

CLASSIC BRITISH



Supreme Omega Salmon & Egg

Serves 6 • £29

Flaked salmon • egg green beans • cucumber quinoa • kale • peas • salsa verde vinaigrette dressing

PRE-PORTIONED SERVINGS AVAILABLE



Marvellous Mixed Sandwiches

Serves 6 • £26

Mozzarella, sunblush tomato & avocado • coronation chicken • rare roast beef & cheese • flaked salmon & cream cheese



Brilliantly British

Serves 6 • £27

Coronation chicken wraps ham & egg sandwiches • egg, Greek style cheese & smokey tomato bagels • Lemon prawn mayo & cucumber rolls



Chicken Slow Burner Salad

Serves 6 • £28

British chicken • cucumber pistachios • quinoa kale • peas • salsa verde Greek-style cheese • chilli mint • sweet chilli dressing

PRE-PORTIONED SERVINGS AVAILABLE



Slow Burner Salad

Serves 6 • £24

cucumber • pistachios • quinoa kale • peas • salsa verde Greek-style cheese • chilli mint • sweet chilli dressing

PRE-PORTIONED SERVINGS AVAILABLE

Last minute lunch? Order before 10am for same day delivery

MEDITERRANEAN



Mixed Artisan Wraps

Serves 6 • £27

Hummus & falafel coronation chicken sriracha prawn & avocado Italian chicken



Ultimate Chicken Salad

Serves 6 • £28

British chicken • mozzarella sunblush tomato • kale roast red peppers • quinoa peas • salsa verde • fresh basil vinaigrette dressing

PRE-PORTIONED SERVINGS AVAILABLE



Chicken Tabbouleh

Serves 6 • £27

British chicken • avocado • pistachios pomegranate seeds • parsley • mint autumn seeds • quinoa • tomatoes choka sauce • kale • salsa verde cucumber • leafy salad mix vinaigrette dressing

PRE-PORTIONED SERVINGS AVAILABLE



Mediterranean Mezze

Serves 6 • £24

Free range British eggs • multigrain tortilla • hummus • falafel • carrots mixed olives • peas • sunblushed tomatoes • kale • red cabbage leeks • parsley • mint • autumn seeds quinoa • tomatoes • choka sauce cucumber • salsa verde dressing



DELIVERY SLOTS START AT 11AM



CUTLERY INCLUDED



FULL ALLERGENS AVAILABLE ONLINE



SALAD TONGS INCLUDED

HEALTHY EATING



A Vegan Rainbow

Serves 6 • £24

Quinoa • kale • leek • peas • salsa verde • hummus • edamame beans carrot • beetroot salad • cucumber pickled cabbage • pumpkin seeds vinaigrette dressing

PRE-PORTIONED SERVINGS AVAILABLE



Protein Power Pots

12 pots • £24

Flaked salmon, egg & edamame • Falafel & hummus • Greek cheese, beetroot & cucumber



Lighter Luxuries

Serves 6 • £29

Avocado bowls with Greek cheese & sunblush tomato salmon nori wraps • chicory leaves with chicken, rice noodles & chilli



Plant Power Sandwiches

Serves 6 • £25

Hummus & roasted peppers rolls • smashed pea, mint & Greek style cheese wraps • egg & avo on rye • mozzarella & sunblush tomato sandwiches

All orders are handmade by our chefs on the day of your delivery

NEW YORK CLASSICS

FRUIT



Proper Roast Beef salad

Serves 6 • £29

Premium rare roast beef beetroot • green beans • quinoa kale • peas • salsa verde • crispy onions • vinaigrette dressing

PRE-PORTIONED SERVINGS AVAILABLE



Soho Baguettes

Serves 6 • £26

Mozzarella, sunblush tomatoes & avo • chicken, bacon & salad • ham & cheese • rare roast beef, cheese & rocket



Midtown Deli

Serves 6 • £26

Pastrami, cheese & gherkin on rye • smoked salmon dill bagels • BLT rolls • cheese & tomato sandwiches



Fruity Yoghurt Pots

Serves 12 • £24

Turmeric, sultanas & pistachio • acai berry, mixed berries & agave syrup • mango quinoa & almonds



Fabulous Fresh Fruit

Serves 12 • £20

Fabulous fresh fruit bananas • apples • grapes • satsumas



DELIVERY SLOTS START AT 11AM



CUTLERY INCLUDED



FULL ALLERGENS AVAILABLE ONLINE



SALAD TONGS INCLUDED

ORDER BEFORE 4PM FOR NEXT DAY DELIVERY

BREAKFAST



City Breakfast

Serves 6 • £25

Ham & cheese mini croissants • bacon & egg wraps • salmon & cream cheese bagels



Fresh french Pastries

Serves 6 • £20

Almond croissants • pain au chocolats • apricot danishes



Rise and Shine Croissants

Serves 6 • £15

Flakey buttery croissants with strawberry jam & marmalade



Energiser Bagels

Serves 6 • £24

Egg, Greek style cheese & smokey tomato bagels • bacon & egg bagels



Best Veggie Breakfast

Serves 6 • £24

Cheese & sunblush tomato mini croissants • avocado, cream cheese & chilli on rye bread • egg, Greek style cheese & smokey tomato bagels



Vitaliser Veggie Bagels

Serves 6 • £22

Egg, Greek style cheese & smokey tomato • cucumber, chilli & cream cheese



BREAKFAST DELIVERY SLOTS START AT 7:30AM



FULL ALLERGENS AVAILABLE ONLINE



NAPKINS PROVIDED

SNACKS & TREATS

DRINKS



Fruity Flapjacks

Serves 6 • £15

Oaty deliciousness



Naughty Little Brownies

Serves 6 • £15

Decadent & delicious



Roasted Vegetable Crisps

Serves 6 • £7



Juices

250ml • £2.29

Orange Apple



Ginger Aid

250ml • £2.19



Dash Waters

330ml • £1.80

Cucumber Raspberry Lemon

See our full, delicious range of snacks, treats & drinks at pod.co.uk