

HEALTHY FOOD PASS

SAMPLE MEAL PLAN

DAY I

LUNCH

- Quinoa and feta Salad
- Fresh Juice (250ml)

DINNER

- Daily fresh soup + seed bread or salad/wrap/sandwich

DAY II

LUNCH

- Chicken Wrap warm/cold
- Fresh Juice (250ml)

DINNER

- Daily fresh soup + seed bread or salad/wrap/sandwich

DAY III

LUNCH

- Piece of Raw Cake
- Coffee with home made nut milk

DINNER

- Daily fresh soup + seed bread or salad/wrap/sandwich

DAY IV

LUNCH

- Tuna Wrap warm/cold
- Fresh juice (250ml)

DINNER

- Daily fresh soup + seed bread or salad/wrap/sandwich

DAY V

LUNCH

- Egg Sandwich warm/cold
- Coffee with home made nut milk

DINNER

- Daily fresh soup + seed bread or salad/wrap/sandwich

DAY VI

LUNCH

- Vege Salad with beans
- Fresh juice (250ml)

DINNER

- Daily fresh soup + seed bread or salad/wrap/sandwich

If you wish to replace your Dinner with different meal up to 5,50 € - ask PURE's staff for the daily availability

COMPOSE YOUR MEAL

CHOOSE FROM AVAILABLE PRODUCTS

STEP 1: CHOOSE MEAL TYPE

Some options: salad, wrap, gluten-free ciabatta, wholegrain baguette, roll

STEP 2: ADD BASE

Mix favourite rice, quinoa, barley, any lettuce, tomato, beetroot, pepper, zucchini, beans, lentils, chickpeas etc.

STEP 3: EXTRAS UP TO 1€*

Choose from available chicken, tuna, feta, mozzarella, eggs, avocado, seeds

**Check prices before ordering*

STEP 4: TOP-UP

Add dressing, olive oil, salt or pepper

Decide for: warm/cold meal dine in/take away option





OPENING HOURS

PURE Restaurant

Mon – Fri | 8 am - 8 pm
Sat | 10 am - 6 pm
Sun | CLOSED

PURE Bar

Mon – Fri | 7:30 am - 5:30 pm
Sat | 9 am - 5 pm
Sun | CLOSED

This Sample Food Plan is **ONLY a suggestion** how to take an advantage of your Healthy Food Pass voucher and to create different meals options.

All meals offered by PURE are freshly prepared and subjected to daily availability.

In case some ingredients are finished or not available please check other option offered by Healthy Food Pass or ask PURE's staff for a recommendation.

HOW TO USE HEALTHY FOOD PASS VOUCHER

- Your voucher is valid in both places, PURE Bar (next to the training centre) or in the PURE Restaurant (5-7 min. walking distance). Check: <http://fitness4malta.com/info-pack/> for google map locations.
- You can have your meal as take away or dine in.
- Healthy Food Pass consists of two meals per day:
 - **Lunch:** small salad OR wrap OR sandwich + EXTRAS up to 1€ free of charge + Fresh Juice (250ml)
(there is 50 cent of returnable deposit for each bottle)
 - **Dinner:** healthy soup of the day + slice of home-made whole grain organic bread
(there is 50 cent of returnable deposit for each jar)
- If you wish to add more EXTRAS you need to pay for them - check the prices at PURE.
- You can replace your dinner with a different meal in the price up to 5.5 €, ask PURE's staff about daily available options.
- Plan your meals in advance. The counter bar is closed after 5 pm at PURE Bar and after 7 pm at PURE Living. Do not come for your meal too late.
- Opening hours might be changed without any notice. Always check the note on the bar or restaurant door.
- If you wish to collect lunch and dinner at the same time, you need to notify PURE's staff till 12 pm.
- Unused meals are not refundable.
- Food Pass voucher expires on the last day of your training programme.
- Please remember to leave your used Food Pass voucher at PURE Bar before your departure.
- If you lose your voucher you cannot replace it.

Fitness4Malta

