


STARTERS

 **NIBBLES NUTS 3**
organic walnuts • maple syrup • thyme

COZY SOUP 6
made fresh with love

BELLE POUTINE
SMALL 7 • SHARING 12
hand-cut french fries • mushroom gravy •
cheese curds **or** cashew cheese
(+) goddess greens 2

 **LAVISH LOADED AVOCADO 5**
grilled avocado • lemon • sea salt • coconut
bacon • tomato-jalapeño jam • sriracha

RADICAL CAULIFLOWER WINGS 12
korean bbq • scallions • cilantro •
sesame seeds

 **DIVINE DUMPLINGS 11**
shiitake mushrooms • tofu • scallions •
dynamite sauce


CAREFREE TACOS 8
chef's feature filling • fresh accoutrements •
corn tortilla
(+) a taco 4
(+) a salad 4

 **LUSCIOUS DIP + PITA PLATTER 15**
gluten free crackers available
artichoke dip • grilled pita • cucumber slices •
pickled beets

SALADS

FRESH
SMALL 8 • REGULAR 12
mixed greens • carrots • cherry tomatoes •
cucumber • pickled red onion • seed mix •
herb vinaigrette

TRANSFORMED
SMALL 8 • REGULAR 12
kale • red cabbage • coconut bacon •
corn tortilla croutons • seed parmesan •
caper vinaigrette

 **LOVED**
SMALL 10 • REGULAR 14
butternut squash • goddess greens • brown
rice • caramelized onions • dried cranberries •
seasonal fruit • walnuts • seed mix • sprouts •
miso-rice vinaigrette

PICNIC
SMALL 10 • REGULAR 14
fingerling potatoes • green lentils • quinoa •
coconut bacon • lemon • pickled red onions •
sundried tomatoes • sunflower sprouts •
seed parmesan • crispy onions •
herb vinaigrette

additions
(+) neatballs 4
(+) tempeh steaks 3
(+) tofu steaks 2
(+) dumplings 5
(+) falafel 3
(+) grilled avocado 3
(+) raw avocado 3
(+) kimchi 2
(+) sauerkraut 2
(+) goat cheese 2


WRAPS & SANDWICHES

served with
salad **or** fries
a little bit of both (+) 1
daily soup
or upgrade poutine 3

PEACEFUL FALAFEL 14
falafel • tomato • cucumber • greens •
pickled turnip • pickles • garlic sauce •
lemon-herb tahini • flour tortilla

 **LIBERTY BUFFALO CAULIFLOWER 14**
deep fried cauliflower • buffalo sauce •
garlic aioli • pickles • tomato • carrots •
greens • flour tortilla

DEVOTED BAHN MI 14
lemongrass tofu • radish slaw • cucumber •
thai basil • garlic aioli • ciabatta bun


 **RIGHTEOUS NEATBALL SUB 15**
tempeh neatballs • marinara sauce •
vegan mozzarella • seed parmesan • parsley •
garlic butter • ciabatta bun

please ask your server
about gluten-free options

additions
(+) aged cheddar 2
(+) goat cheese 2
(+) vegan cashew cheese 2
(+) garlic aioli 1
(+) sauces 1

BURGERS

served with
salad **or** fries
a little bit of both (+) 1
daily soup
or upgrade poutine 3

 **DREAMER 16**
smokey mushroom walnut patty •
choice of cheese • coconut bacon • bbq sauce •
pickled jalapenos • crispy onions

SPLENDID 16
sweet potato quinoa patty • tomato-jalapeno
jam • chipotle mayo • avocado • tomato •
pickled onion • sunflower sprouts


please ask your server
about gluten-free options


additions
(+) aged cheddar 2
(+) goat cheese 2
(+) vegan cashew cheese 2
(+) garlic aioli 1
(+) sauces 1


BOWLS

SMALL 14 • REGULAR 18

 **GOOD KARMA**
sauerkraut **or** kimchi • goddess greens •
broccoli • winter squash • grilled avocado •
white beans • lemon-herb tahini sauce •
quinoa

 **FANTASTIC**
lemongrass tofu • broccoli • red pepper •
goddess greens • scallions • cilantro •
roasted peanuts • peanut sauce • rice noodles

 **WHOLESOME**
lemongrass tofu • red thai curry broth •
goddess greens • broccoli • cherry tomatoes •
sprouts • thai basil • rice noodles

 **VICTORIOUS**
goat cheese **or** cashew cheese • stewed lentils •
moroccan spice • butternut squash • sweet
potatoes • peppers • lemon • walnuts • pita •
brown rice

additions
(+) neatballs 4
(+) tempeh steaks 3
(+) tofu steaks 2
(+) dumplings 5
(+) falafel 3
(+) grilled avocado 3
(+) raw avocado 3
(+) kimchi 2
(+) sauerkraut 2
(+) goat cheese 2

LEGEND

 contains nuts  MealShare item
 contains gluten  spicy item

FROM SCRATCH

We are proud to be a scratch kitchen.
All menu items are made fresh, using whole natural ingredients.



LOCATIONS

340 Elgin Street 357 Richmond Road
(613) 233-7873 (613) 680-5500

SOCIAL

 purekitchenottawa  purekitchenott
 purekitchenottawa www.purekitchenottawa.com

COLD-PRESSED ORGANIC JUICES

8 OUNCES 6 • 12 OUNCES 8.25 • 16 OUNCES 10

FLUSH

cucumber • apple • celery • kale • lemon

GLOW

kale • collards • cucumber • celery • lime

RISE

kale • cucumber • apple • lemon • ginger

GROUNDED

beet • carrot • apple • celery • lemon • ginger

ENERGIZED

beet • apple • pineapple • cucumber

HEALED

pineapple • carrot • turmeric • lemon • ginger

SHINE

orange • grapefruit • turmeric • ginger

HYDRATE PURE HYDRATOR

coconut water • lemon • lime • maple syrup • sea salt

REVIVE PURE HYDRATOR

Flow™ alkaline spring water • lemon • maple syrup • activated charcoal

CHAMPION BLENDED NUT MYLK

almonds • dates • cinnamon • vanilla

STRAWBERRY FIELDS BLENDED NUT MYLK

cashews • strawberries • maple syrup • date • beet

REBUILD BLENDED NUT MYLK

cashews • banana • maple syrup • maca • raw cacao

FRESHLY SQUEEZED

8 OUNCES 5 • 12 OUNCES 7.5

APPLE

ORANGE

GRAPEFRUIT

PINEAPPLE

ELIXIRS

2 OUNCES • 2

MASTERFUL

lemon • cayenne • maple syrup

GREEN ENERGY

spirulina • kale • spinach • collards

CLEANSE

lemon • aloe

TUMMY TONIC

apple cider vinegar • ginger

PROTECTOR

turmeric • grapefruit • ginger
(+) oil of oregano 2

SMOOTHIES

16 OUNCES • 7

BOHEMIAN

almond milk • blueberry • banana • almond butter

STRONG

pineapple juice • orange juice • mango • banana

REFRESHED

orange juice • coconut milk • strawberry • banana

SOOTHED

coconut milk • peach • spinach • banana

INSPIRED

rice milk • strawberry • peach • raspberry • cinnamon

OASIS

orange juice • mango • spinach • cilantro • mint

CHEER

almond milk • strawberry • raspberry • banana

FUNKY MONKEY

chocolate almond milk • chilled espresso • strawberry • banana

give it a boost

(+) maca 2

(+) spirulina 2

(+) camu 2

(+) cacao 2

(+) chia seeds 2

(+) acai 2

(+) nut butter 2

make it a meal

(+) protein powder 3

(+) meal replacement 3

(+) avocado 3

(+) GoodStuff Chocolate Chaga Mix 3

POWER SMOOTHIES

16 OUNCES • 10

COMMUNITY

A new smoothie every month. Ask your server about this months community partner!

BEATNIK

almond milk • blueberry • banana • almond butter
+ GoodStuff Chocolate Chaga Mix

STRONGER

pineapple juice • orange juice • mango • banana
+ vegan protein

STRONGEST

pineapple juice • orange juice • mango • banana
+ vegan meal replacement

GREEN NINJA

rice milk • peach • raspberry • spinach • agave • spirulina • matcha

SILVER BULLET

coconut milk • chilled espresso • coconut oil • banana • maca • camu • vanilla

GRACIOUS

orange juice • mango • spinach • cilantro • avocado • matcha

CHARMED

almond milk • strawberry • raspberry • banana • cacao • maca

give it a boost

(+) maca 2

(+) spirulina 2

(+) camu 2

(+) cacao 2

(+) chia seeds 2

(+) acai 2

(+) nut butter 2

make it a meal

(+) protein powder 3

(+) meal replacement 3

(+) avocado 3

(+) GoodStuff Chocolate Chaga Mix 3

CAFFEINE & CO.

DRIP COFFEE 2.25

ESPRESSO 2.75

AMERICANO 2.75

FLAT WHITE 3.5

CAPPUCCINO 3.5

LATTE 4

MACCHIATO 3

BULLET COFFEE 4

HOT CHOCOLATE 4

MATCHA LATTE 4

SPICED APPLE CIDER 6

ASSORTED TEA 2.5

GOLDEN MILK 4

almond milk • protector elixir • honey • cinnamon

OTHER

HARVEY AND VERN'S SODAS 3

KOMBUCHA BOTTLE 3.5

KOMBUCHA ON TAP *ELGIN ONLY 5

COCONUT WATER 3

CHOCOLATE ALMOND MILK 2.5