



NUTRITION SURVIVAL GUIDE TO  
**PURE**

CALORIES AND MACRONUTRIENTS  
**2020/21**

[WWW.PDFITNESSANDNUTRITION.CO.UK](http://WWW.PDFITNESSANDNUTRITION.CO.UK)

Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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1-200 CAL

## SALADS

Chicken & Bacon Caesar - Dressed	438	34.6	11.8	2.5	1.7	28.7	2.4
Chicken & Bacon Caesar - Undressed	387	17.8	39.1	8.3	11.1	17.8	2.9
Sesame Ginger	515	23.4	10.3	4.3	6.3	41.7	2.4
Celebrity Skin - Dressed	530	34.2	17.2	6.1	10.0	37.2	2.6
Celebrity Skin - Undressed	404	34.1	13.8	5.7	6.8	24.8	2.2
Sorrento Chicken - Dressed	634	27.4	37.6	9.4	13.3	40.8	3.0
Sorrento Chicken - Undressed	449	29.8	39.8	10.6	6.8	18.3	2.3
The Mexican - Dressed	634	27.4	37.6	9.4	13.3	40.8	3.0
The Mexican - Undressed	449	29.8	39.8	10.6	6.8	18.3	2.3

201-300 CAL

301-400 CAL

401-500 CAL

## SNACKS & TREATS

Fruit Salad - So Citrus	-	-	-	-	-	-	-
Fruit Salad - Pure Fruit Salad	125	1.4	28.0	2.3	27.3	0.2	0.1
Fruit Salad - Outer Mango-lia	59	0.9	13.0	2.3	12.6	0.3	0.0
Desserts - Choc'avo Mousse	212	5.4	16.4	2.8	15.2	13.0	0.3
Desserts - Super Rice Pudding	206	2.2	27.1	0.9	6.2	10.0	0.4
Sweet Things - Cacao, Almond & Ginger Powerball	146	5.6	19.2	1.6	17.6	5.2	0.1
Sweet Things - Mango & Macadamia Powerball	145	5.2	16.1	0.4	14.8	6.8	0.1
Sweet Things - Double Chocolate Cookie	366	3.8	44.6	1.8	30.6	18.8	0.5
Sweet Things - White Chocolate & Raspberry Cookie	372	3.6	47.0	0.8	29.4	18.6	0.5
Sweet Things - Lemon Muffin	496	5.9	61.6	0.6	39.1	25.0	1.0
Sweet Things - Blueberry Muffin	460	5.8	54.5	1.0	32.1	24.1	1.0
Sweet Things - Brownie Bar	324	3.7	31.4	2.3	27.1	20.4	0.3
Sweet Things - Trail Bar	240	4.8	18.0	4.4	10.5	16.5	0.1
Sweet Things - Popcorn Bar	172	1.6	19.6	1.9	13.4	9.6	0.1
Nuts, Dried Fruit & Treats - Salted Caramel Almonds	240	4.8	15.5	1.7	14.6	17.2	0.2
Nuts, Dried Fruit & Treats - Go Nuts	229	6.3	7.4	2.7	1.5	18.8	0.0
Nuts, Dried Fruit & Treats - Dark Chocolate Fruit & Nuts	154	2.9	12.6	1.6	8.3	9.8	0.0
Nuts, Dried Fruit & Treats - Smoked Corn & Smoked Almonds	161	5.0	12.4	2.3	1.0	9.6	0.6
Nuts, Dried Fruit & Treats - Nut & Raisin Mix	186	3.5	16.3	1.6	9.5	11.5	0.0
Nuts, Dried Fruit & Treats - Soft Dried Mango	90	0.6	21.1	1.1	18.0	0.2	0.0

501+ CAL

## BREAKFASTS

Super Eggs	256	20.6	1.3	0.6	0.6	18.6	0.9
Super Eggs With Vine Tomatoes	264	19.3	3.6	1.1	1.9	19.0	1.5
Super Eggs With Smoked Salmon	279	24.4	1.8	1.1	0.9	19.2	2.1
Super Eggs With Avocado	309	19.7	2.5	1.8	1.1	24.2	1.3
Super Eggs With Bacon	334	27.3	4.6	0.7	2.4	22.9	2.3
Super Eggs With Sautéed Mushrooms	265	21.0	1.3	1.3	0.7	19.1	1.1
Rolled Omelette - The Vegetarian	393	21.1	8.8	3.3	3.3	30.5	1.1
Rolled Omelette - Bacon & Vine Tomato	346	22.1	6.8	0.9	1.9	25.9	1.8
Toasted Bagels - Vegan Breakfast Bagel	416	13.4	57.9	6.3	5.3	13.4	1.6
Toasted Bagels - Bacon & Avocado Bagel	489	21.5	56.2	6.4	6.5	18.4	1.9
Toasted Bagel	323	12.7	51.8	4.9	4.4	6.1	0.8
Toasted Bagel With Blossom Honey	425	13.3	73.8	5.4	21.0	6.5	0.9

- 1-200 CAL
- 201-300 CAL
- 301-400 CAL
- 401-500 CAL
- 501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Toasted Bagel With Cream Cheese	458	15.0	15.0	4.9	5.9	19.1	1.3
Toasted Bagel With Peanut Butter	672	27.8	59.6	4.9	6.7	34.0	2.0
Toasted Wraps - Smoked Salmon	491	21.8	44.8	5.8	1.5	23.9	2.1
Toasted Wraps - Bacon & Egg	564	23.9	54.2	5.7	9.0	26.9	2.6
Toasted Wraps - Super Start	453	17.2	46.0	6.2	2.2	21.1	1.9
Pure Porridge	236	7.2	38.7	5.7	2.1	3.5	0.7
Pure Porridge With Chocolate Flakes	293	8.0	41.9	41.9	5.0	7.7	0.7
Pure Porridge With Golden Syrup	347	7.3	66.0	5.7	29.5	3.5	1.0
Pure Porridge With Banana	281	7.8	48.8	6.4	11.2	3.5	0.7
Pure Porridge With Blueberries	264	7.4	44.5	6.7	6.1	3.6	0.7
Pure Porridge With Blossom Honey	323	7.2	58.4	5.7	20.4	3.5	0.7
Pure Porridge With Peanut Butter	389	13.9	41.9	5.7	3.2	15.7	1.2
Pure Porridge With Energy Crunch	368	10.8	48.5	8.0	8.1	7.4	0.7
Birchers & Yoghurts - Banana & Honey Yoghurt	363	8.4	49.3	1.7	43.4	14.6	0.1
Birchers & Yoghurts - Green Light	157	1.7	13.1	1.1	9.4	10.7	0.1
Birchers & Yoghurts - Blueberry Bircher	371	9.3	59.9	6.8	17.4	6.3	0.0
Birchers & Yoghurts - Energy Crunch Bircher	495	14.0	67.6	8.5	16.3	13.8	13.8
Viennoiserie - Almond Croissant	338	10.6	32.2	2.1	13.8	18.1	0.7
Viennoiserie - Chocolate Croissant	358	7.2	36.2	2.2	14.0	20.0	0.7
Viennoiserie - Croissant	345	7.1	37.5	1.2	5.6	18.3	0.7
Viennoiserie - Pain Aux Raisin	321	5.5	43.7	2.2	18.1	13.3	0.7

## BREADS

Wraps - Soy Good	518	24.7	64.4	11.7	6.9	17.2	2.3
Wraps - Hail Caesar	642	31.2	53.0	6.1	1.5	33.2	2.3
Wraps - Smokin' Hot	460	23.6	53.3	8.0	5.8	15.9	1.9
Wraps - Ariba Fajita	625	24.4	62.2	8.5	6.1	29.2	2.0
Wraps - Falafalo Soldier	726	17.0	69.8	14.1	12.3	40.4	2.2
Baguettes - The Italian	598	24.1	68.6	6.2	7.8	23.9	2.6
Baguettes - Lemon Chicken & Avocado	658	30.2	65.8	5.9	4.4	28.9	3.1
Baguettes - Honey Roasted Ham & Cheddar	725	35.3	74.2	5.6	12.6	30.5	4.2
Bagels - The Mediterranean	426	17.2	58.2	6.6	7.8	12.7	1.6
Bagels - Loch Stock & Hot Smoked Salmon	491	24.7	54.1	5.3	5.7	18.5	2.3
Breadstick	127	3.2	15.8	1.4	0.4	5.4	0.6
Kids Sandwiches - Gracie's Glorious Ham Sandwich	476	18.1	42.9	3.4	3.1	24.9	2.1
Kids Sandwiches - Biba's Brilliant Egg Sandwich	455	19.0	42.8	3.6	3.2	22.4	1.8

## COLD DRINKS

Smoothies - Mango Power 250ml	163	9.1	26.8	1.6	23.2	1.5	0.3
Smoothies - Mango Power 500ml	326	18.1	53.5	3.1	46.5	3.0	0.5
Smoothies - Superberry 250ml	136	1.4	25.5	2.1	23.0	2.0	0.0
Smoothies - Superberry 500ml	271	2.8	51.1	4.2	47.1	4.0	0.1
Smoothies - Get Vit 250ml	110	110.0	19.3	0.9	18.1	1.7	0.1
Smoothies - Get Vit 500ml	219	6.5	38.6	1.8	36.2	3.3	0.3
Smoothies - Brain Boost 250ml	218	5.2	27.0	2.7	23.8	9.0	0.4
Smoothies - Brain Boost 500ml	438	10.5	54.1	5.4	47.7	18.3	0.8

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Breadstick	127	3.2	15.8	1.4	0.4	5.4	0.6
Kids Sandwiches - Gracie's Glorious Ham Sandwich	476	18.1	42.9	3.4	3.1	24.9	2.1
Kids Sandwiches - Biba's Brilliant Egg Sandwich	455	19.0	42.8	3.6	3.2	22.4	1.8

## COLD DRINKS

Smoothies - Mango Power 250ml	163	9.1	26.8	1.6	23.2	1.5	0.3
Smoothies - Mango Power 500ml	326	18.1	53.5	3.1	46.5	3.0	0.5
Smoothies - Superberry 250ml	136	1.4	25.5	2.1	23.0	2.0	0.0
Smoothies - Superberry 500ml	271	2.8	51.1	4.2	47.1	4.0	0.1
Smoothies - Get Vit 250ml	110	110.0	19.3	0.9	18.1	1.7	0.1
Smoothies - Get Vit 500ml	219	6.5	38.6	1.8	36.2	3.3	0.3
Smoothies - Brain Boost 250ml	218	5.2	27.0	2.7	23.8	9.0	0.4
Smoothies - Brain Boost 500ml	438	10.5	54.1	5.4	47.7	18.3	0.8
Juices - Anti-oxidiser 250ml	127	0.7	30.1	0.7	27.5	-	0.0
Juices - Anti-oxidiser 500ml	254	1.5	60.4	1.4	55.1	-	0.1
Juices - Orange Juice 250ml	118	1.5	27.0	1.8	23.3	-	-
Juices - Orange Juice 500ml	235	3.0	54.0	3.5	46.5	-	-
Juices - Martha's Marvellous Apple Juice	120	0.3	29.5	0.0	29.5	0.0	0.1
Summer Drinks - Iced Americano	-	-	-	-	-	-	-
Summer Drinks - Iced Latte	178	7.7	10.1	-	10.1	7.7	0.2

## HOT FOOD

Hot Box - Chipotle Chicken	522	31.5	75.4	8.6	9.5	15.5	2.4
Hot Box - Vegan Coconut Curry	403	403.0	74.9	6.2	13.5	9.5	2.3
Hot Box - Thai Red Chicken	656	32.6	68.2	11.2	14.3	29.0	3.0
Hot Box - High Protein Chilli	707	29.2	87.9	11.2	7.3	25.4	2.2
Toasties - The Vegan	499	13.1	62.2	10.2	9.0	20.8	2.0
Toasties - Chicken Picante	543	29.0	55.7	7.4	4.5	21.7	2.4
Toasties - Halloumi	574	19.9	58.5	8.3	10.3	26.1	2.9
Pasta & Risotto - Vegano Arrabbiata	474	23.0	76.3	7.0	10.5	7.9	2.2
Pasta & Risotto - Chicken & Mushroom	771	45.9	69.3	11.1	6.6	31.2	2.3
Pasta & Risotto - Pure Bolognese	554	27.1	71.3	6.4	10.6	16.6	1.4
Pasta & Risotto - Sweet Potato Risotto	526	14.8	53.9	53.9	5.7	27.0	2.6
Soups - Greens & Grains - Regular	193	8.1	18.3	5.2	7.6	11.1	2.0
Soups - Greens & Grains - Large	291	12.3	27.6	7.9	11.4	16.6	3.1
Soups - British Chicken - Regular	123	17.2	12.3	2.1	4.9	2.2	3.7
Soups - British Chicken - Large	180	17.2	18.0	2.1	4.9	3.3	3.7
Soups - Thai Green Lentil - Regular	205	5.6	12.9	4.7	3.8	13.5	2.2
Soups - Thai Green Lentil - Large	313	8.5	19.7	7.2	5.8	20.6	3.4



Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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1-200 CAL

## DELI POTS &amp; LITTLE POTS

Deli Pots - Cauli Willoughby	325	11.2	44.1	9.3	6.7	13.1	1.8
Deli Pots - A Bit Moorish	574	14.1	57.6	10.0	20.9	32.5	1.2
Little Pots - Feta Together	160	7.6	13.0	3.0	3.0	8.9	1.1
Little Pots - Broc N' Roll	74	4.7	6.8	3.5	2.7	3.4	0.6
Little Pots - 24 Carrot	314	6.8	20.5	8.9	10.6	20.5	1.1
Little Pots - Chip Off The Guac	168	2.1	15.8	1.5	0.3	10.5	0.5
Little Pots - Isaac's Incredible Carrot Pot	217	4.9	12.9	5.7	5.9	14.9	0.8

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL