



POD NUTRITION

AUTUMN '19 TRIAL STORE MENU

Kingsway and Regent's Place

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 |
| Mexican Eggs Scrambled eggs with black beans, spring onions, sweet potato, choka sauce, crumbled cheese & chilli. Served with multi-grain toast. | Cereals Containing Gluten, Egg, Milk | Regular Large | 521 584 | 31.4g 31.4g | 2.4g 2.4g | 33.6g 39.7g | 28.9g 33.3g | 8.5g 9.7g | 3g 3g | 1.6g 1.8g |
| 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 |

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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AUTUMN '19 TRIAL STORE MENU

Kingsway and Regent's Place

BREAKFAST - BRIOCHE

| | Allergens & Nutrition Info | Size | Kcals | Carbs (g) | Sugars (g) | Protein (g) | Fat (g) | Saturates (g) | Fibre (g) | Salt (g) |
|---|--|-------------|-------|-----------|------------|-------------|---------|---------------|-----------|----------|
| | | Per serving | | | | | | | | |
| 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 |
| 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

AUTUMN '19 TRIAL STORE MENU

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| 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 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 SANDWICHES | | | | | | | | | | |
|--|--|---------|-------|-----------|------------|-------------|---------|---------------|-----------|----------|
| | 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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AUTUMN '19 TRIAL STORE MENU

Kingsway and Regent's Place

| 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 | | | | | | | | | |
| Butter Chicken Fragrant mild curry made with classic Indian spices and yoghurt. | | Milk | Regular Large | 632 752 | 64.1g 89.2g | 9.1g 9.5g | 24.3g 26.4g | 31.9g 33.7g | 13.5g 13.5g | 4.8g 5.5g | 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 |
| Moroccan Chicken Tagine Slow-cooked traditional tagine with aromatic spices and preserved lemon. | | Sulphites | Regular Large | 532 652 | 70.3g 95g | 12.8g 13.2g | 28.7g 30.8g | 16g 17.7g | 3.1g 3.4g | 5g 5.7g | 2.7g 2.7g |
| Naked Chicken Katsu Curry Chargrilled chicken thigh in a katsu curry sauce, served over mixed grain rice. | | Soya | Regular Large | 484 603 | 64.9g 90g | 8.8g 9.3g | 25g 27.1g | 14.2g 16g | 2.7g 3g | 4.6g 5.2g | 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 | 555 672 | 63.8g 88.8g | 10.8g 11.1g | 24.9g 26.8g | 23.2g 24.8g | 14g 14.2g | 5.2g 5.9g | 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 | 581 700 | 66.2g 91.3g | 11.9g 12.3 | 25.3g 27.4g | 25g 26.8g | 12.4g 12.7g | 4.2g 4.9g | 3.5g 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 | | | | | | | | | |
| Butter Chicken fragrant mild curry made with classic Indian spices and yoghurt. | | Milk | Regular Large | 421 448 | 16.7g 19.4g | 10.6g 13g | 21.1g 22g | 29.6g 30.9g | 13.2g 13.5g | 5g 6.5g | 2.5g 2.5g |
| Malaysian Coconut Chicken As above, served over mixed vegetables. | | Mustard | Regular Large | 299 327 | 21.1g 23.8g | 11.8g 14.1g | 19.5g 20.4g | 15.1g 16.4g | 2.8g 3.1g | 4.4g 5.9g | 2.5g 2.5g |
| Moroccan Chicken Tagine Slow-cooked traditional tagine with aromatic spices and preserved lemon. | | Sulphites | Regular Large | 321 348 | 22.9g 25.6g | 14.3g 16.7g | 25.4g 26.4g | 13.7g 15g | 2.9g 3.2g | 5.2g 6.7g | 2.8g 2.8g |
| Naked Chicken Katsu Curry As above, served over mixed vegetables. | | Soya | Regular Large | 272 300 | 17.4g 20.2g | 10.4g 12.7g | 21.8g 22.7g | 11.9g 13.2g | 2.4g 2.7g | 4.7g 6.2g | 3.2g 3.3g |
| Smoky Three Bean Chilli As above, served over mixed vegetables. | | Milk, Celery, Soya, Cereals Containing Gluten | Regular Large | 459 487 | 44.6g 47.4g | 19.8g 22.2g | 13.2g 14.2g | 24.7g 25.9g | 5.2g 5.5g | 13.9g 15.4g | 2.9g 2.9g |
| Thai Green Curry As above, served over mixed vegetables. | | Fish | Regular Large | 341 368 | 16.3g 19g | 12.2g 14.6g | 21.4g 22.4g | 20.8g 22.1g | 13.6g 13.9g | 5.3g 6.9g | 3.2g 3.2g |
| Thai Red Curry As above, served over mixed vegetables. | | Fish | Regular Large | 369 397 | 18.8g 21.5g | 13.5g 15.8g | 22g 23g | 22.7g 24g | 12.1g 12.4g | 4.4g 5.9g | 3.6g 3.6g |

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GREEN ENERGY

| Allergens & Nutrition Info | Size | Kcals | Carbs (g) | Sugars (g) | Protein (g) | Fat (g) | Saturates (g) | Fibre (g) | Salt (g) | |
|---|---------------------|---------|-----------|------------|-------------|---------|---------------|-----------|----------|------|
| Vegan Green Energy A combination of quinoa, green lentils, red rice, edamame, peas and tarragon and parsley. (Lentils may contain small stones). | Soya, Celery | Regular | 341 | 49.7g | 6g | 19.4g | 6.9g | 0.9g | 9.7g | 3.6g |
| Chicken Green Energy A combination of quinoa, green lentils, red rice, edamame, peas and tarragon - topped with char-grilled British chicken thigh and parsley. (Lentils may contain small stones). | Soya, Celery | Regular | 435 | 50.1g | 6.4g | 33.8g | 10.8g | 2g | 9.7g | 4.7g |

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 | 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) | |
|---|---|---------|-----------|------------|-------------|---------|---------------|-----------|----------|------|
| Per serving | | | | | | | | | | |
| British Chicken Laksa Chargrilled chicken thigh, flat rice noodles, veg, coriander and mint in a Laksa broth. | Milk, Sulphites | Regular | 246 | 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) | |
|---|--|---------|-----------|------------|-------------|---------|---------------|-----------|----------|------|
| 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 | 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 |
| Halloumi, Falafel & Spinach Wrap Halloumi, falafel & spinach in a smoky tomato sauce | Cereals Containing Gluten, Milk | Regular | 526 | 56.4g | 6.3g | 20.3g | 23.6g | 11.1g | 7.8g | 1.8g |

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POD NUTRITION

AUTUMN '19 TRIAL STORE MENU

Kingsway and Regent's Place

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 listed separately)

| | | | | | | | | | | |
|--|--|---------|-----|-------|------|-------|-------|------|------|------|
| 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 | 280 | 4.3g | 1.7g | 31.1g | 18.6g | 5.8g | 2.5g | 1.8g |
| 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) | Egg, Soya, Sesame | Regular | 516 | 41.8g | 7g | 34g | 21.1g | 3.4g | 7g | 1.4g |
| Gym Bowl Falafel, hummus, chillied seeds, cucumber, choka roast sweet potato, pickled cabbage, leafy salad mix. Dressing: Salsa Verde, 1oz (59 Kcals) | Sesame, Soya, Cereals Containing Gluten | Regular | 352 | 26.5g | 7g | 10.9g | 20.6g | 2.2g | 9.8g | 1.4g |
| 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 | 488 | 52.8g | 9.7g | 22.5g | 18.4g | 1.4g | 8.9g | 1.5g |
| 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 | 293 | 15.8g | 3.1g | 19.6g | 16.1g | 2.3g | 3.8g | 1.5g |
| 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) | Eggs, Milk, Mustard | Regular | 374 | 4.9g | 3.3g | 34.5g | 26.8g | 9g | 2.2g | 2.3g |
| 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 | 429 | 40.1g | 7.7g | 20.1g | 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 | 507 | 40.4g | 8g | 32.1g | 21.7g | 2.3g | 7.8g | 2.3g |
| 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) | Milk, Soya | Regular | 305 | 20.1g | 6.1g | 8g | 21.4g | 3.8g | 2.7g | 0.7g |

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POD NUTRITION

AUTUMN '19 TRIAL STORE MENU

Kingsway and Regent's Place

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) | | | | | | | | | | |
| 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 |

COLD LUNCH - NUTRI BOXES

| | Allergens & Nutrition Info | Size | Kcals | Carbs (g) | Sugars (g) | Protein (g) | Fat (g) | Saturates (g) | Fibre (g) | Salt (g) |
|--|----------------------------|---------|-------|-----------|------------|-------------|---------|---------------|-----------|----------|
| Skinny Chicken Shawarma Harissa coated yoghurt chicken, mint, pickled red cabbage, parsley, seeds, quinoa, tomato, kale, cucumber, salsa verde, smoky tomato sauce, spinach, spring onion & sunblushed tomato Dressing: Zesty Yoghurt Dressing, 1oz (37 Kcals) | Milk, Sesame | Regular | 234 | 18.7g | 7.7g | 15.9g | 10.2g | 2.4g | 5.2g | 1.1g |
| South Beach Salmon Flaked smoked salmon, avocado, spinach, black beans, mango, chillied seeds, spring onion, chilli Dressing: Salsa Verde Dressing, 1oz (59 Kcals) | Fish, Soya | Regular | 209 | 8.5g | 3.4g | 12.4g | 13.9g | 2.6g | 3g | 0.7g |
| Halloumi Super Bowl Halloumi, pickled red cabbage, grilled peppers, parsley, mint, seeds, quinoa, tomato, kale, cucumber, salsa verde, smoky tomato sauce, chillied seeds, mint Dressing: Zesty Yoghurt Dressing, 1oz (37 Kcals) | Milk, Sesame, Soya | Regular | 301 | 16.8g | 5.6g | 16.2g | 18.6g | 9.9g | 3.9g | 1.5g |
| Super Greens Salad Avocado, cucumber, green beans, salad cheese, quinoa, kale, peas, salsa verde, chillied seeds, spring onion. Dressing: Zesty Yoghurt Dressing, 1oz (37 Kcals) | Milk, Soya | Regular | 268 | 12g | 2.1g | 8.5g | 20.4g | 3.5g | 4.6g | 0.6g |



POD NUTRITION

AUTUMN '19 TRIAL STORE MENU

Kingsway and Regent's Place

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

AUTUMN '19 TRIAL STORE MENU

Kingsway and Regent's Place

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

AUTUMN '19 TRIAL STORE MENU

Kingsway and Regent's Place

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 |
| Egg, Milk, Peanuts, Cereals Containing Gluten | | | | | | | | | |
| 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 |
| Egg, Milk, Nuts, Cereals Containing Gluten | | | | | | | | | |
| 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 |
| Egg, Milk, Cereals Containing Gluten | | | | | | | | | |

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 |
| Peanuts, Nuts, Soya | | | | | | | | | |
| 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 |
| Peanuts, Nuts, Soya | | | | | | | | | |

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 |
| Milk, Nuts | | | | | | | | | |
| 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 |
| Milk, Sesame | | | | | | | | | |
| 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 |
| Milk, Nuts, Sesame, Cereals Containing Gluten | | | | | | | | | |
| 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 |
| Milk, Nuts, Sesame, Cereals Containing Gluten | | | | | | | | | |
| Choc 'n' Nut Overnight Oats Flaked almonds, cacao nibs, oats, peanut butter, banana, almond milk, cocoa powder, agave, tofu | Regular | 437 | 44.6g | 9.3g | 15.9g | 21.8g | 4g | 5.3g | 0.3g |
| Peanuts, Nuts, Soya | | | | | | | | | |
| 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 |
| Peanuts, Nuts | | | | | | | | | |
| 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 |
| Milk, Nuts | | | | | | | | | |
| Tropical Overnight Oats Pomegranate, mango, oats, mango puree, apple juice, milk, yoghurt, agave. | Regular | 287 | 48.9g | 17.3g | 9.4g | 8.4g | 4g | 5.2g | 0.1g |
| Milk | | | | | | | | | |
| Raw Berry Cheesecake Vegan cheesecake: apple, banana, lemon, agave, apple juice & tofu with 5 berry compote topping and an oat base. | Regular | 219 | 29g | 15.1g | 9.9g | 6.8g | 1.6g | 1.3g | 0.6g |
| Soya | | | | | | | | | |
| Raw Mango Cheesecake Vegan cheesecake: apple, banana, lemon, agave, apple juice & tofu with mango puree topping and an oat base. | Regular | 202 | 26.6g | 22.8g | 10g | 6.8g | 1.6g | 1.3g | 0.6g |
| Soya | | | | | | | | | |

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POD NUTRITION

AUTUMN '19 TRIAL STORE MENU

Kingsway and Regent's Place

| 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

AUTUMN '19 TRIAL STORE MENU

Kingsway and Regent's Place

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 | 358 | 57.1g | 53g | 10g | 10.5g | 5.4g | 2.6g | 0.3g |
| 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

AUTUMN '19 TRIAL STORE MENU

Kingsway and Regent's Place

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 |

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Autumn '19 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) | ✓ | | ✓* | | ✓ | | | ✓ | ✓ | | | | | | | |
| *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 (made with gluten free oat milk) | ✓ | ✓ | | | | | ✓ | | | | | | | | | |
| Plain Porridge (made with gluten free oat milk) | ✓ | ✓ | | | | | | | | | | | | | | |



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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 |
| 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 | | | ✓ | | | | | | | | | | | | | |



Autumn '19 Menu

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|----------------------------------|------------|-------|---------------------------|---|------|------|---------|------|------|------|--------|---------|--------|-----------|-------|
| | | | Cereals containing Gluten | Crustacean | Eggs | Fish | Peanuts | Soya | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin |
| 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 | ✓ | ✓ | | | | | ✓ | | | | | | | | |



Autumn '19 Menu

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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 |
| HOT LUNCH | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | |
| Butter Chicken | | | | | | | | ✓ | | | | | | | |
| Malaysian Coconut Chicken | | | | | | | | | | | ✓ | | | | |
| Moroccan Chicken Tagine | | | | | | | | | | | | | ✓ | | |
| Naked Chicken Katsu Curry | | | | | | | | ✓ | | | | | | | |
| Smoky Three Bean Chilli | ✓ | | ✓ | | | | | ✓ | ✓ | | ✓ | | | | |
| Thai Green Curry | | | | | | ✓ | | | | | | | | | |
| Thai Red Curry | | | | | | ✓ | | | | | | | | | |



Autumn '19 Menu

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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 |
| 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 | ✓ | ✓ | ✓ | | | | | ✓ | | ✓ | | ✓ | | | |



Autumn '19 Menu

POD ALLERGENS

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CONTAINS THESE ALLERGENS

| PRODUCT | Vegetarian | Vegan | CONTAINS THESE ALLERGENS | | | | | | | | | | | | | |
|----------------------------------|------------|-------|---------------------------|------------|------|------|---------|------|------|------|--------|---------|--------|-----------|-------|----------|
| | | | 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 | | | ✓ | | | | | | ✓ | | | | | | | |
| Halloumi, Falafel & Spinach | ✓ | | ✓ | | | | | | ✓ | | | | | | | |

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



Autumn '19 Menu

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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 |
| 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 | | | | | ✓ | | | ✓ | | | | | ✓ | | | |



Autumn '19 Menu

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 |
| SALADS - DRESSINGS | | | | | | | | | | | | | | | | |
| Salsa Verde Dressing | ✓ | ✓ | | | | | | | | | | | | | | |
| Sweet Chilli Dressing | ✓ | ✓ | | | | | | | | | | ✓ | | | | |
| Teriyaki Dressing | ✓ | ✓ | | | | | | ✓ | | | | | | | | |
| Roast Sesame and Sweet Chilli Dressing | ✓ | | | | ✓ | | | ✓ | | | | ✓ | | | | |
| Vinaigrette | ✓ | ✓ | | | | | | | | | | ✓ | | | | |
| Zesty Yoghurt Dressing | ✓ | | | | | | | | ✓ | | | | | | | |
| COLD LUNCH - WRAPS & BAGUETTES | | | | | | | | | | | | | | | | |
| COLD LUNCH - BAGUETTES | | | | | | | | | | | | | | | | |
| Avocado & Caprese | ✓ | | ✓ | | | | | | ✓ | | | ✓ | | | | |
| Chicken Caesar & Bacon | | | ✓ | | ✓ | | | | ✓ | | | ✓ | | | | |
| COLD LUNCH - WRAPS | | | | | | | | | | | | | | | | |
| Asian Chicken Wrap | | | ✓ | | ✓ | | | ✓ | | | | ✓ | | | | |
| Beetroot & Goats Cheese Wrap | ✓ | | ✓ | | | | | | ✓ | | ✓ | | ✓ | | | |
| Hummus Falafel Wrap | ✓ | ✓ | ✓ | | | | | | | | ✓ | ✓ | | | | |
| Omega Salmon & Spinach Wrap | | | ✓ | | ✓ | ✓ | | | | | ✓ | | | | | |



Autumn '19 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 |
| 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 | ✓ | | | | ✓ | | | | | | | | | | | |
| Vegan Falafel Mezze | ✓ | ✓ | ✓ | | | | | | | | | ✓ | | | | |
| Salmon & Egg Protein | | | | | ✓ | ✓ | | ✓ | | | | | | | | |



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|------------------------------|------------|-------|---------------------------|------------|------|------|---------|------|------|------|--------|---------|--------|-----------|-------|
| | | | Cereals containing Gluten | Crustacean | Eggs | Fish | Peanuts | Soya | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin |
| YOGHURTS - POWER POTS | | | | | | | | | | | | | | | |
| Pomegranate Power Pot | ✓ | ✓ | | | | | ✓ | ✓ | | ✓ | | | | | |
| Snickers Power Pot | ✓ | ✓ | | | | | ✓ | ✓ | | ✓ | | | | | |
| YOGHURTS | | | | | | | | | | | | | | | |
| Apple & Berry Bircher | ✓ | | | | | | | | ✓ | ✓ | | | | | |
| Berry Boost Yoghurt | ✓ | | | | | | | | ✓ | | | ✓ | | | |
| Berry Granola Yoghurt | ✓ | | ✓ | | | | | | ✓ | ✓ | | ✓ | | | |
| Choc 'n' Nut Overnight Oats | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | |
| Nutty Overnight Oats | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | |
| Mango Bircher | | | | | | | | | ✓ | | | | | | |
| Sunshine Mango Glow | ✓ | | | | | | | | ✓ | ✓ | | | | | |



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|---------------------------------|------------|-------|---------------------------|------------|------|------|---------|------|------|------|--------|---------|--------|-----------|-------|----------|
| | | | Cereals containing Gluten | Crustacean | Eggs | Fish | Peanuts | Soya | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
| IMPULSES | | | | | | | | | | | | | | | | |
| Apple | ✓ | ✓ | | | | | | | | | | | | | | |
| Banana | ✓ | ✓ | | | | | | | | | | | | | | |
| Chia Flapjack | ✓ | ✓ | | | | | | | | | | | | | | |
| Crisps - Cheddar Cheese & Onion | ✓ | | | | | | | | ✓ | | | | | | | |
| Crisps - Cider Vinegar | ✓ | | | | | | | | ✓ | | | | | | | |
| Crisps - Chorizo | | | | | | | | | ✓ | | | | | | | |
| Crisps - Sea Salt | ✓ | ✓ | | | | | | | | | | | | | | |



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| | | | Cereals containing Gluten | Crustacean | Eggs | Fish | Peanuts | Soya | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
| 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 - Blackcurrant | ✓ | ✓ | | | | | | | | | | | | | |
| Dash Water - Raspberry | ✓ | ✓ | | | | | | | | | | | | | |
| Ginger Aid | ✓ | ✓ | | | | | | | | | | | | | |
| Juice - Apple | ✓ | ✓ | | | | | | | | | | | | | |
| Juice - Carrot, Apple & Ginger | ✓ | ✓ | | | | | | | | | | | | | |
| Juice - Orange | ✓ | ✓ | | | | | | | | | | | | | |
| Smoothie - Berry Cooler | ✓ | ✓ | | | | | | | | | | | | | |
| Smoothie - Breakfast Protein Shake | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | |
| Smoothie - Kale Cleanse | ✓ | ✓ | | | | | | | | | | | | | |
| Smoothie - Mango Energiser | ✓ | | | | | | | | ✓ | | | | | | |
| Smoothie - Super Fruit | ✓ | | | | | | | | ✓ | | | | | | |



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



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| | | | Cereals containing Gluten | Crustacean | Eggs | Fish | Peanuts | Soya | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin |
| DRINKS - HOT | | | | | | | | | | | | | | | |
| 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 | ✓ | ✓ | | | | | | | | | | | | | |