

# PLATTER ALLERGENS

At Pod we're always striving to source the best ingredients possible for our recipes. As such, we now use a delicious British chargrilled chicken thigh in our catering recipes. **We would like to inform our customers that this chicken is not halal certified**

PLATTER	INGREDIENTS	ALLERGENS
<b>FRUITY YOGHURT POTS</b>	Mango Quinoa Pot with yoghurt, quinoa, mango, mango puree, agave, flaked almonds - Turmeric Yoghurt Pot with Yoghurt, turmeric powder (coconut milk, tapioca, turmeric, cinnamon, black pepper) sultanas, honey, pistachio, pomegranate seeds - Berry Yoghurt with Yoghurt, strawberry, blueberry, agave, pumpkin seeds, sesame seeds, linseeds, chia seeds.	Mango Quinoa Pot - Yoghurt ( <b>Milk</b> ), Flaked Almonds ( <b>Nuts</b> ) Turmeric Yoghurt Pot - Yoghurt ( <b>Milk</b> ), Pistachios - ( <b>Nuts</b> ) Berry Yoghurt - Yoghurt ( <b>Milk</b> ), Sesame Seeds ( <b>Sesame</b> )
<b>FRESH FRENCH PASTRIES</b>	Almond Croissant, Apricot Danish, Pain au choc and strawberries	Almond Croissant ( <b>eggs, wheat, milk, nuts</b> ), Apricot Danish ( <b>eggs, wheat, milk</b> ), Pain au choc ( <b>eggs, wheat, milk, soybeans</b> ) and strawberries
<b>RISE AND SHINE CROISSANTS</b>	Croissant; wheat flour, butter, water, yeast, eggs, salt, wheat gluten, flour treatment agent and strawberries	Croissant ( <b>gluten: wheat, milk</b> )
<b>CITY BREAKFAST</b>	Egg, mayo and bacon wrap: Multigrain tortilla, Wheat, Egg Mayo, Back Bacon, Rye flour, Oat flour, Pearl barley, Wheat flour	Egg mayo bacon wrap ( <b>wheat, oats, barley, rye, eggs, milk, mustard</b> )
	Ham and cheese croissant: Croissant, Ham, Emmental cheese	Emmental cheese ( <b>milk</b> ), croissant ( <b>eggs, wheat, milk</b> )
	Smoked salmon and cream cheese bagel	Bagel ( <b>wheat</b> ), Smoked Salmon ( <b>fish</b> ), Soft cheese ( <b>milk</b> )
<b>BEST VEGGIE BREAKFAST</b>	Avocado, cheese and chilli on rye: Avocado, cream cheese, rye bread	Cream cheese ( <b>milk</b> ), rye bread ( <b>rye, wheat</b> )
	Cheese and tomato mini croissants: Cheese and tomato croissants	Cheese ( <b>milk</b> ), tomato croissant ( <b>eggs, wheat</b> )
	Veggie feast bagels	Greek style cheese ( <b>milk</b> ), bagel ( <b>wheat</b> ), boiled egg ( <b>egg</b> )
<b>ENERGISER BAGELS</b>	Veggie feast, salmon dill cream cheese, bacon & egg	Smoked salmon ( <b>fish</b> ), cream cheese ( <b>milk</b> ), egg ( <b>egg</b> ), bagel ( <b>gluten: wheat</b> ), Greek style cheese ( <b>milk</b> ), salmon ( <b>fish</b> )
<b>VITALISER VEGGIE BAGELS</b>	Veggie feast bagels, cucumber & cream cheese bagels	Egg Mayonnaise ( <b>egg, milk, mustard</b> ), bagel ( <b>wheat</b> ), cream cheese ( <b>milk</b> ), Greek style cheese ( <b>milk</b> ), boiled egg ( <b>egg</b> )
<b>BRILLIANTLY BRITISH</b>	Coronation chicken: Coronation Chicken and mixed leaf wrap	Coronation chicken ( <b>wheat, celery, eggs, milk, mustard</b> ), wrap ( <b>wheat, sesame</b> )
	Veggie feast bagels	Greek style cheese ( <b>milk</b> ), bagel ( <b>wheat</b> ), boiled egg ( <b>egg</b> )
	Ham & boiled egg sandwiches	Egg ( <b>egg</b> ), Mayo ( <b>eggs, mustard</b> ), rye ( <b>wheat, rye</b> )
	Lemon mayo prawns & cucumber rolls	Bread roll ( <b>wheat</b> ), cooked prawns ( <b>crustaceans</b> ), reduced fat mayo ( <b>Eggs, mustard</b> ), lemon juice ( <b>sulphur dioxide</b> )
<b>SUPREME OMEGA SALMON &amp; EGG</b>	Roast salmon, egg, green beans, cucumber, quinoa, kale, peas, salsa verde dressing. Served with vinaigrette pots.	Salmon ( <b>fish</b> ), boiled egg ( <b>egg</b> ), vinaigrette ( <b>mustard</b> )
<b>MARVELLOUS MIXED SANDWICHES</b>	Mozzarella, sunblush tomato & avocado: mozzarella, sunblush tomatoes, avocado, basil, bread	Malted bread ( <b>gluten: wheat, barley</b> ), mozzarella ( <b>milk</b> )
	Roast smoked salmon with cream cheese, spinach & cucumber	Malted bread ( <b>gluten: wheat, barley</b> ), roast salmon ( <b>fish</b> ), cream cheese ( <b>milk</b> )
	Roast beef, Gran Moravia cheese, rocket & mayo	Malted bread ( <b>gluten: wheat, barley</b> ), reduced fat mayo ( <b>eggs, mustard</b> ), Gran Moravia cheese ( <b>milk, eggs</b> )
	Coronation chicken with cucumber & green leaves	Malted bread ( <b>gluten: wheat, barley</b> ), coronation chicken ( <b>celery, eggs, gluten, milk, mustard</b> )
<b>SLOW BURNER SALAD</b>	Greek style cheese, pistachios, mint, red chilli, cucumber, quinoa, kale, peas, salsa verde dressing, cabbage, leafy salad mix, sweet chilli dressing.	Greek style cheese ( <b>milk</b> ), pistachios ( <b>nuts</b> ), sweet chilli dressing ( <b>sesame</b> ).
<b>CHICKEN SLOW BURNER SALAD</b>	Chargrilled British chicken, Greek style cheese, pistachios, mint, red chilli, cucumber, quinoa, kale, peas, salsa verde dressing, cabbage, leafy salad mix, sweet chilli dressing.	Greek style cheese ( <b>milk</b> ), pistachios ( <b>nuts</b> ), sweet chilli dressing ( <b>sesame</b> ).
<b>MIDTOWN DELI</b>	BLT: Complet roll, bacon, mayonnaise, tomatoes, lettuce, raddicchio, endive, swiss chard, spinach	Complet roll ( <b>gluten: wheat</b> ), mayo ( <b>egg, mustard</b> )
	Pastrami, cheese, gherkin and rye: Bread, pastrami	Bread ( <b>gluten: wheat, rye</b> ), pastrami ( <b>mustard</b> )
	Smoked salmon dill bagel	Bread ( <b>gluten: wheat</b> ), smoked salmon ( <b>fish</b> ), cream cheese ( <b>milk</b> )
	Cheese, tomato and mayo: Malted bread, tomatoes, Emmental cheese, mayonnaise, lettuce, radicchio, endive, swiss chard, spinach	Malted bread ( <b>wheat, barley</b> ), cheese ( <b>milk</b> ), mayo ( <b>egg, mustard</b> )
<b>PROPER ROAST BEEF SALAD</b>	Quinoa, kale, peas, salsa verde dressing, roast beef, green beans, edamame beans, beetroot salad, crispy onion. Served with a vinaigrette.	Beetroot salad ( <b>mustard</b> ), crispy onion ( <b>wheat</b> ), vinaigrette ( <b>mustard</b> ), edamame beans ( <b>soybeans</b> )

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<b>SOHO BAGUETTES</b>	Mozzarella, tomatoes and avocado: Baguette, cheese, avocado, sunblushed tomatoes, basil	Baguette ( <b>gluten: wheat, sesame seeds</b> ), mozzarella ( <b>milk</b> )
	Chicken & bacon: Chargrilled chicken thigh, bacon, tomato, green leaves & mayo	Baguette ( <b>gluten: wheat, sesame seeds</b> ), mayo ( <b>eggs, mustard</b> ).
	Ham & cheese: Ham, Emmental cheese, green leaves, mustard & mayo.	Baguette ( <b>gluten: wheat, sesame</b> ), Emmental cheese ( <b>milk</b> ), reduced fat mayo ( <b>eggs, mustard</b> ), mustard ( <b>mustard</b> )
	Roast beef: Roast beef, Gran Moravia cheese, rocket & mayo.	Baguette ( <b>gluten: wheat, sesame</b> ), Gran Moravia cheese ( <b>milk</b> ), reduced fat mayo ( <b>eggs, mustard</b> )
<b>ULTIMATE CHICKEN SALAD</b>	Chargrilled British chicken, mozzarella, roast pepper & tomato, basil, quinoa, kale, leek, peas, salsa verde dressing. Served with a vinaigrette.	Mozzarella ( <b>milk</b> ), vinaigrette ( <b>mustard</b> ).
<b>A VEGAN RAINBOW</b>	Quinoa, kale, leek, peas, salsa verde dressing, hummus, edamame beans, carrot, beetroot salad, cucumber, pickled cabbage, pumpkin seeds. Served with a vinaigrette.	Hummus ( <b>sesame</b> ), edamame ( <b>soybeans</b> ), beetroot salad ( <b>mustard</b> ), vinaigrette ( <b>mustard</b> )
<b>MEDITERRANEAN MEZZE</b>	Free range British eggs, multigrain tortilla, hummus, falafel, carrots, mixed olives, peas, sunblushed tomatoes, kale, red cabbage, leeks, parsley, mint, autumn seeds (chia, flaxseed sesame seeds), quinoa, tomatoes, choka sauce, salsa verde dressing, cucumber.	Eggs ( <b>egg</b> ), multigrain tortilla ( <b>wheat</b> ), hummus ( <b>sesame</b> ), falafel ( <b>wheat</b> ), mixed olives ( <b>sulphur dioxide</b> ), sesame seeds ( <b>sesame</b> ), chia seeds, flaxseed
<b>TABBOULEH SALAD</b>	Avocado, pistachios, pomegranate seeds, parsley, mint, autumn seeds (chia, flaxseed, sesame seeds), quinoa, tomatoes, choka sauce, kale, salsa verde dressing, cucumber, leafy salad mix, vinaigrette dressing.	Pistachio ( <b>nuts</b> ), autumn seeds ( <b>sesame</b> ), vinaigrette ( <b>mustard</b> )
<b>CHICKEN TABBOULEH SALAD</b>	Chargrilled British chicken thigh, avocado, pistachios, pomegranate seeds, parsley, mint, autumn seeds (chia, flaxseed, sesame seeds), quinoa, tomatoes, choka sauce, kale, salsa verde dressing, cucumber, leafy salad mix, vinaigrette dressing.	Pistachio ( <b>nuts</b> ), autumn seeds ( <b>sesame</b> ), vinaigrette ( <b>mustard</b> )
<b>MIXED ARTISAN WRAPS</b>	Italian chicken wrap with mozzarella, sunblushed tomato, mayo & mixed leaves.	Tortilla wrap ( <b>gluten: wheat</b> ), chicken breast ( <b>milk</b> ), mozzarella ( <b>milk</b> ), reduced fat mayo ( <b>eggs, mustard</b> )
	Hummus, falafel & veg slaw (spring onion, carrot, red cabbage, broccoli).	Tortilla wrap ( <b>gluten: wheat</b> ), hummus ( <b>sesame</b> ), falafel ( <b>wheat</b> )
	Coronation chicken wrap with cucumber and green leaves.	Tortilla wrap ( <b>gluten: wheat</b> ), coronation chicken ( <b>wheat, celery, eggs, gluten, milk, mustard</b> )
	Sriracha prawn wrap with avocado, cucumber & spinach	Tortilla wrap ( <b>gluten: wheat</b> ), cooked prawns ( <b>crustaceans</b> )
<b>PLANT POWER SANDWICHES</b>	Egg, mayo and avocado: Rye bread, egg mayo, avocado	Rye bread ( <b>gluten: rye, wheat</b> ), egg mayonnaise ( <b>egg, milk, mustard</b> )
	Mozzarella & sunblush tomato : Malted bread, mozzarella, tomatoes and basil	Malted bread ( <b>gluten: wheat, barley</b> ), mozzarella ( <b>milk</b> )
	Smashed pea, mint, and Greek style cheese: Multigrain tortilla, salad cheese, peas, lettuce, mint, endive, radicchio, spinach, chard	Multigrain tortilla ( <b>gluten: wheat, rye, oats</b> ), cheese ( <b>milk</b> )
	Hummus & peppers: Hummus, roasted peppers & coriander.	Compleat roll ( <b>gluten: wheat</b> ), hummus ( <b>sesame seeds</b> )
<b>PROTEIN POWER POTS</b>	Salmon, egg, cucumber & edamame beans	Roast salmon ( <b>fish</b> ), boiled egg ( <b>egg</b> ), edamame beans ( <b>soybeans</b> )
	Beetroot, crumbly cheese, edamame beans, cucumber & mint	Crumbly cheese ( <b>milk</b> ), beetroot salad ( <b>mustard</b> ), edamame beans ( <b>soybeans</b> )
	Hummus, falafel, broccoli & cucumber.	Hummus ( <b>sesame</b> ), falafel ( <b>gluten: wheat</b> )
<b>LIGHTER LUXURIES</b>	Asian noodles in chicory leaves: Chargrilled chicken thigh, sweet chilli dressing, rocket leaves, chicory, wasabi seeds, rice vermicelli, red chilli.	Chargrilled chicken thigh, sweet chilli dressing ( <b>soybeans, sesame</b> )
	Avocado cups: Salad cheese, avocado, roasted tomatoes, coriander, lime juice, basil	Cheese ( <b>milk</b> ), lime juice ( <b>sulphur dioxide</b> )
	Salmon nori wraps: Smoked salmon, red cabbage, cucumber, spinach, pickled ginger, seaweed nori	Smoked salmon ( <b>fish</b> )
<b>FABULOUS FRESH FRUIT</b>	Bananas, Apples, Oranges, Grapes	
<b>FRUITY FLAPJACKS</b>	Chia seed and Fruit flapjacks	
<b>NAUGHTY LITTLE BROWNIES</b>	Chocolate brownies	Brownie ( <b>eggs, milk, soybeans</b> )
<b>ROASTED VEGETABLE CRISPS</b>	Pan fried Vegetable crisps	
<b>POPCORN</b>		Check packets for allergens
<b>MILLIONAIRE'S SHORTBREAD</b>	Crumbly base, caramel and milk chocolate millionaire shortbread	( <b>wheat</b> ), soybeans ( <b>soya</b> ), ( <b>milk</b> )

# INDIVIDUAL PORTIONS

<b>SLOW BURNER</b>	Greek style cheese, pistachios, mint, red chilli, cucumber, quinoa, kale, peas, salsa verde dressing, cabbage, leafy salad mix, sweet chilli dressing.	Greek style cheese ( <b>milk</b> ), pistachios ( <b>nuts</b> ), sweet chilli dressing ( <b>sesame</b> ).
<b>CHICKEN SLOW BURNER</b>	Chargrilled British chicken, Greek style cheese, pistachios, mint, red chilli, cucumber, quinoa, kale, peas, salsa verde dressing, cabbage, leafy salad mix, sweet chilli dressing.	Greek style cheese ( <b>milk</b> ), pistachios ( <b>nuts</b> ), sweet chilli dressing ( <b>sesame</b> ).
<b>TABBOULEH SALAD</b>	Avocado, pistachios, pomegranate seeds, parsley, mint, autumn seeds (chia, flaxseed, sesame seeds), quinoa, tomatoes, choka sauce, kale, salsa verde dressing, cucumber, leafy salad mix, vinaigrette dressing.	Pistachio ( <b>nuts</b> ), autumn seeds ( <b>sesame</b> ), vinaigrette ( <b>mustard</b> ).
<b>CHICKEN TABBOULEH SALAD</b>	Chargrilled British chicken, avocado, pistachios, pomegranate seeds, parsley, mint, autumn seeds (chia, flaxseed, sesame seeds), quinoa, tomatoes, choka sauce, kale, salsa verde dressing, cucumber, leafy salad mix, vinaigrette dressing.	Pistachio ( <b>nuts</b> ), autumn seeds ( <b>sesame</b> ), vinaigrette ( <b>mustard</b> ).
<b>AVOCADO &amp; CAPRESE BAGUETTE</b>	Multigrain Baguette: Wheat flour, water, sunflower seeds, poppy seeds, millet seeds, Sesame seeds, salt, yellow flax seeds, brown flax seeds, yeast, wheat, emulsifier, malted wheat flour, Mozzarella: Pasteurised Cow's Milk, Microbial Rennet, Salt, Acidity Regulator: Citric Acid, Nut Free Pesto: Basil Puree (Basil sunflower oil, salt), sunflower oil, Vegetarian cheese, Sunblushed Tomatoes: Slow Roasted Tomatoes, Rapeseed oil, Salt, Garlic, Oregano, Avocado, Wild Rocket.	Wheat flour ( <b>Gluten</b> ), sesame seeds ( <b>sesame</b> ), Pasteurised Cow's Milk ( <b>milk</b> ), Vegetarian cheese ( <b>milk</b> ).
<b>WILTSHIRE HAM &amp; EMMENTAL BAGUETTE</b>	Multigrain Baguette: Wheat flour, water, sunflower seeds, poppy seeds, millet seeds, Sesame seeds, salt, yellow flax seeds, brown flax seeds, yeast, wheat, malted wheat flour, Emmental: Pasteurised Cow's Milk, Salt, Calcium Chloride, Microbial Rennet, Wiltshire Ham: Pork Salt, Demerara Sugar, Antioxidant, Preservatives, Dijon Mayo Mix: Mustard (water, mustard seeds, spirit vinegar, salt, citric acid, Reduced Fat Mayonnaise (Water, Rapeseed Oil, Modified Maize Starch, Pasteurised Egg Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice from concentrate, Stabiliser, Preservative, Mustard, Wild rocket	Wheat flour ( <b>Gluten</b> ), sesame seeds ( <b>sesame</b> ), Pasteurised Cow's Milk ( <b>milk</b> ), Mustard (water, mustard seeds ( <b>mustard</b> ), Pasteurised Egg Yolk ( <b>eggs</b> ), Mustard ( <b>mustard</b> ).
<b>HUMMUS, FALAFEL &amp; CRUNCHY VEG WRAP</b>	Khobez wrap, falafel, grated carrot, red cabbage, spring onion, edamame beans.	Falafel ( <b>gluten: wheat</b> ), tortilla wrap ( <b>gluten: wheat</b> ), edamame ( <b>soybeans</b> ), hummus ( <b>sesame</b> ).