



POD NUTRITION

GLUTEN FREE BREAD

HOT - TOASTED

Allergens & Nutrition Info

Size

Kcals

Carbs (g)

Sugars (g)

Protein (g)

Fat (g)

Saturates (g)

Fibre (g)

Salt (g)

Per serving

Gluten Free Toast with Butter

Toasted non-gluten containing bread, with butter.

Milk, *Not suitable for Coeliacs, prepared alongside gluten containing products

Regular

257

32.3g

0.7g

1.3g

12.6g

5.6g

3.6g

0.6g

Gluten Free Toast without Butter

Toasted non-gluten containing bread, without butter.

***Not suitable for Coeliacs, prepared alongside gluten containing products**

Regular

182

32.2g

0.7g

1.2g

4.3g

0.3g

3.6g

0.6g



POD ALLERGENS - Gluten Free bread

IF YOU HAVE ANY ALLERGEN OR DIETARY QUERIES,

PLEASE TALK TO US AT ALLERGENS@POD.CO.UK

PRODUCT	Vegetarian	Vegan	CONTAINS THESE ALLERGENS												
			Cereals containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin
HOT - TOASTED															
Gluten Free Toast with Butter	✓		*						✓						
Gluten Free Toast without Butter	✓	✓	*												

*Not suitable for Coeliacs, prepared alongside gluten containing products



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			Cereals containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
BREAKFAST - EGGS																
Chorizo Power Eggs (with Toast)			✓		✓			✓	✓							
Energiser Eggs (with Toast)	✓		✓		✓				✓							
Omega 3 Booster Eggs (with Toast)			✓		✓	✓		✓	✓							
Plain Eggs (with Toast)	✓		✓		✓				✓							
Protein Feast Eggs (with Toast)			✓		✓				✓							
Superb Eggs (with Toast)	✓		✓		✓			✓	✓							
BREAKFAST - DAIRY PORRIDGE																
Berry Boost (with Milk)	✓								✓				✓			
Forest Berry & Peanut Butter (with Milk)	✓						✓		✓							
Peanut Butter Power (with Milk)	✓						✓		✓							
Plain Porridge (with Milk)	✓								✓							
BREAKFAST - ALMOND MILK PORRIDGE																
Berry Boost (with Almond Milk)	✓	✓								✓			✓			
Forest Berry & Peanut Butter (with Almond Milk)	✓	✓					✓			✓						



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BREAKFAST - ALMOND MILK PORRIDGE															
Peanut Butter Power (with Almond Milk)	✓	✓					✓			✓					
Plain Porridge (with Almond Milk)	✓	✓								✓					
PORRIDGE TOPPINGS															
Honey	✓														
Peanut Butter	✓	✓					✓								
BREAKFAST - TOASTED															
Avocado & Chilli Toasted Sandwich	✓	✓	✓												
Avocado, Chilli & Cheese Toasted Sandwich	✓		✓						✓						
Avocado, Chilli & Bacon Toasted Sandwich			✓												
Bacon Toasted Sandwich			✓												
Bagel with Butter	✓		✓						✓						
Bagel without Butter	✓	✓	✓												
Bagel with Salmon & Cream Cheese			✓			✓			✓						
Sausage Toasted Sandwich			✓						✓						
Protein Toast with Butter	✓		✓						✓						



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BREAKFAST - TOASTED															
Protein Toast without Butter	✓		✓						✓						
Toast with Butter	✓		✓						✓						
Toast without Butter	✓	✓	✓												
TOASTED TOPPINGS															
Bacon															
Brown Sauce	✓	✓	✓												
Cream Cheese	✓							✓							
Honey	✓														
Ketchup	✓	✓									✓				
Marmite	✓	✓	✓								✓				
Peanut Butter	✓	✓					✓								
BREAKFAST - WRAPS															
Bacon & Egg			✓		✓										
Egg, Spinach & Crumbled Cheese	✓		✓		✓				✓						
HOT LUNCH - GYOZAS															
Chicken Gyoza			✓		✓			✓					✓		
Vegetable Gyoza	✓	✓	✓					✓			✓		✓		



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HOT LUNCH - SOUPS																
SOUPS - BUN HUE																
British Chicken Bun Hue								✓								
King Prawn Bun Hue				✓				✓								
Organic Tofu Bun Hue	✓	✓						✓								
Vegetable Gyoza Bun Hue	✓	✓	✓					✓		✓		✓				
SOUPS - LAKSA																
British Chicken Laksa									✓					✓		
King Prawn Laksa				✓					✓					✓		
Organic Tofu Laksa	✓							✓	✓					✓		
Vegetable Gyoza Laksa	✓		✓					✓	✓		✓		✓	✓		
SOUPS - PHO																
British Chicken Pho								✓								
King Prawn Pho				✓				✓								
Organic Tofu Pho	✓	✓						✓								
Vegetable Gyoza Pho	✓	✓	✓					✓		✓		✓				
HOT LUNCH - GYM BOWLS																
Chicken Green Energy								✓			✓					
Vegan Green Energy	✓	✓						✓			✓					



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HOT LUNCH - WRAPS																
Grilled Chicken and Chorizo Wrap			✓					✓	✓							
Pesto Chicken and Emmental Wrap			✓						✓							
Sweet Potato and Crumbled Cheese Wrap	✓		✓						✓							



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			Cereals containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
SALADS - DRESSINGS																
Salsa Verde Dressing	✓	✓														
Sweet Chilli Dressing	✓	✓										✓				
Roast Sesame and Sweet Chilli Dressing	✓				✓			✓				✓				
Vinaigrette	✓	✓										✓				
Zesty Yoghurt Dressing	✓							✓								
COLD LUNCH - WRAPS & BAGUETTES																
COLD LUNCH - BAGUETTES																
Avocado & Caprese	✓		✓						✓				✓			
Chicken Caesar & Bacon			✓		✓				✓				✓			
Wiltshire Ham & Emmental			✓		✓				✓			✓	✓			
COLD LUNCH - WRAPS																
Asian Chicken Wrap			✓		✓			✓					✓			
Beetroot & Goats Cheese Wrap	✓		✓						✓			✓		✓		
Omega Salmon & Spinach Wrap			✓		✓	✓						✓				



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WRAPS (INDIVIDUAL)															
Beetroot Wrap (Individually sold)	✓	✓	✓												
Khobez Olive Oil Wrap (Individually sold)	✓	✓	✓												
Pumpkin Wrap (Individually sold)	✓	✓	✓												
Spinach Wrap (Individually sold)	✓	✓	✓												
NUTRI POTS															
Chargrilled Chicken & Spinach															
Free Range Eggs & Spinach	✓				✓										
Salmon & Egg Protein					✓	✓		✓							
Vegan Falafel Mezze	✓	✓	✓										✓		
YOGHURTS - BANANA BREADS															
Peanut Butter and Cacao	✓		✓		✓		✓		✓						
Pistachio and Blueberry	✓		✓		✓				✓	✓					
Tropical Mango Glow	✓		✓		✓				✓						



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IMPULSES															
Fruit Salad - Big & Juicy	✓	✓													
Fruit Salad - Luxury	✓	✓													
Lemon & Pistachio Cake	✓				✓					✓			✓		
Naked Nuts	✓	✓					✓			✓					
Naughty Little Brownie	✓				✓			✓	✓						
Popcorn - Bacon & Maple	✓	✓													
Popcorn - Sea Salt	✓	✓													
Popcorn - Sweet & Salty	✓	✓													
Protein Pods - Chocolate Orange	✓	✓					✓								
Protein Pods - Peanut Butter	✓	✓					✓								
Raw Protein Bar	✓	✓						✓					✓		
Spicy Sriracha Crunchies	✓	✓													
Willie's Chocolate Orange	✓	✓													
Willie's Dark Chocolate	✓	✓													
Willie's Milk Chocolate	✓								✓						



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			Cereals containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin
DRINKS - COLD															
Coke	✓	✓													
Coke - Diet	✓	✓													
Coke - Zero	✓	✓													
Dash Water - Cucumber	✓	✓													
Dash Water - Lemon	✓	✓													
Dash Water - Raspberry	✓	✓													
Ginger Aid	✓	✓													
Juice - Apple	✓	✓													
Juice - Carrot, Apple & Ginger	✓	✓													
Juice - Orange	✓	✓													
Smoothie - Berry Cooler	✓	✓													
Smoothie - Breakfast Super Shake	✓	✓					✓	✓							
Smoothie - Kale Cleanse	✓	✓													
Smoothie - Lean Green Bean	✓	✓						✓							
Smoothie - Plant Based Protein Shake	✓	✓					✓	✓							
Smoothie - Super Fruit	✓								✓						



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			Cereals containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
DRINKS - COLD																
Water - Sparkling	✓	✓														
Water - Still	✓	✓														
Water - Apple & Berry Burst	✓	✓														
Water - Blood Orange & Peach	✓	✓														
DRINKS - HOT																
Americano Black	✓	✓														
Americano White	✓							✓								
Cappuccino	✓						✓	✓								
Espresso	✓	✓														
Flat White	✓							✓								
Latte	✓							✓								
Macchiato	✓							✓								
Mocha	✓						✓	✓								
Iced Americano	✓	✓														
Iced Latte	✓							✓								
Golden Turmeric	✓	✓								✓						
Mind Power Matcha	✓	✓								✓						



POD NUTRITION

WINTER 2018/19 MENU

BREAKFAST - EGGS

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
Per serving										
Chorizo Power Eggs Scrambled eggs with chorizo, tomato, spinach, chilli and mixed seeds. Served with multi-grain toast.	Cereals Containing Gluten, Egg, Milk, Soya	Regular Large	545 644	24g 24g	2.3g 2.3g	33.2g 42.6g	35.5g 42.2g	13.9g 15.8g	2.2g 2.2g	1.9g 2.2g
Energiser Eggs Scrambled eggs with mozzarella, basil, sunblushed tomato and avocado. Served with multi-grain toast.	Cereals Containing Gluten, Egg, Milk	Regular Large	519 618	22.6g 22.6g	1.7g 1.7g	30.7g 40.2g	34g 40.7g	13.9g 15.8g	2.8g 2.8g	1.2g 1.5g
Omega 3 Booster Eggs Scrambled eggs with smoked salmon, avocado and seeds. Served with multi-grain toast.	Cereals Containing Gluten, Egg, Milk, Soya, Fish	Regular Large	537 635	22.4g 22.4g	0.9g 0.9g	33.2g 42.6g	34.3g 41.1g	11.8g 13.7g	2.8g 2.8g	1.8g 2.1g
Plain Eggs Our classic scrambled eggs. Served with multi-grain toast.	Cereals Containing Gluten, Egg, Milk	Regular Large	402 500	20.9g 20.9g	0.6g 0.6g	25.7g 35.1g	24g 30.8g	9.7g 11.6g	1.5g 1.5g	1.0g 1.3g
Protein Feast Eggs Scrambled eggs with sausage, bacon, tomato and parsley. Served with multi-grain toast.	Cereals Containing Gluten, Egg, Milk	Regular Large	646 744	22.4g 22.4g	3.9g 3.9g	52.1g 61.5g	39.8g 46.5g	9.5g 11.4g	5.6g 5.6g	2.9g 3.2g
Superb Eggs Scrambled eggs served with spinach, tomato, Greek style cheese, chill and mixed seeds. Served with multi-grain toast.	Cereals Containing Gluten, Egg, Milk, Soya	Regular Large	484 582	22.7g 22.7g	1.4g 1.4g	30.4g 39.9g	30.2g 37g	10g 11.9g	2.2g 2.2g	1.6g 1.9g

BREAKFAST - DAIRY PORRIDGE

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
Per serving										
Berry Boost Slow cooked porridge oats topped with blueberries, seeds and agave.	Milk, Sesame	Regular Large	354 437	57.7g 71.9g	15g 16g	10.7g 13.5g	9.6g 11.3g	2.4g 3.0g	7.2g 9g	0.5g 0.6g
Forest Berry & Peanut Butter Slow cooked porridge oats topped with five berry compote and peanut butter.	Milk, Peanuts	Regular Large	407 490	51g 65g	9.5g 10.5g	14.3g 17.1g	16.2g 17.9g	3.1g 3.8g	7.3g 9.1g	0.2g 0.2g
Peanut Butter Power Slow cooked porridge oats topped with peanut butter and banana.	Milk, Peanuts	Regular Large	525 607	61.6g 75.8g	19.5g 20.5g	18.1g 20.9g	22.8g 24.5g	4g 4.6g	8.5g 10.3g	0.3g 0.3g
Plain Porridge Our classic slow cooked porridge oats.	Milk	Regular Large	248 330	42.8g 57.1g	3.1g 4.2g	8.4g 11.2g	5.1g 6.8g	1.8g 2.4g	5.4g 7.3g	0g 1g

ALMOND MILK PORRIDGE

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
Per serving										
Berry Boost Slow cooked porridge oats in almond milk , topped with blueberries, seeds and agave.	Nuts, Sesame	Regular Large	323 396	55.6g 69.1g	12.8g 13.2g	9.3g 11.6g	8.5g 9.8g	1.5g 1.8g	7.3g 9.2g	0.1g 0.1g
Forest Berry & Peanut Butter Slow cooked porridge oats in almond milk , topped with five berry compote and peanut butter.	Nuts, Peanuts	Regular Large	376 448	48.8g 62.4g	7.4g 7.8g	13g 15.3g	15.1g 16.4g	2.2g 2.5g	7.4g 9.3g	0.3g 0.3g
Peanut Butter Power Slow cooked porridge oats in almond milk , topped with peanut butter and banana.	Nuts, Peanuts	Regular Large	494 566	59.5g 73.1g	17.4g 17.7g	16.7g 19g	21.7g 23.1g	3g 3.3g	8.6g 10.4g	0.4g 0.4g
Plain Porridge Our classic slow cooked porridge oats in almond milk .	Nuts	Regular Large	217 289	40.7g 54.3g	1.1g 1.4g	7g 9.4g	4g 5.3g	0.9g 1.2g	5.6g 7.4g	0.1g 0.1g

PORRIDGE TOPPINGS

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
Per serving										
Honey	N/A		49	12.2g	12.1g	0g	0g	0g	0g	0g
Peanut Butter	Peanuts		94	1.8g	1.1g	4g	7.6g	0.9g	1.1g	0.1g

Please note that Pod products are made fresh each day, so each recipe can vary slightly in weight. These nutritional calculations are based on the average size for each product.

This document declares the fourteen most common allergens and headline ingredients in our products. If you have any concerns regarding allergies or dietary requirements, please talk to us at: allergens@pod.co.uk. We take great care in preparing your food, but can't guarantee that either our hot or cold food is allergen-free.



POD NUTRITION

WINTER 2018/19 MENU

BREAKFAST - TOASTED

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
Per serving										
Avocado & Chilli Toasted Sandwich Avocado and red chilli on toasted, multi-grain bread.	Cereals Containing Gluten	Regular	427	50.3g	1.2g	11.3g	19.1g	3.5g	8.4g	0.9g
Avocado, Chilli & Cheese Toasted Sandwich Avocado, red chilli and crumbled cheese on toasted, multi-grain bread.	Cereals Containing Gluten, Milk	Regular	475	50.4g	1.2g	14.6g	22.9g	3.5g	8.4g	1.5g
Avocado, Chilli & Bacon Toasted Sandwich Avocado, red chilli and bacon on toasted, multi-grain bread.	Cereals Containing Gluten	Regular	493	51.3g	1.2g	18g	23g	4.9g	8.4g	1.6g
Bacon Toasted Sandwich Freshly grilled bacon on toasted, multi-grain bread.	Cereals Containing Gluten	Regular	366	43.8g	1g	24.2g	10.4g	3.7g	3g	2.3g
Bagel with Butter A crisp and chewy multi-seed toasted bagel, served with butter.	Cereals Containing Gluten, Milk	Regular	398	52.3g	4.4g	12.5g	14.3g	5.9g	4.9g	0.8g
Bagel without Butter A crisp and chewy multi-seed toasted bagel.	Cereals Containing Gluten	Regular	323	52.2g	4.4g	12.4g	6.1g	0.7g	4.9g	0.8g
Bagel with Salmon & Cream Cheese Scottish smoked salmon and cream cheese on a multi-seed toasted bagel.	Cereals Containing Gluten, Milk, Fish	Regular	456	53.8g	5.8g	25.3g	13.4g	3.1g	5.2g	2.2g
Sausage Toasted Sandwich Juicy sausages on toasted, multi-grain bread.	Cereals Containing Gluten, Milk	Regular	542	56.3g	4.6g	22.3g	30g	9.9g	3.5g	2.5g
Protein Toast with Butter High protein bread, toasted, with butter.	Cereals Containing Gluten, Milk	Regular	315	27.1g	2.1g	16.7g	13.2g	5.2g	8g	1.2g
Protein Toast without Butter High protein bread, toasted, without butter.	Cereals Containing Gluten, Milk	Regular	240	27g	2g	16.6g	5g	0g	8g	1.2g
Toast with Butter Toasted multi-grain bread, with butter.	Cereals Containing Gluten, Milk	Regular	293	41.7g	1.1g	9.3g	9.8g	5.8g	3g	0.8g
Toast without Butter Toasted multi-grain bread, without butter.	Cereals Containing Gluten	Regular	218	41.6g	1g	9.2g	1.6g	0.6g	3g	0.8g

TOASTED TOPPINGS

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
Per serving										
Bacon	N/A	Regular	66	1g	0g	6.7g	3.9g	1.4g	0g	0.7g
Brown Sauce	Cereals Containing Gluten	Regular	18	4.2g	3.5g	0.1g	0g	0g	0g	0.2g
Cream Cheese	Milk	Regular	24	0.9g	0.8g	1.9g	1.4g	0.9g	0g	0.2g
Honey	N/A	Regular	49	12.2g	12.1g	0g	0g	0g	0g	0g
Ketchup	Celery	Regular	15	3.5g	3.4g	0.2g	0.2g	0g	0g	0.3g
Marmite	Cereals Containing Gluten, Celery	Regular	52	1.5g	0.1g	1.7g	0g	0g	0.1g	0.5g
Peanut Butter	Peanuts	Regular	94	1.8g	1.1g	4g	7.6g	0.9g	1.1g	0.1g

BREAKFAST - WRAPS

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
Per serving										
Bacon & Egg Bacon and free range boiled egg in a smoky tomato sauce, in a khobez wrap.	Cereals Containing Gluten, Egg	Regular	458	52.1g	4.3g	31.3g	17.4g	6.7g	3.2g	1.9g
Egg, Spinach & Crumbled Cheese Free range boiled egg, crumbled cheese and spinach in a khobez wrap.	Cereals Containing Gluten, Egg, Milk	Regular	393	46.5g	2.4g	25g	15.4g	3.8g	2.7g	1.7g

HOT LUNCH - GYOZAS

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
Per serving										
Chicken Gyoza	Sesame, Cereals Containing Gluten, Egg, Soybeans	Regular	161	21.4g	2.1g	8.2g	4.3g	0.4g	1.4g	0.9g
Vegetable Gyoza	Cereals Containing Gluten, Soybeans, Celery, Sesame	Regular	140	24.6	2.6g	4.4g	2g	0.3g	2.2g	0.9g

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POD NUTRITION

WINTER 2018/19 MENU

HOT LUNCH - HOT PODS

Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)	
										Per serving
Curried Cauliflower, Spinach and Butternut Butternut squash, cauliflower, spinach and lentils slow cooked with coconut and spices. Served over mixed grain rice.	Celery, Mustard	Regular	463	72.7g	6.3g	12.9g	14.7g	8.5g	7.8g	1.7g
		Large	618	94.6g	8.5g	17.7g	20.4g	12.2g	11g	2.4g
Malaysian Coconut Chicken Chargrilled chicken thigh and sweet potato in a creamy coconut curry sauce. Served over mixed grain rice.	Mustard	Regular	500	67.2g	8.8g	23.6g	16.5g	2.7g	4.1g	2.6g
		Large	648	85.5g	11.7g	31.2g	21.8g	3.6g	5.4g	3.5g
Naked Chicken Katsu Curry Chargrilled chicken thigh in a katsu curry sauce, served over mixed grain rice.	Soya	Regular	440	62.2g	6.9g	22.5g	11.9g	2g	2.9g	2.8g
		Large	525	66.9g	9.1g	30.3g	15.6g	2.7g	3.5g	4.1g
Pulled Beef Brisket Chilli Slow cooked British beef brisket with beans, peppers and chillies, avocado and yoghurt. Served over mixed grain rice.	Milk, Egg, Soya, Celery	Regular	618	78.5g	12.9g	20.7g	25.7g	7.7g	10.3g	1.2g
		Large	677	91.1g	13.1g	21.7g	26.5g	7.8g	10.7g	1.2g
Smoky Three Bean Chilli A hearty chilli with beans, peppers, chillies, avocado, yoghurt and mixed seeds. Served over mixed grain rice.	Milk, Celery, Soya, Cereals Containing Gluten	Regular	641	89.5g	15.9g	15.5g	25.5g	5g	12.2g	2.7g
		Large	736	103.2g	21.7g	18.9g	28.5g	5.2g	15.3g	3.9g
Thai Green Curry Chargrilled chicken thigh in a Thai green curry. Served over mixed grain rice, topped with coriander.	Fish	Regular	534	62.4g	9.4g	24.4g	22g	13.6g	3.7g	3.2g
		Large	660	67.2g	12.7g	33g	30g	19.4g	4.7g	4.6g
Thai Red Curry Chargrilled chicken thigh in a Thai red curry. Served over mixed grain rice, topped with coriander.	Fish	Regular	552	64.5g	10.3g	24.3g	23.2g	11.6g	2.7g	3.4g
		Large	686	70.1g	14.1g	32.9g	31.9g	16.6g	3.2g	4.9g

HOT PODS - SKINNY

Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)	
										Per serving
Curried Cauliflower, Spinach and Butternut As above, served over mixed vegetables.	Celery, Mustard	Regular	235	23.8g	6.8g	9.3g	11.4g	8.2g	6.4g	1.7g
		Large	339	34.3g	9.9g	13.4g	16.4g	11.7g	9.2g	2.5g
Malaysian Coconut Chicken As above, served over mixed vegetables.	Mustard	Regular	278	19.3g	10.3g	20.3g	13.3g	2.4g	2.7g	2.7g
		Large	375	26.3g	14.1g	27.3g	17.8g	3.2g	3.6g	3.6g
Naked Chicken Katsu Curry As above, served over mixed vegetables.	Soya	Regular	212	13.3g	7.4g	18.8g	8.6g	1.6g	1.5g	2.9g
		Large	305	19.2g	10.8g	27.1g	12.4g	2.3g	2.1g	4.2g
Pulled Beef Brisket Chilli As above, served over mixed vegetables.	Milk, Egg, Soya, Celery	Regular	396	30.6g	14.4g	17.4g	22.5g	7.3g	8.9g	1.3g
		Large	404	31.8g	15.5g	17.8g	22.6g	7.3g	8.9g	1.4g
Smoky Three Bean Chilli As above, served over mixed vegetables.	Milk, Celery, Soya, Cereals Containing Gluten	Regular	419	41.6g	17.4g	12.2g	22.3g	4.7g	10.8g	2.8g
		Large	523	56.6g	24.3g	16.1g	25.4g	4.9g	14g	4g
Thai Green Curry As above, served over mixed vegetables.	Fish	Regular	306	13.5g	9.9g	20.7g	18.7g	13.2g	2.3g	3.2g
		Large	440	19.5g	14.4g	29.8g	26.8g	19g	3.3g	4.7g
Thai Red Curry As above, served over mixed vegetables.	Fish	Regular	323	15.5g	10.9g	20.6g	20g	11.3g	1.3g	3.5g
		Large	466	22.5g	15.8g	29.6g	28.7g	16.2g	1.8g	5.1g

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POD NUTRITION

WINTER 2018/19 MENU

HOT LUNCH - SOUPS

SOUPS - BUN HUE

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
Per serving										
British Chicken Bun Hue Chargrilled chicken thigh, flat rice noodles, veg, coriander and mint in a spicy Bun Hue broth.	Soya	Regular	191	18g	1.6g	18.1g	4.8g	1.3g	1.5g	3.8g
King Prawn Bun Hue King prawns, flat rice noodles, veg, coriander and mint in a spicy Bun Hue broth.	Soya, Crustacean	Regular	144	25.5g	9.1g	5g	1.8g	0.4g	2.4g	5.4g
Organic Tofu Bun Hue Organic tofu, flat rice noodles, veg, coriander and mint in a spicy Bun Hue broth.	Soya	Regular	139	18.1g	1.6g	8.5g	3.2g	0.6g	1.7g	3.1g
Vegetable Gyoza Bun Hue Vegetable gyozas, flat rice noodles, veg, coriander and mint in a spicy Bun Hue broth.	Soya, Sesame, Celery, Cereals Containing Gluten	Regular	156	28g	1.6g	5.7g	1.6g	0.3g	2.6g	3.1g

SOUPS - LAKSA

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
Per serving										
British Chicken Laksa Chargrilled chicken thigh, flat rice noodles, veg, coriander and mint in a Laksa broth.	Milk, Sulphites	Regular	247	15.1g	2.6g	22g	10.4g	2.3g	2.9g	1.1g
King Prawn Laksa King prawns, flat rice noodles, veg, coriander and mint in a Laksa broth.	Milk, Sulphites, Crustacean	Regular	200	22.6g	10.1g	8.9g	7.4g	1.4g	3.8g	2.7g
Organic Tofu Laksa Organic tofu, flat rice noodles, veg, coriander and mint in a Laksa broth.	Milk, Sulphites, Soya	Regular	195	15.2g	2.5g	12.5g	8.7g	1.6g	3.1g	0.3g
Vegetable Gyoza Laksa Vegetable gyozas, flat rice noodles, veg, coriander and mint in a Laksa broth.	Milk, Sulphites, Sesame, Celery, Soya, Cereals Containing Gluten	Regular	211	25.1g	2.5g	9.7g	7.2g	1.4g	4g	0.3g

SOUPS - PHO

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
Per serving										
British Chicken Pho Chargrilled chicken thigh, flat rice noodles, veg, coriander and mint in a Pho broth.	Soya	Regular	190	18g	1.6g	18g	4.8g	1.3g	1.5g	3.8g
King Prawn Pho King prawns, flat rice noodles, veg, coriander and mint in a Pho broth.	Soya, Crustacean	Regular	142	25.4g	9.1g	5g	1.8g	0.4g	2.4g	5.4g
Organic Tofu Pho Organic tofu, flat rice noodles, veg, coriander and mint in a Pho broth.	Soya	Regular	137	18g	1.5g	8.5g	3.2g	0.6g	1.7g	3.1g
Vegetable Gyoza Pho Vegetable gyozas, flat rice noodles, veg, coriander and mint in a Pho broth.	Soya, Sesame, Celery, Cereals Containing Gluten	Regular	154	28g	1.5g	5.7g	1.6g	0.3g	2.6g	3.1g

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POD NUTRITION

WINTER 2018/19 MENU

HOT LUNCH - WRAPS

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
Per serving										
Grilled Chicken and Chorizo Wrap Grilled British chicken thigh, chorizo and mozzarella in a lightly smoked tomato sauce, in a khobez wrap.	Milk, Soybeans, Cereals Containing Gluten	Regular	526	51.5g	5.4g	30.5g	22.2g	9.4g	3.2g	1.8g
Pesto Chicken and Emmental Wrap Grilled British chicken thigh, nut-free pesto, roasted red peppers and Emmental in a khobez wrap.	Cereals Containing Gluten, Milk	Regular	581	49.3g	3.7g	33g	28.3g	13.1g	3g	2g
Sweet Potato and Crumbled Cheese Wrap Roasted sweet potato, nut free pesto and crumbled cheese in a khobez wrap.	Cereals Containing Gluten, Milk	Regular	474	58.2g	5.5g	14.6g	20.7g	2.8g	4.6g	1.6g

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POD NUTRITION

WINTER 2018/19 MENU

COLD LUNCH - SALADS

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
Per serving (without dressing - dressing nutritional available on separate page)										
British Chicken & Mozzarella Chargrilled British chicken thigh, mozzarella, roasted red pepper, fresh basil and sunblushed tomato over quinoa, barley, lentils, kale and peas. (Lentils may contain small stones). Dressing: Vinaigrette, 1oz (121 Kcals)	Milk, Mustard	Regular	583	49.4g	8.5g	36.4g	24.2g	9.9g	10.4g	1.4g
Chicken & Avocado Protein Punch Chargrilled British chicken thigh, avocado, spring onion, free range boiled egg and chilled seeds over a leafy kale salad mix. Dressing: Vinaigrette, 2oz (243 Kcals)	Egg, Soya, Mustard	Regular	268	4.2g	1.7g	31g	17.5g	5.4g	2.3g	1.8g
Gym Box Hummus, herby falafels, green beans, sunblushed tomatoes, smoky sweet potato in a choka sauce and pickled red onion over quinoa, kale and salsa verde dressed peas.	Sesame, Cereals Containing Gluten	Regular	506	41.5g	8.8g	16g	27.1g	2.9g	15.8g	1.1g
Heart Boosting Beets Greek style cheese, beetroot, fresh mint and peas over quinoa, barley, lentils and kale. (Lentils may contain small stones). Dressing: Vinaigrette, 1oz (121 Kcals)	Milk, Mustards, Sulphites	Regular	486	52.2g	9.3g	22.5g	18.5g	1.4g	9.7g	1.7g
Naked Burrito Bowl Chargrilled British chicken thigh, avocado, sweet potato in choka sauce, black beans, Greek style cheese, lime and chilli over a leafy salad mix. Dressing: Zesty Yoghurt Dressing, 2oz (73 Kcals)	Milk	Regular	292	15.8g	3.3g	19.8g	15.8g	2.4g	4.6g	1.6g
Protein Box Chargrilled British chicken thigh, free range egg, roast smoked salmon, edamame, salsa verde dressing and chilled seeds.	Egg, Soya, Fish	Regular	483	7.5g	0.6g	60.4g	26.6g	7.4g	0.3g	3g
Roast Smoked Salmon & Egg Flaked salmon, free range egg, green beans and cucumber over quinoa, kale, chilled seeds and peas in a salsa verde dressing. Dressing: Vinaigrette, 1oz (121 Kcals)	Fish, Egg, Mustard, Soya	Regular	464	38g	4.7g	36.5g	20.1g	5g	8.1g	1.7g
Slow Burner Greek style cheese, cucumber, peas in a salsa verde dressing, cabbage, carrot, spring onion, mixed leaves, pistachio, coriander, mint & chilli. Dressing: Sweet Chilli & Sesame, 2oz (105 Kcals)	Milk, Sesame, Nuts	Regular	419	38.7g	6.2g	19.7g	18.4g	1.4g	7.8g	1.4g
Slow Burner with Chicken Chargrilled British chicken, Greek style cheese, cucumber, peas in a salsa verde dressing, cabbage, carrot, spring onion, mixed leaves, pistachio, coriander, mint & chilli. Dressing: Sweet Chilli & Sesame, 2oz (105 Kcals)	Milk, Sesame, Nuts	Regular	498	39g	6.5g	31.7g	21.6g	2.3g	97.8g	2.3g
Sweet Potato, Avo & Pomegranate Greek style cheese, sweet potato, avocado, nut pesto dressed peas, pomegranate seeds, mint and chilled seeds over a leafy salad mix. Dressing: Zest Yoghurt Dressing, 1oz (37 Kcals)	Milk, Soya	Regular	264	17g	5.7g	8.1g	18g	3.2g	3.9g	0.7g

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POD NUTRITION

WINTER 2018/19 MENU

COLD LUNCH - SALADS

Allergens & Nutrition Info

Size

Kcals

Carbs (g)

Sugars (g)

Protein (g)

Fat (g)

Saturates (g)

Fibre (g)

Salt (g)

Per serving (**without dressing** - dressing nutritional available on next page)

Tabbouleh

Avocado, pistachios, pomegranate seeds, mint, tomatoes, parsley, cucumber, kale, choka sauce, salsa verde dressing and autumn seeds over a leafy salad mix.

Dressing: Vinaigrette, 2oz (243 Kcals)

Mustard, Sesame, Nuts

Regular

291

26.5g

5.6g

9.2g

15.5g

2.7g

7.8g

0.1g

Tabbouleh with Chicken

Chargrilled British chicken thigh, avocado, pistachios, pomegranate seeds, mint, tomatoes, parsley, cucumber, kale, choka sauce, salsa verde dressing and autumn seeds over a leafy salad mix.

Dressing: Vinaigrette, 2oz (243 Kcals)

Mustard, Sesame, Nuts

Regular

370

26.8g

5.9g

21.2g

18.8g

3.6g

7.8g

1g

Verde Vitality Bowl

Sweet potato in choka sauce, black beans, avocado, roasted pepper, red chilli, green beans and lime over quinoa, kale and a leafy salad mix.

Dressing: Salsa Verde Dressing, 2oz (118 Kcals)

N/A

(please ask a team member if you require a full ingredient list)

Regular

237

26g

5.5g

7.4g

10.4g

1.7g

7.2g

0.2g



POD NUTRITION

WINTER 2018/19 MENU

SALADS - DRESSINGS

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
Per serving										
Salsa Verde Dressing	N/A - please ask a team member for full ingredients	Regular (1oz) Large (2oz)	59 118	1.9g 3.7g	1.5g 3.1g	0.3g 0.6g	5.5g 11.1g	1.4g 2.8g	0.3g 0.6g	0.2g 0.4g
Sweet Chilli Dressing	Sesame	Regular (1oz) Large (2oz)	52 105	10.4g 20.7g	9.6g 19.2g	0.1g 0.1g	1g 2.1g	0.1g 0.3g	0g 0g	0.1g 0.3g
Roast Sesame and Sweet Chilli Dressing	Egg, Sesame, Soya	Regular (1oz) Large (2oz)	76 153	3.7g 7.5g	0.6g 1.2g	0.9g 1.7g	6.4g 12.9g	0.7g 1.4g	0g 0g	0.3g 0.6g
Vinaigrette	Mustard	Regular (1oz) Large (2oz)	121 243	2.3g 4.6g	2.1g 4.2g	0.2g 0.5g	12.2g 24.5g	1.5g 2.9g	0.2g 0.3g	0.4g 0.7g
Zesty Yoghurt Dressing	Milk	Large (2oz)	26	2.6g	1.8g	2.7g	0.3g	0.2g	0g	0.1g

COLD LUNCH - WRAPS & BAGUETTES

COLD LUNCH - BAGUETTES

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
Per serving										
Avocado & Caprese Mozzarella, avocado, sunblushed tomatoes, rocket and a nut free pesto in a seeded baguette.	Milk, Sesame, Cereals Containing Gluten	Regular	514	49	3.4g	18.2g	26.7g	8.3g	6.3g	2.1g
Chicken Caesar & Bacon Chargrilled British chicken with Italian hard cheese and bacon in a Caesar dressing with rocket leaves in a seeded baguette.	Egg, Milk, Sesame, Cereals Containing Gluten	Regular	518	47.4g	1.7g	32.7g	21.7g	6.5g	4.1g	3g
Wiltshire Ham & Emmental Wiltshire ham, Emmental cheese, dijon mustard, mayonnaise and rocket in a seeded baguette.	Egg, Milk, Mustard, Sesame, Cereals Containing Gluten	Regular	496	48.2g	2.2g	30g	20.3g	7.6g	4.7g	3g

COLD LUNCH - WRAPS

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
Per serving										
Asian Chicken Wrap Chargrilled British chicken thigh, cucumber, edamame, spinach and coriander leaves with a roasted sesame and chilli sauce in a pumpkin wrap made from 30% vegetables.	Egg, Sesame, Soybeans, Cereals Containing Gluten	Regular	414	59.8g	7.9g	19.7g	14.8g	4.1g	6g	1.5g
Beetroot & Goats Cheese Wrap Beetroot, creamy goats cheese, black beans, rocket, spring onion, coriander and mint in a beetroot wrap made from 30% vegetables.	Milk, Mustard, Sulphites, Cereals Containing Gluten	Regular	433	58.6g	13.8g	15g	15.3g	8.4g	6.9g	1g
Omega Salmon & Spinach Wrap Smoked salmon, free range egg and spinach with a vinaigrette dressing in a spinach wrap made from 30% vegetables.	Egg, Fish, Mustard, Cereals Containing Gluten	Regular	457	48g	5.8g	31.3g	19.4g	6.2g	4.3g	2g

WRAPS (INDIVIDUAL)

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
Per serving										
Beetroot Wrap (individually sold)	Cereals Containing Gluten	Regular	265	47.8g	8.4g	6g	5.6g	2.4g	4.2g	0.2g
Khobez Olive Oil Wrap (individually sold)	Cereals Containing Gluten	Regular	237	46g	2.1g	5.2g	3.9g	1.3g	2.3g	1.1g
Pumpkin Wrap (individually sold)	Cereals Containing Gluten	Regular	270	50.5g	6g	5.7g	5.7g	2.4g	6g	0.2g
Spinach Wrap (individually sold)	Cereals Containing Gluten	Regular	264	47g	5g	7g	6g	2.3g	3.8g	0.4g

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POD NUTRITION

WINTER 2018/19 MENU

NUTRI POTS

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
		Per serving								
Chargrilled Chicken & Spinach Chicken, spinach.	N/A	Regular	144	0.7g	0.7g	21.9g	5.9g	1.6g	0.2g	1.7g
Free Range Eggs & Spinach Eggs, spinach.	Egg	Regular	113	0.2g	0.2g	25.5g	7.6g	5g	0.2g	1.2g
Salmon & Egg Protein Egg, cucumber, salmon, soybeans.	Egg, Soya, Fish	Regular	248	4.3g	0.6g	31g	13.9g	4g	0.3g	1.3g
Vegan Falafel Mezze Falafel, hummus, green beans and cucumber.	Sesame, Cereals Containing Gluten	Regular	243	12.7g	3g	9g	14.6g	1.4g	9.5g	1g

YOGHURTS - BANANA BREADS

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
		Per serving								
Peanut Butter and Cacao Banana bread, fat-free Greek style yoghurt, peanut butter and cacao nibs.	Egg, Milk, Peanuts, Cereals Containing Gluten	Regular	518	43.2g	24.6g	14.1g	32.1g	8g	3.8g	1.1g
Pistachio and Blueberry Banana bread fat-free Greek style yoghurt, blueberries, pomegranate seeds and pistachio.	Egg, Milk, Nuts, Cereals Containing Gluten	Regular	350	41.3g	24g	7g	18.3g	5.7g	1.9g	0.9g
Tropical Mango Glow Banana bread, fat-free Greek style yoghurt, mango, pomegranate and mango puree.	Egg, Milk, Cereals Containing Gluten	Regular	363	45.9g	28.4g	7.1g	18g	5.7g	2.3g	0.9g

YOGHURTS - POWER POTS

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
		Per serving								
Pomegranate Power Pot Almond milk, tofu, agave, banana, cocoa powder, peanut butter, blueberries, almonds, pomegranate seeds.	Peanuts, Nuts, Soya	Regular	303	23g	19.4g	12.1g	17g	3.4g	2.5g	0.4g
Snickers Power Pot Almond milk, tofu, agave, banana, cocoa powder, cacao nibs and peanut butter.	Peanuts, Nuts, Soya	Regular	405	24.1g	19.6g	16.3g	25.4g	5g	3.6g	0.6g

YOGHURTS

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
		Per serving								
Apple & Berry Bircher Fat-free Greek style yoghurt, gluten free oats, five berry compote, apple, pomegranate seeds, pistachio, agave.	Milk, Nuts	Regular	326	50.3g	21.6g	9.6g	10.2g	3.9g	5.8g	0.1g
Berry Boost Yoghurt Fat-free Greek style yoghurt, agave, blueberries, pumpkin seeds, sesame, chia seeds & linseeds.	Milk, Sesame	Regular	321	18.7g	15.8g	12.5g	22.5g	12.1g	1.8g	0g
Berry Granola Yoghurt Fat-free Greek style yoghurt, granola, five berry compote, seeds.	Milk, Nuts, Sesame, Cereals Containing Gluten	Regular	406	39.3g	23.3g	13.4g	22.6g	12.4g	3.8g	0g
Blossom Honey & Granola Fat-free Greek style yoghurt, granola and blossom honey.	Milk, Nuts, Sesame, Cereals Containing Gluten	Regular	288	29.6g	22.8g	9g	15.4g	9.2g	1.6g	0g
Nutty Overnight Oats Almond milk, gluten free oats, peanut butter, agave, strawberries, almonds, cacao nibs and seeds.	Peanuts, Nuts	Regular	400	44.8g	15.8g	12.7g	19g	3g	7g	0.4g
Sunshine Mango Glow Fat-free Greek style yoghurt, mango puree, blueberries and almonds.	Milk, Nuts	Regular	202	10.5g	9.4g	8.2g	14.5g	8.6g	0.6g	0g

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POD NUTRITION

WINTER 2018/19 MENU

IMPULSES	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
			Per serving							
Apple	N/A	Regular	71	17.7g	17.7g	0.6g	0.2g	0g	2.7g	0g
Banana	N/A	Regular	105	25.5g	23g	1.3g	0.3g	0.1g	1.2g	0g
Chia Flapjack See packet for full ingredients.	N/A - see packet for full ingredients list	Regular	243	31.7g	21.5g	3.2g	10.5g	3.7g	2.3g	0.2g
Crisps - Cheddar Cheese & Onion See packet for full ingredients.	Milk	Regular	213	22.4g	0.6g	2.5g	12.3g	1.4g	1.3g	0.6g
Crisps - Cider Vinegar See packet for full ingredients.	Milk	Regular	209	22.8g	1g	2g	11.9g	1.2g	1.3g	0.9g
Crisps - Chorizo See packet for full ingredients.	Milk	Regular	210	22.8g	2.2g	2g	12g	1.2g	1.4g	0.8g
Crisps - Sea Salt See packet for full ingredients.	N/A - see packet for full ingredients list	Regular	213	22.9g	0.2g	2g	12.3g	1.3g	1.4g	0.4g
Fruit Salad - Big & Juicy Honeydew melon, pineapple, cantaloupe melon, red apples, red grapes.	N/A	Regular	100	21.5g	21.5g	1.3g	0.3g	0g	0g	0g
Fruit Salad - Luxury Pineapple, kiwi, blueberries, pomegranate.	N/A	Regular	83	16.8g	16.2g	1.3g	0.5g	0g	0g	0g
Lemon & Pistachio Cake See packet for full ingredients.	Egg, Nuts, Sulphites	Regular	288	31.1g	24.2g	3.7g	16.6g	1.4g	0.9g	0.3g
Naked Nuts Almonds, cashews, peanuts and red skin peanuts.	Peanuts, Nuts	Regular	226	5g	2.1g	9g	19.6g	2.9g	2.3g	0g
Naughty Little Brownie See packet for full ingredients.	Egg, Milk, Soya	Regular	237	27.1g	21.5g	2.5g	12.8g	5.9g	1.5g	0g
Popcorn - Bacon & Maple See packet for full ingredients.	N/A - see packet for full ingredients list	Regular	119	16.5g	8.1g	1.6g	5.2g	0.3g	1.9g	0.6g
Popcorn - Sea Salt See packet for full ingredients.	N/A - see packet for full ingredients list	Regular	76	9.3g	0.1g	1.9g	3.5g	0.2g	2.3g	0.5g
Popcorn - Sweet & Salty See packet for full ingredients.	N/A - see packet for full ingredients list	Regular	114	15.1g	6.5g	1.7g	5.2g	0.3g	2.2g	0.4g
Protein Pods - Chocolate Orange See packet for full ingredients.	Peanuts	Regular	136	17.7g	14.6g	7.9g	3.7g	0.7g	3.5g	0g
Protein Pods - Peanut Butter See packet for full ingredients.	Peanuts	Regular	138	18.2g	15.2g	7.8g	10.1g	1.7g	3.1g	0g
Raw Protein Bar See packet for full ingredients.	Soya, Sesame	Regular	200	28.4g	24.5g	7.5g	6.8g	1g	2.4g	0.2g
Spicy Sriracha Crunchies See packet for full ingredients.	N/A - see packet for full ingredients list	Regular	174	17.6g	2.7g	8.4g	5.1g	1.7g	4.5g	0.6g
Willie's Chocolate Orange See packet for full ingredients.	N/A - see packet for full ingredients list	Regular	145	10.4g	8.8g	2.1g	10g	6g	0g	0g
Willie's Dark Chocolate See packet for full ingredients.	N/A - see packet for full ingredients list	Regular	139	10.6g	7.8g	2.3g	9.3g	5.8g	0g	0g
Willie's Milk Chocolate See packet for full ingredients.	Milk	Regular	148	10.6g	7.8g	2.3g	9.3g	5.8g	0g	0g

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POD NUTRITION

WINTER 2018/19 MENU

DRINKS - COLD

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
Per serving										
Coke See packet for full ingredients.	N/A - see can for full ingredients list	Regular	139	35g	35g	0g	0g	0g	0g	0g
Coke - Diet See packet for full ingredients.	N/A - see can for full ingredients list	Regular	1	0g	0g	0g	0g	0g	0g	0g
Coke - Zero See packet for full ingredients.	N/A - see can for full ingredients list	Regular	0	0g	0g	0g	0g	0g	0g	0g
Dash Water - Cucumber See packet for full ingredients.	N/A - see can for full ingredients list	Regular	2	0.5g	0g	0g	0g	0g	0g	0g
Dash Water - Lemon See packet for full ingredients.	N/A - see can for full ingredients list	Regular	2	0.5g	0g	0g	0g	0g	0g	0g
Dash Water - Raspberry See packet for full ingredients.	N/A - see can for full ingredients list	Regular	1	0.5g	0g	0g	0g	0g	0g	0g
Ginger Aid See packet for full ingredients.	N/A - see bottle for full ingredients list	Regular	69	18g	14g	0.1g	0g	0g	0g	0g
Juice - Apple See packet for full ingredients.	N/A - see bottle for full ingredients list	Regular	104	24g	22.5g	1.4g	0g	0g	0g	4g
Juice - Carrot, Apple & Ginger See packet for full ingredients.	N/A - see bottle for full ingredients list	Regular	94	22g	19g	0.7g	0g	0g	0g	0.2g
Juice - Orange See packet for full ingredients.	N/A - see bottle for full ingredients list	Regular	105	25g	25g	0g	0g	0g	0g	0g
Smoothie - Berry Cooler Apple juice, five berry compote, banana, apple, strawberries, blueberries, ginger.	N/A - please ask a team member if you require a full ingredients list	Regular	239	57.7g	53.6g	2.4g	0.7g	0.1g	3.5g	0g
Smoothie - Breakfast Super Shake Soya milk, banana, gluten free oats, peanut butter, agave, flaxseed.	Peanuts, Soya	Regular	598	95.5g	52.6g	22.6g	15.9g	2.3g	8.7g	0.5g
Smoothie - Kale Cleanse Cucumber, kale, mango puree, lime, basil, apple, apple juice.	N/A - please ask a team member if you require a full ingredients list	Regular	122	26.7g	26.1g	2g	0.8g	0.1g	2.6g	0g
Smoothie - Lean Green Bean Apple juice, edamame, mango, spinach, avocado, ginger.	Soya	Regular	333	43.4g	36.8g	12.1g	10.9g	2.1g	1.9g	0.2g
Smoothie - Plant Based Protein Shake Soya milk, banana, tofu, peanut butter, agave, strawberries, chia seeds, five berry compote.	Peanuts, Soya	Regular	337	47.5g	42.1g	13.7g	10.9g	1.4g	4.1g	0.5g
Smoothie - Super Fruit Five berry compote, fat-free Greek style yoghurt, banana, strawberries, blueberries.	Milk	Regular	384	53.3g	48.4g	10.5g	15.4g	9.7g	2.5g	0.6g
Water - Sparkling See packet for full ingredients	N/A - see bottle for full ingredients list	Regular	0	0g	0g	0g	0g	0g	0g	0g
Water - Still See packet for full ingredients.	N/A - see bottle for full ingredients list	Regular	0	0g	0g	0g	0g	0g	0g	0g
Water - Apple & Berry Burst See packet for full ingredients.	N/A - see bottle for full ingredients list	Regular	10	0g	0g	0g	0g	0g	0g	0g
Water - Blood Orange & Peach See packet for full ingredients.	N/A - see bottle for full ingredients list	Regular	10	0g	0g	0g	0g	0g	0g	0g

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POD NUTRITION

WINTER 2018/19 MENU

DRINKS - HOT

Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
Americano Black Roasted coffee beans, water.	Regular	0	0g	0g	0g	0g	0g	0g	0g
	Large	0	0g	0g	0g	0g	0g	0g	0g
Americano White Roasted coffee beans, water, milk.	Regular	50.4	2.9g	2.9g	2.2g	2.2g	1.4g	0g	0.1g
	Large	50.4	2.9g	2.9g	2.2g	2.2g	1.4g	0g	0.1g
Cappuccino Roasted coffee beans, water, milk, low-fat cocoa powder	Regular	193	11g	11g	8.3g	8.3g	5.3g	0g	0.2g
	Large	247	16.3g	16g	10.2g	10.1g	6.4g	0.6g	0.3g
Espresso Roasted coffee beans, water.	Single	0	0g	0g	0g	0g	0g	0g	0g
	Double	0	0g	0g	0g	0g	0g	0g	0g
Flat White Roasted coffee beans, water, milk.	Regular	155	8.9g	8.9g	6.7g	6.7g	4.3g	0g	0.2g
Latte Roasted coffee beans, water, milk.	Regular	218	12.5g	12.5g	9.4g	9.4g	6g	0g	0.3g
	Large	260	14.9g	14.8g	11.2g	11.2g	7.1g	0g	0.3g
Macchiato Roasted coffee beans, water, milk.	Regular	17	1g	1g	0.7g	0.7g	0.5g	0g	0g
Mocha Roasted coffee beans, water, milk, organic hot chocolate powder, low fat cocoa powder.	Regular	278	22.5g	21.6g	10.7g	10.5g	6.7g	1.8g	0.3g
	Large	320	24.9g	24g	12.5g	12.3g	7.8g	1.8g	0.3g
Iced Americano Roasted coffee beans, water.	Regular	0	0g	0g	0g	0g	0g	0g	0g
Iced Latte Roasted coffee beans, water, milk.	Regular	227	13g	13g	9.7g	9.7g	6.2g	0g	0.3g
Golden Turmeric Almond milk, golden turmeric powder, agave.	Regular	173	13.9g	10g	2.7g	11.6g	8.3g	0.8g	0.4g
	Large	246	20.7g	15g	3.7g	16.2g	12.1g	0.9g	0.4g
Mind Power Matcha Almond milk, matcha powder mix.	Regular	77	10.7g	10.8g	1.3g	2.9g	0.3g	1g	0.4g
	Large	105	16g	16.1g	1.6g	3.4g	0.3g	1.2g	0.4g
Hot Chocolate Milk, organic hot chocolate powder, low fat cocoa powder.	Regular	317	29.2g	27.7g	11.5g	11.2g	7.1g	3g	0.3g
	Large	359	31.6g	30.1g	13.3g	13g	8.3g	3g	0.3g
Black Tea Blended black tea, water.	Regular	0	0g	0g	0g	0g	0g	0g	0g
	Large	0	0g	0g	0g	0g	0g	0g	0g
White Tea Blended black tea, water, milk.	Regular	50	2.9g	2.9g	2.2g	2.2g	1.4g	0g	0.1g
	Large	50	2.9g	2.9g	2.2g	2.2g	1.4g	0g	0.1g
Fresh Mint Steeper Fresh mint, water.	Regular	4	0.5g	0g	0.4g	0.1g	0g	0g	0g
Herbal Teas Blended teas, water.	Any size	0	0g	0g	0g	0g	0g	0g	0g
Lemon & Ginger Steeper Lemon, ginger, agave, mint, water.	Regular	36	7.9g	7g	0.7g	0.2g	0.1g	0g	0g

DRINKS - SHOTS

Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
Caramel Single Shot Sugar, water, flavouring, acidifying agent: citric acid, colouring agent: e150a.	Regular	47	11.5g	11.5g	0g	0g	0g	0g	0g
Vanilla Single Shot Sugar, water, natural flavouring, natural vanilla flavouring, concentrated lemon juice, preservative: e202.	Regular	51	12.6g	12.5g	0g	0g	0g	0g	0g

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