEW Chicken &amp; Sun-dried tomatoes</b> Free-range chicken, sun-dried tomatoes, red onion & mixed lettuce leaves <b>£2.95</b>

<b>NEW Healthy Ham &amp; Cheese</b> The classic English sandwich. Made with free-range ham, low-fat cheddar & low-fat mayonnaise <b>£2.95</b>
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(WF) Also available as wheat-free

## Hot food

Hearty and healthy options in case it's not always sunny this summer

<b>Soups</b> Small £2.75, Regular £3.50  Each day we will serve up to three of our delicious, low-fat soups  <b>Oven-baked potatoes</b> Traditional or sweet potatoes can be filled with the toppings of your choice from our salad bar	<b>Pure Stews</b> Vegetable £4.50 Meat £4.95  Mouth-watering stew served on a bed of organic, short-grain, brown rice  All of these products are made with absolutely no preservatives or additives  To find out what's cookin' each day, go to <a href="http://www.purecalifornia.co.uk">www.purecalifornia.co.uk</a> and sign up to our daily e-mail	<b>Organic porridge</b> Small £2.00  Each weekday until 11am you can choose from skimmed or soy milk porridge with either honey or maple syrup and a selection of toppings: raisins, omega seed mix, strawberries, blueberries, chopped banana (+50p), acai or goji berries (+£1.00)
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<b>Sides</b> Bean, Tuna or Potato salad ..... £1.60 Chicken portion ..... £1.80 Freshly cut vegetables & dip (hummus, bean dip or low-fat cream cheese). .... £1.60 <b>NEW</b> Tuna mix, whole-wheat pasta and sun-dried tomato vinaigrette ..... £1.95 <b>NEW</b> Bean mix and short-grain brown rice. .... £1.95 <b>NEW</b> Whole-wheat pasta, sun-dried tomato, olives and Olive vinaigrette ..... £1.95 <b>NEW</b> Edamame ..... £1.60	<b>Best of the rest</b> Dried fruit & nuts bags. .... £1.15 Red grape cup ..... £1.35 Exotic fruit salad ..... £1.95 <b>NEW</b> Melon OR Pineapple OR Blueberry pot. .... £1.75 Fruit ..... 50p Yoghurts. .... £1.60 to £2.00 Muesli bar (with your choice of toppings) ..... from £1.75 Acai Pot. .... £2.75 Wholemeal flatbread, roll or wheat-free bread. .... 50p Organic muffins ..... £1.75 Selection of fairtrade coffees and organic teas
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All of our wraps, sandwiches and salads are **handmade on-site** every morning. They haven't been made on a conveyor belt in a factory and shipped to our shops. This means we have complete control over what goes into your food; making our products the freshest, tastiest and healthiest around.