



POD NUTRITION

SPRING/SUMMER '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	540 638	23.5g 23.5g	2.3g 2.3g	33.1g 42.6g	34.9g 41.6g	12g 13.9g	2.2g 2.2g	2.1g 2.4g
Energiser Eggs Scrambled eggs with halloumi, basil, sunblushed tomato and avocado. Served with multi-grain toast.	Cereals Containing Gluten, Egg, Milk	Regular Large	667 730	23.1g 23.1g	2.1g 2.1g	40.9g 47g	45.7g 50g	19g 20.2g	3g 3g	2.6g 2.7g
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	544 642	22.5g 22.5g	0.9g 0.9g	33.2g 42.7g	35g 41.8g	10.2g 12.1g	3g 3g	1.9g 2.2g
Plain Eggs Our classic scrambled eggs. Served with multi-grain toast.	Cereals Containing Gluten, Egg, Milk	Regular Large	396 495	20.8g 20.8g	0.5g 0.5g	25.6g 35.1g	23.4g 30.2g	7.8g 9.6g	1.5g 1.5g	1.2g 1.5g
Protein Feast Eggs Scrambled eggs with sausage, bacon, tomato and parsley. Served with multi-grain toast.	Cereals Containing Gluten, Egg, Milk	Regular Large	683 782	21.4g 21.4g	4.4g 4.4g	54g 63.3g	41.3g 48.1g	11.8g 13.7g	5.8g 5.8g	3.3g 3.6g
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	478 577	22.6g 22.6g	1.4g 1.4g	30.4g 39.8g	29.7g 36.4g	8.1g 10g	2.1g 2.1g	1.8g 2.1g

BREAKFAST - PORRIDGE (oat milk)

	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.	Sesame	Regular Large	327 400	54.9g 68.3g	15.1g 16.2g	7.4g 9.2g	9.7g 11.4g	1.5g 1.8g	5.9g 7.3g	0g 0g
Forest Berry & Peanut Butter Slow cooked porridge oats topped with five berry compote and peanut butter.	Peanuts	Regular Large	417 490	49.2g 62.6g	9.3g 10.4g	13g 14.7g	19.1g 20.9g	2.8g 3.1g	4.3g 5.7g	0.2g 0.2g
Peanut Butter Power Slow cooked porridge oats topped with peanut butter and banana.	Peanuts	Regular Large	455 529	58.8g 72.2g	17.5g 18.6g	13.3g 15g	19.3g 21g	2.9g 3.2g	4.5g 5.9g	0.2g 0.2g
Plain Porridge Our classic slow cooked porridge oats.		Regular Large	220 293	40.1g 53.4g	3.3g 4.4g	5.2g 6.9g	5.2g 6.9g	0.9g 1.2g	4.1g 5.5g	0g 0g

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		153	3.3g	1g	6.8g	12.3g	1.7g	0g	0.1g

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POD NUTRITION

SPRING/SUMMER '19 MENU

BREAKFAST - BRIOCHE

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)	
		Per serving									
Avocado & Chilli Brioche Avocado and red chilli in a soft brioche bun.	Cereals Containing Gluten, Eggs, Milk,	Regular	290	29.5g	1.9g	6.1g	15.7g	4.3g	4.7g	0.5g	
Bacon Brioche Freshly grilled bacon in a soft brioche bun.	Cereals Containing Gluten, Eggs, Milk,	Regular	300	24.1g	2.1g	16.6g	15.3g	6.8g	1.1g	2g	
Halloumi, Avocado & Tomato Brioche Grilled halloumi, smashed avocado and sunblushed tomato in a soft brioche bun.	Cereals Containing Gluten, Eggs, Milk, Soya	Regular	469	31.2g	3.5g	17.6g	29.7g	13.5g	5.3g	1.8g	
Salmon, Egg & Spinach Brioche Smoked salmon with scrambled egg and spinach in a soft brioche bun.	Cereals Containing Gluten, Eggs, Milk, Fish	Regular	336	23.9g	1.9g	22.9g	15.9g	5.5g	1.3g	1.5g	
Sausage Brioche Succulent sausages in a soft brioche bun.	Cereals Containing Gluten, Eggs, Milk	Regular	343	30.1g	2.3g	15.7g	17.6g	7.2g	1.7g	1.8g	
Scrambled Egg Brioche Freshly scrambled free range British eggs in a soft brioche bun.	Cereals Containing Gluten, Eggs, Milk	Regular	277	23.7g	1.7g	16.8g	12.8g	4.8g	1.1g	0.8g	
Scrambled Egg with Bacon Brioche Freshly scrambled free range British eggs with grilled bacon in a soft brioche bun.	GCereals Containing Gluten, Eggs, Milk	Regular	389	24g	2g	25.7g	21.1g	8.1g	1.1g	2g	
Scrambled Egg with Sausage Brioche Freshly scrambled free range British eggs with succulent sausage in a soft brioche bun.	Cereals Containing Gluten, Eggs, Milk	Regular	405	28.4g	2.1g	24.1g	21.8g	8g	1.5g	1.7g	
The Full Works Freshly scrambled free range British eggs with succulent sausage and bacon in a soft brioche bun.	Cereals Containing Gluten, Eggs, Milk	Regular	517	28.7g	2.4g	33g	30.1g	11.3g	1.5g	2.9g	
Veggie Feast Brioche Freshly scrambled free range British eggs with spinach, crumbled cheese & sunblushed tomato in a soft brioche bun.	Cereals Containing Gluten, Eggs, Milk	Regular	343	25.1g	3g	20.6g	17.6g	4.9g	1.8g	1.4g	

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POD NUTRITION

SPRING/SUMMER '19 MENU

TOASTED										
	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
Per serving										
Bagel with Butter A crisp and chewy multi-seed toasted bagel, served with butter.	Cereals Containing Gluten, Milk	Regular	392	52.2g	4.4g	12.5g	13.7g	4g	4.9g	0.9g
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	505	53.5g	5.6g	24.3g	19.6g	7.1g	5.2g	2.2g
Gluten Free Toast with Butter Toasted non-gluten containing bread, with butter.	Milk, *Not suitable for Coeliacs, prepared alongside gluten containing products	Regular	251	32.3g	0.7g	1.2g	12g	3.6g	3.6g	0.7g
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
Protein Toast with Butter High protein bread, toasted, with butter.	Cereals Containing Gluten, Milk	Regular	309	27g	2g	16.6g	12.6g	3.3g	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	287	41.6g	1.1g	9.2g	9.2g	3.9g	3g	0.9g
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	112	0.3g	0.3g	8.9g	8.4g	3.3g	0g	1.2g
Brown Sauce	Cereals Containing Gluten	Regular	18	4.2g	3.5g	0.1g	0g	0g	0g	0.2g
Cream Cheese	Milk	Regular	56	0.7g	0.7g	1.2g	5.6g	3.6g	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	153	3.3g	1g	6.8g	12.3g	1.7g	0g	0.1g

TOASTED EXCHANGE SQ ONLY										
	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
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	494	50.5g	1.4g	16.6g	24.1g	5.4g	8.4g	2.7g
Bacon Toasted Sandwich Freshly grilled bacon on toasted, multi-grain bread.	Cereals Containing Gluten	Regular	367	43.8g	1.4g	24.3g	10.2g	3.8g	3g	2.3g
Sausage Toasted Sandwich Juicy sausages on toasted, multi-grain bread.	Cereals Containing Gluten, Milk	Regular	543	49.9g	0.7g	23.8g	27.7g	12.2g	3.8g	2.8g

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POD NUTRITION

SPRING/SUMMER '19 MENU

HOT LUNCH - GYOZAS		Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
Per serving											
Duck Gyoza		Sesame, Soya, Cereals Containing Gluten	Regular	179	24.9g	3.2g	7.7g	4.8g	0.7g	1.8g	0.3g
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

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											
Barbecue Jackfruit Chilli Slow cooked in a smoky chilli sauce		Soya, Celery	Regular Large	581 701	93.6g 118.7	26.1g 26.5	13.9g 16	17.4g 19.2g	2.5g 2.8g	11.8g 12.5g	1.8g 1.8g
Kashmiri Chicken Fragrant mild curry made with classic Indian spices and yoghurt.		Milk	Regular Large	617 737	63.4g 88.5g	8.7g 9.1g	24g 26.1g	30.7g 32.5g	13.2g 13.5g	3.3g 4g	2.5g 2.5g
Malaysian Coconut Chicken Chargrilled chicken thigh and sweet potato in a creamy coconut curry sauce. Served over mixed grain rice.		Mustard	Regular Large	483 602	65.8g 90.8g	7.9g 8.2g	21.8g 23.8g	16.1g 17.8g	2.7g 3g	2.7g 3.4g	2.4g 2.4g
Naked Chicken Katsu Curry Chargrilled chicken thigh in a katsu curry sauce, served over mixed grain rice.		Soya	Regular Large	469 589	64.2g 89.3g	8.4g 8.8g	24.7g 26.8g	13g 14.8g	2.4g 2.7g	3g 3.7g	3.2g 3.2g
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 Large	643 762	89.3g 114.4g	15.9g 16.3g	15.5g 17.6g	25.6g 27.4g	5.2g 5.5g	12.2g 12.9g	2.8g 2.8g
Thai Green Curry Chargrilled chicken thigh in a Thai green curry. Served over mixed grain rice, topped with coriander.		Fish	Regular Large	540 657	63g 88.1g	10.4g 10.7g	24.6g 26.5g	22.1g 23.7g	11.7g 13.9g	3.7g 4.3g	3.2g 3.2g
Thai Red Curry Chargrilled chicken thigh in a Thai red curry. Served over mixed grain rice, topped with coriander.		Fish	Regular Large	566 686	65.5g 90.6g	11.5g 11.9g	25g 27.1g	23.9g 25.6g	12.1g 12.4g	2.7g 3.4g	3.6g 3.6g

HOT PODS - SKINNY		Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
Per serving											
Barbecue Jackfruit Chilli As above, served over mixed vegetables.		Soya, Celery	Regular Large	356 369	45.5g 47.5g	27.2g 29.2g	10.3g 11g	14g 14.1g	1.9g 1.9g	10.4g 10.4g	1.8g 1.9g
Kashmiri Chicken fragrant mild curry made with classic Indian spices and yoghurt.		Milk	Regular Large	391 404	15.2g 11.3g	9.8g 11.7g	20.5g 21.1g	27.3g 27.4g	12.6g 12.6g	1.9g 1.9g	2.5g 2.6g
Malaysian Coconut Chicken As above, served over mixed vegetables.		Mustard	Regular Large	270 283	19.7g 21.7g	10.9g 12.8g	18.9g 19.5g	12.7g 12.9g	2.2g 2.2g	1.3g 1.3g	2.5g 2.5g
Naked Chicken Katsu Curry As above, served over mixed vegetables.		Soya	Regular Large	243 256	16g 18.1g	9.5g 11.5g	21.2g 21.8g	9.6g 9.7g	1.8g 1.8g	1.6g 1.6g	3.2g 3.3g
Smoky Three Bean Chilli As above, served over mixed vegetables.		Milk, Celery, Soya, Cereals Containing Gluten	Regular Large	430 443	43.2g 45.3g	19g 20.9g	12.6g 13.3g	22.3g 22.5g	4.7g 4.7g	10.8g 10.8g	2.9g 3g
Thai Green Curry As above, served over mixed vegetables.		Fish	Regular Large	311 324	14.9g 16.9g	11.4g 13.3g	20.8g 21.5g	18.5g 18.6g	13g 13g	2.3g 2.3g	3.2g 3.3g
Thai Red Curry As above, served over mixed vegetables.		Fish	Regular Large	340 353	17.4g 19.4g	12.6g 14.5g	21.4g 22.1g	20.4g 20.6g	11.5g 11.5g	1.3g 1.3g	3.6g 3.6g

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POD NUTRITION

SPRING/SUMMER '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)
British Chicken Bun Hue Chargrilled chicken thigh, flat rice noodles, veg, coriander and mint in a spicy Bun Hue broth.	Soya	Regular	193	18.4g	2.1g	18.1g	4.9g	1.3g	1.5g	3.9g
King Prawn Bun Hue King prawns, flat rice noodles, veg, coriander and mint in a spicy Bun Hue broth.	Soya, Crustacean	Regular	125	18.3g	1.8g	10.1g	1.1g	0.2g	1.8g	5.5g
Organic Tofu Bun Hue Organic tofu, flat rice noodles, veg, coriander and mint in a spicy Bun Hue broth.	Soya	Regular	140	18.5g	2g	8.6g	3.2g	0.6g	1.8g	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	157	28.4g	2g	5.8g	1.7g	0.3g	2.7g	3.1g

SOUPS - LAKSA

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
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	180	14.9g	2.2g	14g	6.6g	1.3g	3.1g	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)
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	122	17.8g	1.2g	10g	1g	0.2g	1.7g	5.5g
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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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	503	61g	5.8g	14.4g	23.1g	3g	2.9g	1.7g

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POD NUTRITION

SPRING/SUMMER '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 listed separately)

<p>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)</p>	Egg, Soya, Mustard	Regular	280	4.3g	1.7g	31.1g	18.6g	5.8g	2.5g	1.8g
<p>Chicken Teriyaki & Super Greens Salad Chargrilled British chicken thigh, lime, pickled cabbage, spinach, peas, quinoa, kale, salsa verde dressing, coriander, edamame, chilled seeds. Dressing: Teriyaki, 1oz (43 Kcals)</p>	Egg, Soya, Sesame	Regular	516	41.8g	7g	34g	21.1g	3.4g	7g	1.4g
<p>Gym Bowl Falafel, hummus, chillied seeds, cucumber, choka roast sweet potato, pickled cabbage, leafy salad mix. Dressing: Salsa Verde, 1oz (59 Kcals)</p>	Sesame, Soya, Cereals Containing Gluten	Regular	352	26.5g	7g	10.9g	20.6g	2.2g	9.8g	1.4g
<p>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)</p>	Milk, Mustards, Sulphites	Regular	488	52.8g	9.7g	22.5g	18.4g	1.4g	8.9g	1.5g
<p>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)</p>	Milk	Regular	293	15.8g	3.1g	19.6g	16.1g	2.3g	3.8g	1.5g
<p>Naked Club Sandwich Chargrilled British chicken thigh, avo, bacon, free range British egg, Italian style cheese, sunblushed tomato, leafy salad mix. Dressing: Vinaigrette Dressing, 1oz (121 Kcals)</p>	Eggs, Milk, Mustard	Regular	374	4.9g	3.3g	34.5g	26.8g	9g	2.2g	2.3g
<p>Protein Box Chargrilled British chicken thigh, free range egg, roast smoked salmon, edamame, salsa verde dressing and chilled seeds.</p>	Egg, Soya, Fish	Regular	483	7.5g	0.6g	60.4g	26.6g	7.4g	0.3g	3g
<p>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)</p>	Fish, Egg, Mustard, Soya	Regular	464	38g	4.7g	36.5g	20.1g	5g	8.1g	1.7g
<p>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)</p>	Milk, Sesame, Nuts	Regular	429	40.1g	7.7g	20.1g	18.4g	1.4g	7.8g	1.4g
<p>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)</p>	Milk, Sesame, Nuts	Regular	507	40.4g	8g	32.1g	21.7g	2.3g	7.8g	2.3g
<p>Sweet Potato, Avo & Pomegranate Greek style cheese, sweet potato, avocado, nut free pesto dressed peas, pomegranate seeds, mint and chilled seeds over a leafy salad mix. Dressing: Zest Yoghurt Dressing, 1oz (37 Kcals)</p>	Milk, Soya	Regular	305	20.1g	6.1g	8g	21.4g	3.8g	2.7g	0.7g

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POD NUTRITION

SPRING/SUMMER '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 nutritionals available on next page)

	Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
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	304	26.6g	5.6g	9.3g	16.8g	3g	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	382	26.9g	5.9g	21.3g	20g	3.9g	8g	1g

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POD NUTRITION

SPRING/SUMMER '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
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	Regular (1oz) Large (2oz)	37 73	1.3g 2.6g	1.2g 2.5g	0.9g 1.8g	3.1g 6.2g	2g 3.9g	0g 0.1g	0.2g 0.4g
Teriyaki Dressing	Soya	Regular (1oz)	43	9.6g	5g	0.7g	0g	0g	0g	0.8g

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, avoado, sunblushed tomatoes, rocket and a nut free pesto in a seeded baguette.	Milk, Sesame, Cereals Containing Gluten	Regular	633	67.4g	3.9g	22g	29.9g	8.9g	8g	2.6g
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	624	65.7g	2.3g	36.4g	23.5g	6.9g	5.6g	3.5g

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, Soya, Cereals Containing Gluten	Regular	416	60g	8.1g	19.8g	14.8g	4.1g	6g	1.5g
Beetroot & Crumbled 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	408	57.5g	7.9g	14.2g	13.6g	7.3g	4.1g	0.5g
Hummus & Falafel Wrap Hummus, cucumber, falafel, sunblushed tomato in a khobez wrap	Mustard, Cereals Containing Gluten, Sesame	Regular	556	63.5g	7.8g	14.7g	25.3g	3.6g	12.6g	1.5g
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

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POD NUTRITION

SPRING/SUMMER '19 MENU

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

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	249	4.6g	0.9g	31.1g	14g	4g	0.3g	1.3g
Vegan Falafel Mezze Falafel, hummus, green beans and cucumber.	Sesame, Cereals Containing Gluten	Regular	231	13.3g	3.3g	8.1g	14.3g	1.5g	9.2g	1.1g

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POD NUTRITION

SPRING/SUMMER '19 MENU

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.	Regular	524	43.7g	23.8g	14.6g	32.5g	8.3g	1.7g	1.1g
Pistachio and Blueberry Banana bread fat-free Greek style yoghurt, blueberries, pomegranate seeds and pistachio.	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.	Regular	361	45.8g	28.3g	7g	18g	5.7g	2.3g	1g

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.	Regular	327	23.7g	19g	13g	18.9g	3.8g	1g	0.4g
Snickers Power Pot Almond milk, tofu, agave, banana, cocoa powder, cacao nibs and peanut butter.	Regular	391	24.5g	18.6g	16g	24g	5.2g	0.7g	0.4g

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 Greek style yoghurt, gluten free oats, five berry compote, apple, pomegranate seeds, pistachio, agave.	Regular	325	49.9g	21.2g	9.6g	10.1g	3.9g	4.8g	0.1g
Berry Boost Yoghurt Greek style yoghurt, agave, blueberries, pumpkin seeds, sesame, chia seeds & linseeds.	Regular	321	18.7g	15.8g	12.5g	22.5g	12.1g	1.8g	0g
Berry Granola Yoghurt Greek style yoghurt, granola, five berry compote, seeds.	Regular	406	39.3g	23.1g	13.4g	22.6g	12.4g	3.8g	0g
Blossom Honey & Granola Greek style yoghurt, granola and blossom honey.	Regular	289	29.8g	21.1g	9g	15.5g	9.2g	1.6g	0.2g
Nutty Overnight Oats Almond milk, gluten free oats, peanut butter, agave, strawberries, almonds, cacao nibs and seeds.	Regular	397	45g	15.1g	12.8g	19g	3.2g	5.1g	0.3g
Sunshine Mango Glow Fat-free Greek style yoghurt, mango puree, blueberries and almonds.	Regular	191	9.9g	9.1g	8.2g	14.4g	8.6g	0.5g	0.3g

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POD NUTRITION

SPRING/SUMMER '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

SPRING/SUMMER '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 - Blackcurrant 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, banana, blueberries, strawberries, ginger, apple juice, summer fruit compote.	N/A - please ask a team member if you require a full ingredients list	Regular	275	66.4g	62.1g	2.5g	0.7g	0.1g	2.2g	0g
Smoothie - Breakfast Protein Shake Peanut butter, agave syrup, banana, apple, gluten free oats, chia seeds, almond milk	Peanuts, Nuts	Regular	608	95.9g	62.1g	15.4g	19.4g	2.8g	6.2g	0.4g
Smoothie - Kale Cleanse Kale, lime, apple, basil, cucumber, mango puree, apple juice.	N/A - please ask a team member if you require a full ingredients list	Regular	115	27.3g	26.8g	2g	0.6g	0.1g	1.1g	0g
Smoothie - Mango Energiser Mango, pumpkin seeds, spinach, yoghurt, mango puree, apple, organic milk	Milk	Regular	248	30.2g	28.8g	8.5g	10.2g	5.3g	1.3g	0.2g
Smoothie - Super Fruit Strawberries, blueberries, yoghurt, apple, banana, milk, pomegranate, five berry compote	Milk	Regular	351	59.4g	55.9g	8.4g	8.1g	5g	2.2g	0.2g
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
Kombucha Original Organic kombucha tea.	N/A - see can for full ingredients list	Regular	40	10.5g	10.5g	0g	0g	0g	0g	0g
Kombucha Ginger Organic kombucha tea.	N/A - see can for full ingredients list	Regular	42.5	10.5g	10.5g	0g	0g	0g	0g	0g
Kombucha Blueberry Organic kombucha tea.	N/A - see can for full ingredients list	Regular	45	11.5g	11.5g	0g	0g	0g	0g	0g

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POD NUTRITION

SPRING/SUMMER '19 MENU

DRINKS - HOT

Allergens & Nutrition Info	Size	Kcals	Carbs (g)	Sugars (g)	Protein (g)	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)	
										Per serving
Americano Black Roasted coffee beans, water.	N/A	Regular Large	0 0	0g 0g	0g 0g	0g 0g	0g 0g	0g 0g	0g 0g	
Americano White Roasted coffee beans, water, milk.	Milk	Regular Large	50.4 50.4	2.9g 2.9g	2.9g 2.9g	2.2g 2.2g	2.2g 2.2g	1.4g 1.4g	0g 0g	0.1g 0.1g
Cappuccino Roasted coffee beans, water, milk, low-fat cocoa powder	Milk, Soya	Regular Large	193 247	11g 16.3g	11g 16g	8.3g 10.2g	8.3g 10.1g	5.3g 6.4g	0g 0.6g	0.2g 0.3g
Espresso Roasted coffee beans, water.	N/A	Single Double	0 0	0g 0g	0g 0g	0g 0g	0g 0g	0g 0g	0g 0g	
Flat White Roasted coffee beans, water, milk.	Milk	Regular	155	8.9g	8.9g	6.7g	6.7g	4.3g	0g	0.2g
Latte Roasted coffee beans, water, milk.	Milk	Regular Large	218 260	12.5g 14.9g	12.5g 14.8g	9.4g 11.2g	9.4g 11.2g	6g 7.1g	0g 0g	0.3g 0.3g
Macchiato Roasted coffee beans, water, milk.	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.	Milk, Soya	Regular Large	278 320	22.5g 24.9g	21.6g 24g	10.7g 12.5g	10.5g 12.3g	6.7g 7.8g	1.8g 1.8g	0.3g 0.3g
Iced Americano Roasted coffee beans, water.	N/A	Regular	0	0g	0g	0g	0g	0g	0g	0g
Iced Latte Roasted coffee beans, water, milk.	Milk	Regular	227	13g	13g	9.7g	9.7g	6.2g	0g	0.3g
Golden Turmeric Almond milk, golden turmeric powder, agave.	Nuts	Regular Large	178 233	19.8g 24.3g	4.9g 5.9g	1.1g 1.7g	10.5g 14.3g	5.9g 8.7g	0g 0g	0.4g 0.5g
Mind Power Matcha Almond milk, matcha powder mix.	Nuts	Regular Large	118 143	18.5g 22.4g	6.8g 8.8g	0.4g 0.7g	4.7g 5.6g	0.5g 0.6g	0.4g 0.6g	0.4g 0.5g
Hot Chocolate Milk, organic hot chocolate powder, low fat cocoa powder.	Milk, Soya	Regular Large	317 359	29.2g 31.6g	27.7g 30.1g	11.5g 13.3g	11.2g 13g	7.1g 8.3g	3g 3g	0.3g 0.3g
Black Tea Blended black tea, water.	N/A	Regular Large	0 0	0g 0g	0g 0g	0g 0g	0g 0g	0g 0g	0g 0g	
White Tea Blended black tea, water, milk.	Milk	Regular Large	50 50	2.9g 2.9g	2.9g 2.9g	2.2g 2.2g	2.2g 2.2g	1.4g 1.4g	0g 0g	0.1g 0.1g
Fresh Mint Steeper Fresh mint, water.	N/A	Regular	4	0.5g	0g	0.4g	0.1g	0g	0g	0g
Herbal Teas Blended teas, water.	N/A - see packet for full ingredients list	Any size	0	0g	0g	0g	0g	0g	0g	0g
Lemon & Ginger Steeper Lemon, ginger, agave, mint, water.	N/A	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)	
										Per serving
Caramel Single Shot Sugar, water, flavouring, acidifying agent: citric acid, colouring agent: e150a.	N/A	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.	N/A	Regular	51	12.6g	12.5g	0g	0g	0g	0g	0g

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 ALLERGENS

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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)	✓		✓*		✓				✓*							
Protein Feast Eggs (with Toast)			✓		✓				✓*							
Superb Eggs (with Toast)	✓		✓*		✓			✓	✓							
*WHEN ORDERED WITHOUT TOAST, THESE ALLERGENS ARE NOT PRESENT IN THIS DISH - PLEASE REFER TO RECIPE BREAKDOWN FOR FURTHER INFORMATION																
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)	✓	✓								✓			✓			



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BREAKFAST - ALMOND MILK PORRIDGE																
Forest Berry & Peanut Butter (with Almond Milk)	✓	✓					✓			✓						
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			✓						✓							



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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	✓	✓					✓										
BREAKFAST - WRAPS																	
Bacon & Egg			✓		✓												
Egg, Spinach & Crumbled Cheese	✓		✓		✓				✓								



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			Cereals containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin
HOT LUNCH															
Curried Cauliflower, Spinach and Butternut	✓	✓									✓	✓			
Malaysian Coconut Chicken												✓			
Naked Chicken Katsu Curry								✓							
Pulled Beef Brisket Chilli					✓			✓	✓		✓				
Smoky Three Bean Chilli	✓		✓					✓	✓		✓				
Thai Green Curry						✓									
Thai Red Curry						✓									
HOT PODS - SKINNY															
Curried Cauliflower, Spinach and Butternut	✓	✓									✓	✓			
Malaysian Coconut Chicken												✓			
Naked Chicken Katsu Curry								✓							
Pulled Beef Brisket Chilli					✓			✓	✓		✓				
Smoky Three Bean Chilli	✓		✓					✓	✓		✓				
Thai Green Curry						✓									
Thai Red Curry						✓									



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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 - GYOZAS																
Chicken Gyoza			✓		✓			✓					✓			
Vegetable Gyoza	✓	✓	✓					✓		✓		✓				



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CONTAINS THESE ALLERGENS

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			Cereals containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
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
COLD LUNCH - SALADS															
British Chicken & Mozzarella									✓			✓			
Chicken & Avocado Protein Punch					✓			✓				✓			
Gym Box	✓	✓	✓										✓		
Heart Boosting Beets	✓								✓			✓		✓	
Naked Burrito Bowl									✓						
Protein Box					✓	✓		✓							
Roast Smoked Salmon & Egg					✓	✓		✓				✓			
Slow Burner	✓								✓	✓			✓		
Slow Burner w/ Chicken									✓	✓			✓		
Sweet Potato, Avo & Pomegranate	✓							✓	✓						
Tabbouleh	✓	✓								✓		✓	✓		
Tabbouleh w/ Chicken										✓		✓	✓		
Verde Vitality Bowl	✓	✓													



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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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YOGHURTS - POWER POTS																
Pomegranate Power Pot	✓	✓					✓	✓		✓						
Snickers Power Pot	✓	✓					✓	✓		✓						
YOGHURTS																
Apple & Berry Bircher	✓								✓	✓						
Berry Boost Yoghurt	✓								✓			✓				
Berry Granola Yoghurt	✓		✓						✓	✓		✓				
Blossom Honey & Granola	✓		✓						✓	✓		✓				
Nutty Overnight Oats	✓	✓					✓			✓						
Sunshine Mango Glow	✓								✓	✓						
IMPULSES																
Apple	✓	✓														
Banana	✓	✓														
Chia Flapjack	✓	✓														
Crisps - Cheddar Cheese & Onion	✓								✓							
Crisps - Cider Vinegar	✓								✓							
Crisps - Chorizo									✓							
Crisps - Sea Salt	✓	✓														



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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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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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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	✓	✓								✓					



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