



Winter 19/20 Menu

POD ALLERGENS

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	Molluscs
BREAKFAST - EGGS																
Chorizo Power Eggs (with Toast)			✓*		✓			✓	✓							
Energiser Eggs (with Toast)	✓		✓*		✓				✓							
Omega 3 Booster Eggs (with Toast)			✓*		✓	✓		✓	✓*							
Plain Eggs (with Toast)	✓		✓*		✓				✓*							
Mexican Eggs (with Toast)	✓		✓*		✓				✓							
Superb Eggs (with Toast)	✓		✓*		✓			✓	✓							
* see above - WHEN ORDERED WITHOUT TOAST, THESE ALLERGENS ARE NOT PRESENT IN THIS DISH																
BREAKFAST - PORRIDGE (MADE WITH GLUTEN FREE OAT MILK AND WATER)																
Berry Boost (made with gluten free oat milk)	✓	✓														
Forest Berry & Peanut Butter (made with gluten free oat milk)	✓	✓					✓									
Peanut Butter Power with Honey (made with gluten free oat milk)	✓						✓									
Plain Porridge (made with gluten free oat milk)	✓	✓														



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PORRIDGE TOPPINGS																
Honey	✓															
Peanut Butter	✓	✓					✓									
BRIOCHE																
Bacon & Egg Brioche			✓		✓				✓							
Halloumi, Avocado & Tomato Brioche	✓		✓		✓				✓							
Salmon, Egg & Spinach Brioche			✓		✓	✓			✓							
Scrambled Egg Brioche	✓		✓		✓				✓							
Sausage & Egg Brioche			✓		✓				✓							
The Full Works Brioche			✓		✓				✓							
Veggie Feast Brioche	✓		✓		✓				✓							
TOASTED SANDWICHES																
Avocado & Chilli		✓	✓													
Avocado, Chilli & Cheese	✓		✓						✓							
Avocado, Chilli & Bacon			✓													
Bacon Sandwich			✓													
Sausage Sandwich			✓													



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BREAKFAST - TOASTED																	
Gluten Free Toast with Butter	✓		*						✓								
Gluten Free Toast without Butter	✓		*	*Not suitable for Coeliacs, prepared alongside gluten containing products													
Protein Toast with Butter	✓		✓						✓								
Protein Toast without Butter	✓		✓						✓								
Toast with Butter	✓		✓						✓								
Toast without Butter	✓	✓	✓														
TOASTED TOPPINGS																	
Bacon																	
Brown Sauce	✓	✓	✓														
Cream Cheese	✓								✓								
Honey	✓																
Ketchup	✓	✓									✓						
Marmite	✓	✓	✓								✓						
Peanut Butter	✓	✓					✓										
BAGELS																	
Toasted Bagel with Butter	✓		✓						✓								
Toasted Bagel without Butter	✓	✓	✓														
Salmon & Cream Cheese Bagel			✓			✓			✓								



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HOT LUNCH - HOT PODS with Rice															
Butter Chicken								✓							
Malaysian Coconut Chicken											✓				
Moroccan Chicken Tagine													✓		
Naked Chicken Katsu Curry							✓								
Smoky Three Bean Chilli	✓		✓				✓	✓		✓					
Thai Green Curry						✓									
Thai Red Curry						✓									
HOT PODS - SKINNY (without Rice)															
Butter Chicken								✓							
Malaysian Coconut Chicken											✓				
Moroccan Chicken Tagine													✓		
Naked Chicken Katsu Curry							✓								
Smoky Three Bean Chilli	✓		✓				✓	✓		✓					
Thai Green Curry						✓									
Thai Red Curry						✓									



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HOT LUNCH - SOUPS																
SOUPS - BUN HUE																
Chicken Bun Hue								✓								
King Prawn Bun Hue				✓				✓								
Organic Tofu Bun Hue	✓	✓						✓								
Vegetable Gyoza Bun Hue	✓	✓	✓					✓			✓		✓			
SOUPS - LAKSA																
Chicken Laksa									✓					✓		
King Prawn Laksa				✓					✓					✓		
Organic Tofu Laksa	✓							✓	✓					✓		
Vegetable Gyoza Laksa	✓		✓					✓	✓		✓		✓	✓		
SOUPS - PHO																
Chicken Pho								✓								
King Prawn Pho				✓				✓								
Organic Tofu Pho	✓	✓						✓								
Vegetable Gyoza Pho	✓	✓	✓					✓			✓		✓			
HOT LUNCH - GYOZAS																
Chicken Gyoza			✓		✓			✓					✓			
Duck Gyoza			✓					✓					✓			
Vegetable Gyoza	✓	✓	✓					✓			✓		✓			



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CONTAINS THESE ALLERGENS

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HOT LUNCH - WRAPS																
Grilled Chicken & Chorizo			✓					✓	✓							
Pesto Chicken & Emmental			✓						✓							
Halloumi, Falafel & Spinach	✓		✓						✓							

COLD LUNCH - NUTRI BOXES																
Skinny Chicken Shawarma					✓				✓			✓	✓			
Halloumi Super Bowl	✓				✓				✓			✓	✓			
South Beach Salmon						✓						✓				



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COLD LUNCH - SALADS																
Chicken & Avocado Protein Punch					✓							✓				
Gym Bowl	✓	✓	✓									✓	✓			
Heart Boosting Beets	✓								✓			✓		✓		
Naked Burrito Bowl					✓				✓							
Protein Box					✓	✓		✓				✓				
Roast Smoked Salmon & Egg					✓	✓						✓				
Sweet Potato, Avo & Pomegranate	✓				✓				✓							
Naked Club Sandwich					✓				✓			✓				
Tabbouleh	✓	✓								✓		✓				
Tabbouleh w/ Chicken										✓		✓				
Teriyaki Chicken + Super Greens					✓			✓				✓	✓			



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SALADS - DRESSINGS															
Sweet Chilli Dressing	✓	✓											✓		
Teriyaki Dressing	✓	✓						✓							
Roast Sesame and Sweet Chilli Dressing	✓				✓			✓					✓		
Vinaigrette	✓	✓										✓			
Herby Ranch Dressing	✓				✓			✓							
COLD LUNCH - WRAPS & BAGUETTES															
BAGUETTES															
Avocado & Caprese	✓		✓						✓				✓		
Chicken Caesar & Bacon			✓		✓				✓				✓		
WRAPS															
Asian Chicken			✓		✓			✓					✓		
Beetroot & Goats Cheese	✓		✓						✓			✓		✓	
Hummus & Falafel	✓	✓	✓									✓	✓		
Omega Salmon & Spinach			✓		✓	✓						✓			



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WRAPS (INDIVIDUALLY SOLD)																
Beetroot Wrap (Individually sold)	✓	✓	✓													
Khobez Olive Oil Wrap (Individually sold)	✓	✓	✓													
Pumpkin Wrap (Individually sold)	✓	✓	✓													
Spinach Wrap (Individually sold)	✓	✓	✓													
NUTRI POTS																
Chicken & Spinach																
Eggs & Spinach	✓				✓											
Vegan Falafel Mezze	✓	✓	✓									✓				
Salmon & Egg					✓	✓		✓								



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YOGHURTS - TOFU POWER POTS																
Pomegranate Power Pot	✓	✓					✓	✓		✓						
Snickers Power Pot	✓	✓	✓				✓	✓		✓						
YOGHURTS																
Apple & Berry Bircher	✓								✓	✓						
Berry Boost	✓								✓							
Berry Granola	✓		✓						✓	✓			✓			
Choc 'n' Nut Overnight Oats	✓	✓					✓			✓						
Nutty Overnight Oats	✓	✓					✓			✓						
Sunshine Mango Glow	✓								✓							



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SIDES																
Apple	✓	✓														
Banana	✓	✓														
Chia Flapjack	✓	✓														
Crisps - Cheddar Cheese & Onion	✓								✓							
Crisps - Cider Vinegar	✓								✓							
Crisps - Chorizo									✓							
Crisps - Sea Salt	✓	✓														



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SIDES																
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	✓	✓					✓									
Spicy Sriracha Crunchies	✓	✓														
Willie's Chocolate Orange	✓	✓														
Willie's Dark Chocolate	✓	✓														
Willie's Milk Chocolate	✓								✓							



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DRINKS - COLD															
Coke	✓	✓													
Coke - Diet	✓	✓													
Coke - Zero	✓	✓													
Dash Water - various flavours	✓	✓													
Juice - Sicilian Lemonade	✓	✓													
Juice - Apple	✓	✓													
Juice - Orange	✓	✓													
Juice - Ginger Aid	✓	✓													
Juice - Carrot Apple & Ginger	✓	✓													
Smoothie - Berry Cooler	✓	✓													
Smoothie - Breakfast Protein Shake	✓	✓					✓			✓					
Smoothie - Kale Cleanse	✓	✓													
Smoothie - Mango Energiser	✓								✓						
Smoothie - Super Fruit	✓								✓						



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DRINKS - COLD															
Water - Sparkling	✓	✓													
Water - Still	✓	✓													
DRINKS															
Americano Black	✓	✓													
Americano White	✓							✓							
Cappuccino	✓						✓	✓							
Citrus Steeper	✓	✓													
Espresso	✓	✓													
Flat White	✓							✓							
Latte	✓							✓							
Macchiato	✓							✓							
Mocha	✓						✓	✓							
Iced Americano	✓	✓													
Iced Latte	✓							✓							
Golden Turmeric	✓	✓													



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DRINKS															
Mind Power Matcha	✓	✓													
Hot Chocolate	✓							✓	✓						
Black Tea	✓	✓													
White Tea	✓								✓						
Fresh Mint Steeper	✓	✓													
Herbal Teas	✓	✓													
Lemon & Ginger Steeper	✓	✓													
DRINKS - SHOTS															
Caramel Single Shot	✓	✓													
Vanilla Single Shot	✓	✓													