

POD NUTRITION

SALADS AND BOXES

Allergens	per item	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
	per 100g	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutritional info

Salad nutritionals exclude dressings. See page 3 for dressing info.

Lebanese red pepper chicken tabbouleh Ingredients: Chicken, muhammara, quinoa, mixed leaves, avocado, cabbage, parsley, pomegranate seeds, mint, sultanas, pistachio, seeds & pomegranate dressing.	seeds (sesame), muhammara (nuts), pistachio (nuts), Pomegranate dressing (soya)	412	19.1	37.1	8.2	21.6	3.7	10.8	0.6	GF WF SESAME SEEDS NUTS! DF
		112	5.2	10.1	2.2	5.9	1.0	2.9	0.2	
Tabbouleh Salad Ingredients: Quinoa, tomatoes, cucumber, avocado, cabbage, pistachio, pomegranate seeds, parsley, mint, sultanas, muhammara, lemon juice, seeds & a lemon dressing.	Pistachio (nuts), lemon dressing (sulphites, soya), muhammara (nuts), seeds (sesame)	364	11.6	46.7	8.3	15.5	2.2	12.1	0.2	DF GF WF V ▼ NUTS! SESAME SEEDS
		119	2.7	11.3	1.8	7.5	1.0	3.6	0.1	
Chicken tabbouleh Ingredients: chicken, Quinoa, tomatoes, cucumber, avocado, cabbage, pistachio, pomegranate seeds, parsley, mint, sultanas, muhammara, lemon juice, seeds & a lemon dressing.	Pistachio, cashew (nuts), lemon dressing (sulphites, soya), muhammara (nuts), seeds (sesame)	406	21.7	35.5	8.0	20.4	3.8	10.1	0.6	GF WF NUTS! SESAME SEEDS DF
		111	5.9	9.7	2.2	5.6	9.7	2.7	0.2	
Protein kickbox salad Ingredients: Spinach, thai salad (carrot, peas, mooli, green beans, chilli) cucumber, chicken, edamame, egg, wasabi seeds mix, sesame. Served with sweet chilli dressing	Edamame (soy), egg, sesame seeds, mustard, milk	348	34.9	17.6	6.6	14.4	3.4	10.6	1.5	SESAME SEEDS GF WF
		91	9.1	4.6	1.7	3.8	0.9	2.8	0.4	
Hawaiian tuna poke Ingredients: quinoa, tuna (fish), barley cucumber, peas, pickled red cabbage, soybeans, lentils - green & brown, leeks, kale, dried onions (wheat), olive oil, lime. 20ml lemon dressing nutris on p.3	Gluten (barley), gluten (wheat), fish (tuna), soybeans	373	24.1	51.3	4.6	8.4	0.7	13.3	0.2	DF
		111	7.2	15.3	1.4	2.5	0.2	4.0	0.0	
Rare roast beef Ingredients: quinoa, rare beef, barley, peas, beetroot salad (mustard), lentils green & brown, green beans, shelled soybeans, kale, leeks, dried onions (wheat), olive oil . 26ml lemon dressing nutris on p.3	Gluten (barley), gluten (wheat), mustard, soybeans	337	21.7	43.5	5.0	9.2	0.6	5.8	0.7	DF
		108	7.0	13.9	1.6	3.0	0.2	1.8	0.2	
British chicken & mozzarella Ingredients: quinoa, mozzarella (milk), chargrilled chicken, barley (gluten), peas, lentils green & brown, sunblushed tomatoes, peppers, kale, leeks, basil, olive oil . 26ml lemon dressing nutris on p.3	Gluten (barley), milk	464	32.4	39.8	3.9	19.9	1.5	4.2	0.9	WF
		132	9.2	11.3	1.1	5.6	0.4	1.2	0.3	

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

Our kitchens use ingredients containing gluten, milk, celery, fish, mustard, crustaceans, sesame, soya, sulphites, nuts, eggs & molluscs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen. If you have a query please speak to a member of the shop team

POD NUTRITION

SALADS AND BOXES

per 100g

Allergens	per item	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
	per 100g	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutritional info

Chicken Slow burner

Ingredients: Chicken, Greek style cheese, cucumber, peas, pearl barley, lentils, carrot, kale, leek, mixed leaves, edamame beans, pistachio, mint, turmeric & red chilli with a sweet chilli & sesame dressing.

soybeans, gluten (barley), cheese (milk), nuts (pistachio), sesame (dressing)

450	32.3	40.0	5.2	19.1	2.0	8.8	0.5	GF WF
107	7.7	9.5	1.2	4.5	0.5	2.1	0.1	NUTS! SESAME SEEDS

Slow burner

Ingredients: As above without chicken

Cheese (milk), pearl barley (barley), pistachio (nuts), sweet chilli dressing (sulphites, sesame), edamame beans (soya)

362	20.2	38.8	6.1	15.4	6.9	7.2	1.2	V	SESAME SEEDS NUTS
98	5.5	10.5	1.7	4.2	1.9	2	0.3		

Go green chicken salad

Ingredients: Chicken, peas, edamame beans, carrot, broccoli, kale, leek, sugar snap peas, lettuce, spinach, red chilli, coriander & seeds with a miso dressing.

Miso dressing (soya, sulphites, sesame), seeds (sesame), edamame beans (soya)

249	25.5	18.4	9.2	8.8	1.8	10.7	0.6	GF WF
71	7.3	5.3	2.6	2.5	0.5	3.0	0.2	SESAME SEEDS DF

Go green salad

Ingredients: as above without chicken

Miso dressing (soya, sulphites, sesame), seeds (sesame), edamame (soya)

76	9.0	6.0	5.5	2.1	0.3	3.2	0.2	DF GF WF
26	3.0	2.0	1.8	0.7	0.1	1.1	0.1	V SESAME SEEDS

Gym box

Ingredients: Hummus, falafel, broccoli, pearl barley, green lentils, leek, kale, carrot, peas, edamame beans, sunblushed tomatoes, chia seeds, turmeric, chilli & mango chutney.

Hummus (sesame), pearl barley (barley), mango dressing (sulphites), falafel (wheat)

429	16	45	10	20	2.1	18	2.3	DF V
155.2	5.7	15.8	3.6	7.5	0.8	5.8	0.9	SESAME SEEDS ▼

Protein box

Ingredients: egg, mozzarella cheese, chicken, smoked salmon, red chilli.

Salmon (fish), hard boiled egg (egg), mozzarella (milk)

465	48.8	2.0	0.7	29.5	4.3	1.1	2.7	GF WF
181	18.7	0.8	0.3	11.5	1.7	0.4	1.1	

Chopped cheesy beets

Ingredients: quinoa, peas, white cheese (milk), barley, beetroot salad & mustard, lentils green & brown, kale, leeks, mint, olive oil. 26ml lemon dressing nutris on p.3

Gluten (barley), milk, mustard

387	18.9	46.6	6.2	14.6	0.6	8.9	0.2	V
118	5.8	14.3	1.9	4.5	0.2	2.7	0.1	

Roast smoked salmon & egg

Ingredients: quinoa, egg, roast salmon cubes, barley, cucumber, peas, lentils green & brown, green beans, kale, leeks, olive oil. 26ml lemon dressing nutris on p.3

Gluten (barley), eggs, fish (salmon)

416	30.0	38.3	5.0	16.4	4.3	3.8	1.5	DF WF
116	8.3	10.6	1.4	4.6	1.2	1.0	0.4	

A vegan rainbow

Ingredients: quinoa, hummus (sesame seeds), barley, shelled soybeans (soybeans), cucumber, peas, beetroot salad (mustard), lentils green & brown, carrots, pickled red cabbage, leeks, kale, pumpkin seeds, olive oil. 25ml lemon dressing nutris on p.3

Gluten (wheat), sesame seeds, soybeans, mustard

520	21.9	58.2	8.4	22.4	2.7	14.2	0.9	DF ▼
128	5.4	14.3	2.1	5.5	0.7	3.5	0.2	SESAME SEEDS V

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

Our kitchens use ingredients containing gluten, milk, celery, fish, mustard, crustaceans, sesame, soya, sulphites, nuts, eggs & molluscs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen. If you have a query please speak to a member of the shop team

POD NUTRITION

SALADS AND BOXES

per 100g

Allergens	per item	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
	per 100g	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutritional info

DRESSINGS (PER 45G SERVING)

Tamari/ Spicy Asian dressing	Tamari (soya)	43	1.8	2.2	0.0	2.4	0.2	2.0	0.0	DF GF WF V ▼
Miso dressing	Sulphites, sesame, soy	154	2.6	10.0	0.9	11.6	1.1	6.8	0.5	DF GF WF V ▼
		343	5.8	15.1	2.5.8	2.5	2.5	15.1	1.0	SESAME SEEDS
Sweet chilli dressing	Garlic (sulphites), sesame oil	133	0.0	22.1	0.0	4.5	0.7	20.7	0.7	DF GF WF V ▼ SESAME SEEDS
		296	0.0	49.0	0.0	10.0	1.5	46.0	0.6	SESAME SEEDS
Sesame dressing	Soya, sesame	85.5	0.5	4.5	0.1	7.02	1	4.2	2.3	DF V ▼ SESAME SEEDS
Pomegranate dressing	Soybeans	38	0.5	10.7	0.2	0.0	0.0	7.5	0.0	DF GF
		84	1.2	23.8	0.5	0.0	0.0	16.6	0.0	WF LF V ▼
Olive oil dressing		180	0.0	20.0	0.0	0.0	2.9	0.0	0.0	DF GF WF V ▼
Lemon Shallot dressing		209	0.2	2.2	0.2	22.1	1.4	1.8	0.1	DF GF
		465	0.5	4.9	0.5	49.0	3.2	4.1	0.3	WF V ▼
Lemon dressing (26ml)	Soybeans, sulphites	67	0.1	2.7	0.0	6.1	0.4	2.4	0.2	GF DF
		259	0.4	10.4	0.1	23.6	1.6	9.2	0.7	WF V ▼
Lemon dressing (20ml)	Soybeans, sulphites	52	0.1	2.1	0.0	4.7	0.3	1.8	0.1	GF DF
		259	0.4	10.4	0.1	23.6	1.6	9.2	0.7	WF V ▼
Lemon dressing (25ml)	Soybeans, sulphites	65	0.1	2.6	0.0	5.9	0.4	2.3	0.2	GF DF
		259	0.4	10.4	0.1	23.6	1.6	9.2	0.7	WF V ▼

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

Our kitchens use ingredients containing gluten, milk, celery, fish, mustard, crustaceans, sesame, soya, sulphites, nuts, eggs & molluscs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen.

If you have a query please speak to a member of the shop team

POD NUTRITION

BAGUETTES & WRAPS

per 100g

Allergens

Allergens

Kcals

Kcals

Protein (g)

Protein (g)

Carbs (g)

Carbs (g)

Fibre (g)

Fibre (g)

Fat (g)

Fat (g)

Sat Fat (g)

Sat Fat (g)

Sugar (g)

Sugar (g)

Salt (g)

Salt (g)

Nutrition info

Nutrition info

SIDES

Ketchup

Celery

46

0.6

11.4

0.4

0.0

0.0

11.0

0.8

GF WF V

115

1.6

28.6

0.9

0.1

0.0

27.5

2.0

DF ▼ LF

Low Fat Mayonnaise

Eggs, Mustard

115

0.4

3.3

0.0

11.2

0.8

1.8

0.0

GF WF

288

1.0

8.2

0.0

28.1

2.1

4.6

0.0

DF V

BAGUETTES

Ham & Monterey Jack

Ingredients: mixed lettuce, mustard, low fat mayonnaise, ham and monterey jack cheese in a superseed baguette

Mustard (**mustard**), mayonnaise (**egg**), cheese (**milk**), baguette (**wheat, sesame**)

516

25.4

58.7

4.9

14.7

5.3

2.5

3.7

SESAME SEEDS

217

10.7

24.5

2.0

6.3

2.3

1.0

1.7

Mozzarella, sunblush tomato, avocado & pesto

Ingredients: mozzarella, sunblushed tomato, avocado, olive oil in a superseed baguette

Mozzarella (**milk**), baguette, gluten (**wheat, sesame**), pesto (**sulphites**)

661

22.2

58.1

5.6

32.5

3.2

2.2

1.9

V SESAME SEEDS

250

8.4

22.0

2.1

12.3

1.2

0.8

0.7

WRAPS

Plain wrap

Wheat

183

5

31

2.3

3.9

1.4

1.7

0.86

DF V ▼

Hummus, falafel & crunchy veg wrap

Ingredients: hummus, falafel, red cabbage, carrot, broccoli, spring onion

Hummus (**sesame**), falafel (**wheat**) tortilla wrap (**wheat**)

521

16.4

50.3

15

25.7

3.7

5.8

2

DF V SESAME SEEDS

203

6.4

19.6

5.8

10

1.4

2.3

0.8

▼

Hoisin duck wrap

Ingredients: shredded duck, hoisin sauce, cucumber, chilli & a tortilla wrap, mayonnaise

Hoisin sauce (**Soybeans, Eggs, Mustard, sesame seeds**), tortilla wrap (**wheat**), mayonnaise (**eggs, Mustard**)

465

18.1

44.1

7.3

24.8

3.4

11.8

2.8

SESAME SEEDS

245

9.5

23.2

3.9

13

1.8

6.2

1.5

DF

Italian chicken wrap

Ingredients: Chicken, mozzarella, mayonnaise, tomatoes, mixed leaves, basil & a tortilla wrap

Chicken (**milk**), mozzarella (**milk**) pesto (**sulphites**), tortilla wrap, gluten (**wheat**), **eggs, mustard, mayonnaise (egg)**

379

22.6

37.6

4.6

13.9

2.3

2.3

1.5

191

11.4

19.0

2.3

7.0

1.2

1.1

0.8

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

Our kitchens use ingredients containing gluten, milk, celery, fish, mustard, crustaceans, sesame, soya, sulphites, nuts, eggs & molluscs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen.

If you have a query please speak to a member of the shop team

POD NUTRITION

HOT FOOD	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
per 100g	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info

GYM BOWLS

Sri Lankan gobi	Yoghurt (milk), celery, seeds	311	11.2	31	9.3	16.8	10.2	10.5	2	GF WF V SESAME SEEDS
		96	3.4	9.5	2.9	5.2	3.2	3.2	0.6	
Ingredients: Low Fat Yoghurt, Tomato, Red Peppers, Cauliflower, Carrots, Onions, Green Lentils, Kale, Lime Juice, White Quinoa, Red Quinoa, Garlic, Rice Flour, Fresh Coriander, Chilli, Salt, Garam Masala, Cumin, Cardamom, Turmeric, Mustard Seeds.										
Green energy chicken	Soybeans, sulphur dioxide	358	28.9	38.8	6.1	10.7	1.6	4.3	2.5	GF DF WF LF
		89	7.2	9.7	1.5	2.7	0.4	1.1	0.6	
Ingredients: Peruvian corn, edamame beans (soy), red rice, quinoa, spring onions, lemon juice, parsley, olive oil, vegetable stock, turmeric, rice flour, chilli powder, chicken										
Chicken Chana Masala	yoghurt (milk)	340	15.7	30.3	7.8	17.3	2.5	16.5	3.4	GF WF
		80	3.7	7.2	1.8	4.1	0.6	3.9	0.8	
Ingredients: Yoghurt, chilli, coriander, chicken, chana masala(chickpeas, tomatoes, onions, carrots, red peppers, spinach, garlic puree, ginger puree, sultanas, rapeseed oil, sugar, salt, cumin, rice flour)										

HOT WRAPS

Cuban Chicken Wrap	Kobez Wrap (wheat), Cheese (Milk), Sulphur dioxide,	512	28.5	70.4	6.2	9.8	4.4	8.4	2	
		180	10	24.7	2.2	3.4	1.6	3	0.7	
Ingredients: Shredded Chicken, Tomatoes, Red Pepper Sliced, Sweet Corn, Onions ,Tomato Passata, Carrot , Pinto Beans, Black Bean, Green Lentils, Lemon Juice, Garlic, Fresh Coriander, Chipotle Puree, Salt, White Wine Vinegar, Rapeseed Oil, Cumin Seeds, Black Pepper, Rice Flour, Cinnamon and a Kobez wrap										
Lebanese Chicken Wrap	Kobez wrap (wheat), Cous Cous (wheat) Celery, Tahini (Sesame seeds)	458	23.3	74.2	6.6	6.9	0.9	16.3	2.1	DF LF SESAME SEEDS
		160	8.1	25.8	2.3	2.4	0.3	5.7	0.7	
Ingredients: Shredded Chicken, Tomato Passata, mixed peppers, Onions , Carrots , Celery, Cous Cous (Wheat), Agave, Tahini, Lemon Juice, Garlic Puree, Tomato Puree, Salt, Chilli, Sriracha Sauce, Orange Zest, Smoked Paprika, Coriander, Lemon Zest, Ground Cumin, Rosemary, Thyme, Ground Black Pepper.										
Jalfrezi Paneer Wrap	Gluten (wheat) , milk	495	17.1	76.5	7.1	12.9	5.6	17.0	1.1	V
		58	6.5	29.1	2.7	4.9	2.1	6.4	0.4	
Ingredients: Wrap, tomatoes, onion, peppers, rapeseed oil, ginger puree, ground coriander, ground cumin, garlic puree, lime juice, red chilli, turmeric, chilli powder, paneer (milk), sweet potato, carrot, spinach, peas										

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

Our kitchens use ingredients containing gluten, milk, celery, fish, mustard, crustaceans, sesame, soya, sulphites, nuts, eggs & molluscs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen.

If you have a query please speak to a member of the shop team

POD NUTRITION

HOT PODS

per 100g

Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
-----------	-------	-------------	-----------	-----------	---------	-------------	-----------	----------	----------------

LARGE HOT PODS

Chicken Tikka Masala Ingredients: as below	As below	597	39	89.4	7.9	17	4.2	5.8	2.3	GF WF
		107	11.2	5.9	1.5	4.5	1.1	2.3	0.6	
Smoky three bean veg chilli Ingredients: as below	As below	662	10.1	110.5	12.9	22.3	3.7	12.9	2.1	V
		133	2.0	22.2	2.6	4.5	0.7	2.6	0.4	
Thai red chicken curry Ingredients: as below	As below	631	38.3	90.9	9.0	20.4	8.1	11.4	1.3	GF WF DF
		122	7.4	17.6	1.7	4	1.6	2.2	0.6	
Thai green chicken curry Ingredients: as below	As below	648	38	88.7	21.7	23.5	9.4	7.4	1.2	GF WF DF
		126	7.4	17.2	1.2	4.6	1.8	1.4	0.6	
Chicken Dhansak	As below	477	19.5	92.6	7.5	10.8	2.0	9.2	2.2	GF WF LF
		101	4.1	19.6	1.6	2.3	0.4	1.9	0.5	
Peruvian Corn & Chicken	As below	511	20.5	87.4	12.0	15.2	8.6	12.4	2.0	GF DF WF LF
		99	4.0	16.9	2.3	2.9	1.7	2.4	0.4	

REGULAR HOT PODS

Chicken Tikka Masala Ingredients: Rice blend, Tikka Masala, Chicken Breast, Tomatoes, Cucumber, Yoghurt, Mint, Chilli red	Tikka Masala (Milk , Celery), Chicken Breast (Milk), Yoghurt (Milk)	503	28.4	86.2	7.4	12.7	3.1	5.0	1.7	GF WF
		125	7.1	21.4	1.9	3.1	0.8	1.2	1.2	
Tikka Masala - Chopped Tomatoes, Sweet Potato, Kale, Yellow Split Peas, Green Lentils, Coconut Milk, Onions, Tomato Puree, Crème Fraiche, Rapeseed Oil, Sugar, Lemon Juice, Garlic Puree, Coriander Powder, Ginger, Coriander, Cumin Powder, Vegetable Stock, Salt, Garam Masala, Paprika Smoked, Chilli Powder, Cardamom Powder, Cinnamon Powder.										
Smoky three bean veg chilli Ingredients: Black Bean stew, Rice blend, Avocado, Yoghurt, Chilli red, Munchy Seeds	Black Bean stew (Barley (gluten) , Soybeans , Celery), Yoghurt (Milk), Munchy Seeds (Soybeans)	528	7.3	100.9	11.0	14.3	2.4	9.7	1.5	V
		133	1.8	25.4	2.8	3.6	0.6	2.4	0.4	
Black bean sauce- Crushed Tomatoes, Carrots, Sweetcorn, Celery, Borlotti Beans, Red Kidney Beans, Black Eye Beans, Red Peppers, Onions, Black Barley, Sugar, Pumpkin Seeds, Tomato Paste, Garlic Puree, Rice Flour, Lemon Juice, Rapeseed Oil, Salt, Vegetable Stock, Chipotle Puree, Cumin Powder, Smoked Paprika, Tamari, Oregano, Coffee, Cinnamon Powder, Pepper, Chilli Flakes, Liquid Smoke										
Thai red chicken curry Ingredients: Thai red chicken curry served over three grain rice and topped with coriander. Served with a side salad of mooli, green beans, chilli, carrot and peas	Fish sauce (fish), shrimp paste (crustaceans)	516	27.3	85.4	7.6	14.9	5.8	7.4	2.3	GF WF DF
		129	6.8	21.3	1.9	3.1	1.5	1.8	0.6	
Thai red sauce - Coconut flake, tomato puree, fish sauce, palm sugar, Thai paste, onions, rapeseed oil, red chilli puree, red peppers, garlic puree, lemongrass, lime leaves, granulated sugar, galangal puree, coriander, shrimp paste, basil, parsley, salt, coriander, chilli powder, white pepper, cumin powder										
Thai green chicken curry Ingredients: Thai green chicken curry served over three grain rice and topped with coriander. Served with a side salad of mooli, green beans, chilli, carrot and peas	Fish sauce (fish), shrimp paste (crustaceans), Sulphites	529	27.2	83.8	16.8	17.2	6.7	4.5	0.9	GF WF DF
		132	6.7	20.9	4.2	4.3	1.7	1.1	0.5	
Thai green sauce - coconut flake, fish sauce, palm sugar, lime leaves, chilli powder, paste, rapeseed oil, spinach, green chilli puree, coriander, onions, lemon grass, shrimp paste, garlic, basil, galangal puree, lime leaves, coriander seeds, salt, pepper, cumin seeds, rice, flour.										
Chicken Dhansak Ingredients: Rice, cucumber, tomatoes, mint, dairy greek yoghurt, chillis, dhansak mix, chinese side salad	Yoghurt (Milk)	418	14.4	88.4	7.1	8.4	1.6	7.3	1.6	GF WF LF
		104	3.6	22.0	1.8	2.1	0.4	1.8	0.4	
Dhansak sauce - Tomatoes, onions, mango pulp, red lentils, pineapple, lemon juice, rapeseed oil, coriander, rice flour, garlic puree, vegetable bouillon, turmeric, Madras curry powder, Garam Masala, cardamom powder, chilli powder										

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

Our kitchens use ingredients containing gluten, milk, celery, fish, mustard, crustaceans, sesame, soya, sulphites, nuts, eggs & molluscs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen.

If you have a query please speak to a member of the shop team

POD NUTRITION

HOT PODS cont		Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
per 100g		Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
Peruvian Corn & Chicken	Mustard, soybeans		428	15.0	80.4	9.6	11.5	6.4	8.4	1.5	GF DF WF LF
Ingredients: rice, thai side salad, Peruvian chicken mix, Coriander			107	3.7	20.0	2.4	2.9	1.6	2.1	0.4	
Peruvian chicken: butternut squash, Peruvian corn, onions, fennel, peppers, tomatoes, creamed coconut, tamari (soy), fennel seeds, lemon juice, vegetable stock, Cajun seasoning, mustard powder, ginger, agave, sugar, corinader, rice flour											
MINI HOT PODS											
Chicken Tikka Masala	As above		323	22.1	45.8	4.1	9.6	2.4	3.5	1.3	GF WF
Ingredients: as above			126	8.6	17.8	1.6	3.7	0.9	1.4	0.5	
Smoky three bean veg chilli	As above		361	6.1	57.7	6.9	12.6	2.3	7.4	1.2	V
Ingredients: as above			132	2.2	21.1	2.5	4.6	0.8	2.7	0.4	
Thai red chicken curry	As above		337	21.4	46	4.5	11.4	4.5	6	0.7	GF WF DF
Ingredients: as above			122	7.8	16.7	1.6	4.1	1.6	2.2	0.3	
Thai green chicken curry	As above		347	21.2	44.8	11.7	13.1	5.3	3.8	0.7	GF WF DF
Ingredients: as above			126	7.7	16.2	4.2	4.8	1.9	1.4	0.3	
Chicken Dhansak	As above		258	11.2	47.4	3.8	6.4	1.4	5.3	1.3	GF WF LF
Ingredients: as above			100	4.4	18.5	1.5	2.5	0.5	2.1	0.5	
Peruvian Corn & Chicken	As above		263	10.7	44.1	6.1	8.0	4.5	6.4	1.0	GF DF WF LF
Ingredients: as above			99	4.0	16.6	2.3	3.0	1.7	2.4	0.4	
LARGE HOT AND SKINNY PODS (HOT PODS AS ABOVE SERVED OVER A CRUNCHY SALAD)											
Chicken Tikka Masala	Tikka Masala (Milk, Celery), Chicken Breast (Milk), Yoghurt (Milk), Seasame		430	44.5	23.0	5.9	18.5	4.9	8.7	2.6	GF WF
Ingredients: Tikka Masala, Chicken Breast, Tomatoes, Cucumber, Yoghurt, Mint, Chilli red			108	11.2	5.8	1.5	4.7	1.2	2.2	0.6	
Smoky three bean veg chilli	Black Bean stew (Barley, Soybeans, Celery), Yoghurt (Milk), Munchy Seeds (Soybeans), Seasame		383	14.9	44.3	11.2	11.6	1.5	16.6	2.2	V
Ingredients: Black Bean stew, Avocado, Yoghurt, Chilli red, Munchy Seeds			95	3.7	11.0	2.8	2.9	0.4	4.1	0.5	
Thai red chicken curry	Fish sauce (fish), shrimp paste (crustaceans), Seasame		420	40.1	15.8	23.7	22.5	8.6	10.3	3.0	GF WF DF
Ingredients: Thai red chicken curry topped with coriander. Served with a side salad of mooli, green beans, chilli, carrot, peas			107	10.2	4.0	1.3	5.7	2.2	2.6	0.8	
Thai green chicken curry	Fish sauce (fish), shrimp paste (crustaceans), Seasame, Sulphites		437	39.8	13.6	18	25.6	9.8	6.4	2.8	GF WF DF
Ingredients: Thai green chicken curry topped with coriander. Served with a side salad of mooli, green beans, chilli, carrot, peas			112	10.2	3.5	4.6	6.5	2.5	1.6	0.7	
Chicken Dhansak	milk, Seasame		293	22.4	22.8	5.7	13.0	2.5	12.6	2.3	GF WF
Ingredients: Rice, cucumber, tomatoes, mint, dairy greek yoghurt, chillis, dhansak mix, chinese side salad, Sesame seeds			74	5.6	5.7	1.4	3.3	0.6	3.2	0.6	
Peruvian Corn & Chicken	mustard, soybeans, Seasame		330	22.2	27.3	10.9	14.8	8.7	16.1	2.0	GF DF WF LF
Ingredients: Peruvian corn. Served with a side salad of mooli, green beans, chilli, carrot, peas.			67	4.5	5.6	2.2	3.0	1.8	3.3	0.4	

Our kitchens use ingredients containing gluten, milk, celery, fish, mustard, crustaceans, sesame, soya, sulphites, nuts, eggs & molluscs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen. If you have a query please speak to a member of the shop team

POD NUTRITION

HOT PODS

per 100g

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

REGULAR HOT AND SKINNY PODS

Chicken Tikka Masala Ingredients: as above	As above	309 110	31.9 11.3	16.2 5.7	4.0 1.4	13.5 4.8	3.7 1.3	6.2 2.2	1.8 0.7	GF WF
Smoky three bean veg chilli Ingredients: as above	As above	279 97	10.7 3.7	31.5 11.0	7.9 2.7	8.8 3.1	1.3 0.5	11.9 4.1	1.6 0.5	V
Thai red chicken curry Ingredients: as above	As above	299 108	28.7 10.4	11.0 4.0	3.5 1.3	16.0 5.8	6.1 2.2	7.2 2.6	2.2 0.8	GF WF DF
Thai green chicken curry Ingredients: as above	As above	311 113	28.5 10.3	9.5 3.4	12.7 4.6	18.3 6.6	7.1 2.6	4.3 1.6	2.0 0.7	GF WF DF
Chicken Dhansak Ingredients: as above	As above	211 75	16.1 5.7	16.2 5.7	3.9 1.4	9.5 3.4	2.0 0.7	8.9 3.2	1.6 0.6	GF WF
Peruvian Corn & Chicken Ingredients: as above	As above	242 69	16.3 4.7	19.6 5.6	7.6 2.2	11.1 3.2	6.5 1.9	11.3 3.2	1.5 0.4	GF DF WF LF

MINI HOT AND SKINNY PODS

Chicken Tikka Masala Ingredients: as above	As above	228 116	23.8 12.1	10.6 5.4	2.3 1.2	10.4 5.3	3.0 1.5	4.0 2.0	1.4 0.7	GF WF
Smoky three bean veg chilli Ingredients: as above	As above	208 102	6.5 3.7	22.7 11.2	5.4 2.7	7.0 3.4	1.1 0.6	8.4 4.1	1.2 0.6	V
Thai red chicken curry Ingredients: as above	As above	220 115	21.7 11.4	7.3 3.8	1.9 1.0	11.8 6.2	4.7 2.4	4.6 2.4	1.7 0.9	GF WF DF
Thai green chicken curry Ingredients: as above	As above	230 120	21.6 11.3	6.0 3.2	9.1 4.7	13.6 7.1	5.4 2.8	2.4 1.2	1.6 0.8	GF WF DF
Chicken Dhansak Ingredients: as above	As above	154 78	12.1 6.1	11.3 5.8	2.2 1.1	7.0 3.5	1.6 0.8	6.1 3.1	1.3 0.6	GF WF
Peruvian Corn & Chicken Ingredients: as above	As above	162 74	11.0 5.0	12.3 5.6	4.5 2.1	7.6 3.5	4.5 2.1	6.7 3.1	1.0 0.5	GF DF WF LF

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

Our kitchens use ingredients containing gluten, milk, celery, fish, mustard, crustaceans, sesame, soya, sulphites, nuts, eggs & molluscs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen.

If you have a query please speak to a member of the shop team

POD NUTRITION

LUNCH

per 100g

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

PHO

Rare sliced beef pho

Soybeans

136

10.5

18.7

0.9

2.3

0.1

7.8

2.3

GF DF
WF LF

Ingredients: water, rare beef, vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, curly kale, coriander, mint

41

3.2

5.6

0.3

0.7

0.0

2.3

0.7

Rare sliced beef bun hue

Soybeans

138

10.6

19.1

0.9

2.3

0.1

8.2

2.5

GF DF
WF LF

Ingredients: water, rare beef, vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, curly kale, coriander, mint, sriracha

41

3.1

5.7

0.3

0.7

0.0

2.4

0.7

Asian meatball pho

Soybeans, gluten (wheat)

246

11.1

26.5

1.4

10.5

4.0

12.4

3.2

DF

Ingredients: water, Asian meetballs (gluten, soybeans), vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint

70

3.1

7.5

0.4

3.0

1.1

3.5

0.9

Asian meatballs bun hue

Soybeans, gluten (wheat)

248

11.2

26.9

1.5

10.6

4.0

12.8

3.3

DF

Ingredients: water, Asian meetballs (gluten, soybeans), vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint, sriracha

70

3.1

7.5

0.4

3.0

1.1

3.6

0.9

British chicken pho

Soybeans

182

16.5

19.0

0.9

4.5

1.1

8.1

2.4

GF DF
WF

Ingredients: water, vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint, chargrilled chicken

52

4.7

5.4

0.2

1.3

0.3

2.3

0.7

British chicken bun hue

Soybeans

184

16.5

19.4

0.9

4.6

1.1

8.5

2.5

GF DF
WF

Ingredients: water, vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint, chargrilled chicken, sriracha

52

4.7

5.5

0.3

1.3

0.3

2.4

0.7

Organic tofu pho

Soybeans

145

8.4

19.7

1.3

3.9

0.6

8.1

2.0

GF DF
WF V ▼

Ingredients: water, vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint, tofu (soybeans)

43

2.5

5.8

0.4

1.1

0.2

2.4

0.6

Organic tofu bun hue

Soybeans

147

8.5

20.2

1.3

3.9

0.6

8.6

2.2

GF DF
WF V ▼

Ingredients: water, vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint, tofu (soybeans), sriracha

43

2.5

5.9

0.4

1.2

0.2

2.5

0.6

GYOZA

Chicken gyoza

Soybeans, eggs, gluten (wheat), sesame seeds

168

8.7

23.3

1.6

4.3

0.4

4.8

1.0

DF
SESAME SEEDS

Ingredients: chicken gyoza (eggs, gluten), teriyaki (gluten, soybeans), sesame seeds

187

9.7

25.9

1.7

4.8

0.4

5.3

1.1

Vegetable gyoza

Celery, gluten (wheat), sesame seeds, soybeans

146

4.8

26.6

2.4

1.9

0.3

5.2

1.0

DF ▼
SESAME SEEDS V

Ingredients: veggie gyoza (celery, gluten, sesame, soybeans), teriyaki (gluten, soybeans), sesame seeds

163

5.3

29.5

2.6

2.2

0.3

5.8

1.1

These products are only currently available in our City Road, Hammersmith & Chiswell Street branches. Please check specific nutritional and allergy requirements regarding the chicken on each dish as it is a new British chicken.

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

Our kitchens use ingredients containing gluten, milk, celery, fish, mustard, crustaceans, sesame, soya, sulphites, nuts, eggs & molluscs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen.

If you have a query please speak to a member of the shop team

POD NUTRITION

LUNCH	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
per 100g	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
Beets & greens	Mustard, milk, soybeans	264	10.4	7.8	1.1	10.2	0.3	5.1	0.2	GF WF V
Ingredients: cucumber, beetroot salad (mustard), white cheese (milk), shelled soybeans (soybeans), mint		166	6.5	4.9	0.7	6.4	0.2	3.2	0.1	
Salmon & egg protein	Eggs, fish (salmon), soybeans	214	21.8	2.2	0.6	13.1	3.7	1.0	1.3	GF DF WF
Ingredients: egg, cucumber, roast salmon cubes, shelled soybeans		122	12.5	1.2	0.3	7.5	2.1	0.6	0.8	
Lean tuna poke	Fish (tuna), soybeans, mustard, sesame seeds	111	11.9	8.8	0.8	3.1	0.3	6.8	0.3	GF DF WF SESAME SEEDS
Ingredients: cucumber, tuna (fish), shelled soybeans (soybeans), pickled red cabbage, wasabi, sesame mix (mustard, sesame seeds), lime		90	9.6	7.1	0.6	2.5	0.2	5.5	0.2	
Free range eggs	Eggs	178	15.3	0.0	0.1	13.0	3.7	0.0	1.1	GF DF WF V
Ingredients: egg, spinach		137	11.7	0.0	0.1	10.0	2.9	0.0	0.8	
Vegan falafel mezze	Gluten (wheat), sesame seeds	236	9.0	13.1	10.0	14.8	1.4	3.1	1.0	DF ▼ SESAME SEEDS V
Ingredients: falafel (wheat - gluten), hummus (sesame seeds), broccoli, cucumber		159	5.8	8.6	6.3	10.2	1	1.9	0.7	
Chargrilled chicken		143	21.9	0.6	0.1	5.9	1.6	0.5	0.7	GF DF WF
Ingredients: chicken, spinach		143	21.9	0.6	0.1	5.9	1.6	0.5	0.7	
Edamame pods	Soybeans	201	17.3	13.4	6.9	9.2	1.2	6.5	0.0	GF DF WF V ▼
Ingredients: soybeans in pods (soybeans)		134	11.5	8.9	4.6	6.1	0.8	4.3	0.0	

These products are only currently available in our City Road, Hammersmith & Chiswell Street branches. Please check specific nutritional and allergy requirements regarding the chicken on each dish as it is a new British chicken.

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

Our kitchens use ingredients containing gluten, milk, celery, fish, mustard, crustaceans, sesame, soya, sulphites, nuts, eggs & molluscs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen.

If you have a query please speak to a member of the shop team

POD NUTRITION

BREAKFAST

per 100g

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

TOASTED BREAKFAST SANDWICHES

Sausage sandwich (with ketchup) Ingredients: sausage, brown bread, tomato ketchup	Sausages (Wheat), bread (Wheat), tomato ketchup (celery)	464	23.0	46.5	2.7	22.0	7.9	8.0	3.4	DF
Sausage sandwich (with brown sauce) Ingredients: sausage, brown bread, brown sauce	Sausages (Wheat), bread (Wheat), brown sauce (wheat)	428	20.0	47.3	2.7	25.9	9.7	0	2.7	DF
Sausage sandwich (no added sauce) Ingredients: sausage, brown bread	Sausages (Wheat), bread (Wheat)	410	19.9	43.1	2.6	22	7.9	8	3.4	DF
Bacon sandwich (with ketchup) Ingredients: brown bread, bacon, tomato ketchup	Brown bread (wheat), tomato ketchup (celery)	440	25.8	46.1	3.7	18.3	6.5	6.3	5.4	DF
		267	15.6	27.9	2.2	11.1	3.9	3.8	3.3	
Bacon sandwich (with brown sauce) Ingredients: brown bread, bacon, brown Sauce	Brown bread (wheat), brown sauce (wheat)	439	25.8	45.4	3.7	18.3	6.5	5.5	5.3	DF
		266	15.6	27.5	2.2	11.1	3.9	3.3	3.2	
Bacon sandwich (no added sauce) Ingredients: brown bread, bacon	Brown bread (wheat)	320	15.6	41.1	3.3	10.3	4.9	1.5	1.9	DF
		244	11.9	31.4	2.5	7.9	3.7	1.1	1.4	
Smoked salmon bagel Ingredients: salmon, cream cheese, bagel	Salmon (fish), cream cheese (milk), bagel (Wheat)	482	20.6	59.3	3.3	18.9	9.8	7	2.5	SESAME SEEDS
		274	11.4	29.8	4.0	13.8	6.0	3.5	1.5	
Avocado & chilli on toast Ingredients: avocado & red chilli on brown bread with butter	Brown bread (wheat), butter (milk)	310	9.3	44	5.3	11.8	2.5	4	1.4	V
		230	6.9	32.9	3.9	8.8	1.8	2.9	1	
Avocado & chilli & Greek style cheese on toast Ingredients: avocado, Greek style cheese & red chilli on brown bread with butter	Brown bread (wheat), butter (milk), Greek style cheese (milk)	345	9.7	22.8	1.7	24.0	7.7	1.6	0.9	V
		224.4	7.0	20.7	3.4	12.7	3.9	0.4	0.42	

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

Our kitchens use ingredients containing gluten, milk, celery, fish, mustard, crustaceans, sesame, soya, sulphites, nuts, eggs & molluscs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen.

If you have a query please speak to a member of the shop team

POD NUTRITION

BREAKFAST

per 100g

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

HOT & TOASTED

Protein bread

Gluten - wheat,
protein plus (**milk**)

221

17.85

26.35

5.1

3.8

0

0.85

1.0

V SESAME
SEEDS

260

21

31

6

4.5

0

0.6

1.2

Toast (per slice)

Wheat

78

2.9

15.1

1.1

0.5

0.1

1

1

DF V ▼

242

10.1

4.3

2.4

2.4

0.6

2.7

0.9

Bagel

Wheat

315.1

13.3

59.3

3.3

3.5

0.7

7

1.1

DF V
▼ SESAME
SEEDS

248

10.8

50.3

6.6

3.3

1.0

5.9

1.4

Brown gluten free bread
(1 slice)

Egg

127

1.8

22.9

2.9

2.4

0.2

1.3

0.3

GF WF V

253

3.5

45.9

5.8

4.9

0.4

2.5

0.7

Toppings

Butter

Butter (**milk**)

50

0.07

0

0

5.7

3.6

0

0.03

GF WF V

258

22

23

0

81

51

10

5

Peanut butter

Peanuts (**peanuts**)

181.9

7.5

2.3

1.8

15.9

2.9

1.3

0.3

DF GF WF
V ▼ NUTS!

618

27.7

11.8

7.0

49.6

5.4

7.0

0.8

Marmite

**Gluten (barley),
celery**

15

0

0

0

0

0

0

0

DF V

250

39

24

3.5

0.5

0.5

1

9.8

Cream Cheese

Cream cheese
(**milk**)

70

1.6

0.6

0

7

4.4

0

0.1

GF WF V

118

9.7

5.4

0.2

7.1

4.4

4.0

0.4

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

Our kitchens use ingredients containing gluten, milk, celery, fish, mustard, crustaceans, sesame, soya, sulphites, nuts, eggs & molluscs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen.

If you have a query please speak to a member of the shop team

POD NUTRITION

BREAKFAST (CONT...)

per 100g

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

SCRAMBLED EGGS WITH TOAST for large size nutritionals, just add 1 egg

Smoked salmon & greens eggs Ingredients: two eggs, smoked salmon (fish), peas, spinach, parsley & a slice brown toast with butter.	Eggs , fish, bread (wheat), butter (milk)	376	31.3	24.7	3.8	24	9	2	2	
		154	12.3	8.2	1.4	8.0	2.2	1.4	0.8	
Energiser scrambled eggs Ingredients: two eggs, mozzarella, basil, sunblushed tomatoes, avocado and a slice of brown toast with butter	Eggs , mozzarella (dairy) bread (wheat), butter (milk)	340	20.4	18.6	1.9	20.9	7	1.1	1.2	V
		181	10.9	9.9	1	11.1	3.7	0.6	0.6	
Superb scrambled eggs Ingredients: two eggs, spinach, tomato, chilli, Greek style cheese, toasted seeds & a slice of brown toast cut in half with butter	Eggs , soft cheese (dairy), bread (wheat), butter (milk), Munchy seeds (soy)	367	23.4	15.7	1.5	23.8	9.7	1	1.8	V
Chorizo power eggs Ingredients: two eggs, chorizo, tomatoes, spinach, chilli red, Munchy Seeds & a slice of brown toast cut in half with butter	Eggs , chorizo (milk , soya), bread (wheat), butter (milk), Munchy seeds (soy)	502	31.3	25.2	3.5	31.3	12.5	2.7	1.9	
		187	11.7	9.4	1.3	11.7	4.7	1.0	0.7	
Protein feast eggs Ingredients: three eggs, sausage, bacon, tomatoes, parsley and protein bread.	Eggs , sausage (wheat), protein bread (wheat)	738	50.7	14.4	2.9	52.5	16.7	5.5	4	
		279	17.9	18.6	2.2	14.7	4.9	2.2	1.8	

PORRIDGE

Acai Berry Porridge Ingredients: gluten free porridge oats, full fat milk, water, strawberries, agave, pistachios, acai berry powder	Milk , pistachios (nuts)	222	7.2	34.6	4.7	5.6	1.2	11.3	0.1	GF V WF NUTS
		72	2.3	11.9	1.5	1.8	0.4	3.6	0.0	
Plain gluten free porridge Ingredients: gluten free porridge oats, full fat milk, water	Milk	185	6.2	26.4	3.6	5.8	1.7	2.8	0.3	GF V WF
		62	2.1	9.1	1.2	1.7	0.4	0.9	0	
Peanut butter power porridge Ingredients: gluten free porridge oats, full fat milk, water, peanut butter, banana, honey	Milk , peanuts	414	14	46	6.3	21	4	18	0.31	GF V WF NUTS
		102.3	3.4	11.4	1.5	5.1	1.0	4.5	0.08	
Berry boost porridge Ingredients: gluten free porridge oats, full fat milk, water, blueberries, agave, chia, linseed, sesame & pumpkin seeds.	Milk , sesame (sesame seeds)	211	6.3	40.1	3.9	3.5	0.1	11.4	0.1	GF V WF SESAME SEEDS
		73	2.2	13.9	1.4	1.2	0.0	3.9	0.0	

PORRIDGE TOPPING

Pumpkin seeds		142	6.1	3.8	1.3	11.4	1.8	0.3	0	DF GF WF V▼
		569	24.4	15.2	5.3	45.6	7.0	1.1	0	
Sultanas	Sulphites	15	0	3.9	0	0	0	23.6	0	DF GF WF V▼
		230	2.8	65.2	6	0.4	0.2	63.5	0	
Banana		39	0.5	9.4	0.5	0.2	0	2.4	0	DF GF WF V▼
		89	1.1	22.8	2.6	0.3	0.1	12.2	0.1	
Honey		61	0	16.4	0	0	0	16.4	0	DF GF WF V
		304	0.3	82.4	0.2	0	0	82.1	0	

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

Our kitchens use ingredients containing gluten, milk, celery, fish, mustard, crustaceans, sesame, soya, sulphites, nuts, eggs & molluscs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen.

If you have a query please speak to a member of the shop team

POD NUTRITION

BREAKFAST (CONT...)

per 100g

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

PORRIDGE (LARGE)

Acai Berry Porridge

Ingredients: gluten free porridge oats, full fat milk, water, strawberries, agave, pistachios, acai berry powder

Milk, nuts

284

9.3

43.7

5.9

7.3

1.6

12.2

0.1

GF V WF
NUTS!

72

2.3

11.9

1.5

1.8

0.4

3.6

0.0

Plain gluten free porridge

Ingredients: gluten free porridge oats, full fat milk, water

Milk

247

8.3

35.5

4.8

7.5

3.8

3.7

0.3

GF V WF

62

2.1

9.1

1.2

1.7

0.4

0.9

0

Peanut butter power porridge

Ingredients: gluten free porridge oats, full fat milk, water, peanut butter, banana, honey

Milk, peanuts

476

16.1

55.1

7.5

22.7

4.4

18.9

0.31

GF V WF
NUTS!

102.3

3.4

11.4

1.5

5.1

1.0

4.5

0.08

Berry boost porridge

Ingredients: gluten free porridge oats, full fat milk, water, blueberries, agave, chia, linseed, sesame & pumpkin seeds.

**Milk, sesame
(seeds)**

290.5

8.76

55.32

5.57

4.78

0.1

15.5

0.04

GF V WF
SESAME
SEEDS

73

2.2

13.9

1.4

1.2

0.0

3.9

0.0

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

Our kitchens use ingredients containing gluten, milk, celery, fish, mustard, crustaceans, sesame, soya, sulphites, nuts, eggs & molluscs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen.

If you have a query please speak to a member of the shop team

POD NUTRITION

BREAKFAST (CONT...)

per 100g

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

SMOOTHIES

Acai & Banana Energiser Regular

Ingredients: banana, soya milk, apple juice, GF oats, acai powder, blueberry, agave, autumn seeds

soybeans, sesame seeds

363

12.7

56.9

8.6

8.5

1.5

18.7

0.1

GF DF WF
LF SESAME
SEEDS V ▼

97

3.4

15.2

2.3

2.3

0.4

5.0

0.0

Acai & Banana Energiser Large

Ingredients: see above

soybeans, sesame seeds

629

21.4

100.1

15.0

14.8

2.5

35.5

0.1

GF DF WF
LF SESAME
SEEDS V ▼

98

3.3

15.6

2.3

2.3

0.4

5.5

0.0

Apple & Mango Anti-Oxidiser Regular

Ingredients: Orange juice, apple, yoghurt, mango, carrot, ginger, chilli, lime

yoghurt (milk)

136

3.4

23.1

2.1

4.1

2.4

22.4

0.1

GF WF LF V

43

1.1

7.3

0.7

1.3

0.8

7.0

0.0

Apple & Mango Anti-Oxidiser Large

Ingredients: see above

yoghurt (milk)

238

5.6

43.1

3.8

6.1

3.5

41.7

0.2

GF WF LF V

42

1.0

7.5

0.7

1.1

0.6

7.3

0.0

Immune Boost Regular

Ingredients: kiwi, banana, mango puree, yoghurt, spirulina, linseed, spinach

yoghurt (milk)

181

6.1

23.9

2.2

7.8

4.0

20.2

0.2

GF WF LF V

68

2.3

9.0

0.8

2.9

1.5

7.7

0.1

Immune Boost Large

Ingredients: see above

yoghurt (milk)

348

11.9

45.5

3.9

15.1

8.0

39.1

0.3

GF WF LF V

71

2.4

9.3

0.8

3.1

1.6

7.9

0.1

Mean Green Regular

Ingredients: Apple juice, lemon juice, broccoli, cucumber, mango, ginger, spinach

sulphur dioxide

63

1.7

14.1

1.1

0.4

0.1

13.2

0.0

GF DF WF
V ▼

25

0.6

5.5

0.4

0.2

0.0

5.1

0.0

Mean Green Large

Ingredients: see above

sulphur dioxide

127

3.3

28.2

2.2

0.8

0.1

26.3

0.1

GF DF WF
V ▼

26

0.7

5.8

0.4

0.2

0.0

5.4

0.0

Energy Smoothie Regular

Ingredients: Banana, purple grape juice, soy milk, passion fruit puree, gluten free oats (spirulina upon request)

soybeans

290

8.4

54.3

5.4

3.8

0.7

28.1

0.0

DF GF WF V
▼ LF

107

3.1

20.0

2.0

1.4

0.3

10.4

0.0

Energy Smoothie Large

Ingredients: see above

soybeans

481

14.3

87.5

9.5

6.7

1.3

36.6

0.1

DF GF WF V
▼ LF

124

3.7

22.6

2.5

1.7

0.3

9.4

0.0

Smooth Berry Regular

Ingredients: Strawberry puree, banana, yoghurt, strawberries, blueberries, agave

yoghurt (milk)

132

3.0

23.4

3.2

3.4

2.0

19.4

0.1

GF WF LF V

52

1.2

9.2

1.2

1.3

0.8

7.7

0.0

Smooth Berry Large

Ingredients: see above

yoghurt (milk)

257

5.9

45.0

6.3

6.8

3.9

38.0

0.1

GF WF LF V

54

1.2

9.5

1.3

1.4

0.8

8.0

0.0

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

Our kitchens use ingredients containing gluten, milk, celery, fish, mustard, crustaceans, sesame, soya, sulphites, nuts, eggs & molluscs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen.

If you have a query please speak to a member of the shop team

POD NUTRITION

BREAKFAST

per 100g

Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
-----------	-------	-------------	-----------	-----------	---------	-------------	-----------	----------	----------------

ICED COFFEES

Iced latte (full milk)

milk

226.8 8.6 12.96 0 9.72 4.86 12.9 0.4
84 3.2 4.8 0 3.6 1.8 4.8 0.15

Ingredients: syrup of choice, full fat milk, espresso

Iced latte (skim milk)

milk

89.1 9.45 12.1 0 0.27 0 12.1 0.4
33 3.5 4.5 0 0.1 0 4.5 0.1

Ingredients: syrup of choice, skim milk, espresso

Iced latte (almond milk)

milk, nuts

35.1 1.08 0 0.81 2.9 0.27 0 0.4 NUTS
13 0.4 0 0.3 1.1 0.1 0 0.1

Ingredients: syrup of choice, almond milk, espresso

Iced latte (soya milk)

milk, soy

86.4 8.9 0.27 1.6 5.13 0.8 0.27 0.081
32 3.3 0.1 0.6 1.9 0.3 0.1 0.03

Ingredients: syrup of choice, soya milk, espresso

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

Our kitchens use ingredients containing gluten, milk, celery, fish, mustard, crustaceans, sesame, soya, sulphites, nuts, eggs & molluscs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen. If you have a query please speak to a member of the shop team

POD NUTRITION

HEALTHY SNACKS

per 100g

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

YOGHURTS

Berry boost yoghurt

Ingredients: Greek style yoghurt, agave, blueberries, pumpkin seeds, sesame, chia & linseeds

Yoghurt (milk),
sesame seeds

236

12.9

25.8

1.5

8.4

4.0

23.2

0.4

GF WF V
SESAME
SEEDS

105

5.9

11.7

0.7

4.5

1.8

10.3

0.17

Cacao, pistachio & agave yoghurt pot

Ingredients: Greek style yoghurt, cacao nibs, agave nectar, pistachio

Nuts, yoghurt (milk)

165

6.4

8.2

0.9

12

6.4

4

0.4

GF WF V
NUTS!

217.2

7.2

9.9

2.7

17.5

8.7

7.2

0.13

Purple grape and banana yoghurt

Ingredients: Greek style yoghurt, banana, purple grape juice, toasted almonds & agave nectar

Nuts, yoghurt (milk)

228

7.9

24

0.7

4.2

3.7

5

0.2

GF WF V
NUTS!

93

4.4

11.5

0.3

3.4

1.5

2.7

0.2

Mango Quinoa pot

Ingredients: mango puree, mango pieces, quinoa, Greek style yoghurt, toasted almonds & agave nectar

Nuts, yoghurt (milk)

248

8.6

30.1

1.1

11.1

4.9

15.9

0.18

GF WF V
NUTS!

121

4.2

14.7

0.6

5.4

2.4

7.8

0.09

Golden Turmeric Yoghurt

Ingredients: turmeric powder, Greek style yoghurt, pomegranate, pistachio, raisins

Nuts, yoghurt (milk)

355

11.8

20.1

0.5

20.5

11.9

19.0

0.4

NUTS!
SESAME
SEEDS
GF WF V

163

5.4

9.2

0.2

9.4

5.5

8.8

0.2

Acai Berry Yoghurt

Ingredients: acai berry powder, Greek style yoghurt, strawberry, blueberry, agave nectar, seeds

Yoghurt (milk),
sesame seeds

305

11.3

10.8

2.0

20.4

11.9

8.3

11.9

SESAME
SEEDS
GF WF V

139

5.2

4.9

0.9

9.3

5.4

3.8

0.2

FRUIT POTS

Big & juicy fruit pot

94

1.34

23

2.68

0.3

0

23

0

DF GF
WF
V ▼

41

0.6

10.0

1.1

0.2

0

10.0

0.01

Luxury fruit salad pot

80

1.3

17.9

2.9

0.5

0

17.2

0

DF GF
WF
V ▼

39

0.7

9.0

1.3

0.2

0.0

8.9

0.01

Pineapple & lime pot

71

0.7

17.6

2.3

0.3

0

17.5

0

DF GF
WF
V ▼

41

0.4

10.1

1.3

0.2

0

10.1

0.01

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

Our kitchens use ingredients containing gluten, milk, celery, fish, mustard, crustaceans, sesame, soya, sulphites, nuts, eggs & molluscs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen.

If you have a query please speak to a member of the shop team

POD NUTRITION

HEALTHY SNACKS	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
per 100g	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
Blueberry muffin Ingredients: Muffin mix (wheat flour, sugar, eggs, modified maize starch, whey powder, milk protein, salt, water, blueberry (14%), rapeseed oil, wheat flour, butter	Wheat, eggs, milk	405	5.6	48.7	2.3	20.9	1.8	27.1	0.8	V
		338	4.7	40.6	1.9	17.4	1.5	22.6	0.7	
Carrot muffin Ingredients: Muffin mix (wheat flour, sugar, eggs, modified starch, whey powder, milk protein, salt, carrot (18%), rapeseed oil, sultana (8%), pineapple piece (pineapple, water, sugar), pecan pieces, water, wheat flour, ground cinnamon.	Wheat, eggs, milk	298	3.3	52.2	5	7.3	0.7	45.6	0	V
		212.8	2	37	4	5	0.6	33	0	
Croissant	Wheat, milk	235	4.9	27.1	1.3	11.9	7.3	5.5	0.8	
		402	8.3	45.5	2.4	20.7	12.5	9.5	1.5	
Almond croissant	Wheat, milk, egg, nuts	244	4.6	26.3	1.4	13.4	6.1	13.7	0.5	NUTS
		407	7.6	43.8	2.4	22.3	10.2	22.8	0.9	
Apricot danish pastry	Wheat, milk, egg	182	3.4	23.4	0	8.1	4.7	9.4	0.4	
		304	5.7	39.0	0	13.5	7.9	15.6	0.6	
Chocolate twist	Wheat, milk, egg	400	6.3	51.8	1.4	20	12	25.6	0.7	
		400	6.3	51.8	1.4	20	12	25.6	0.7	
Chia flapjack Ingredients: Gluten Free Oats, Salted Butter, Demerara Sugar, Condensed Milk, Golden Syrup, Pumpkin Seeds, Chai Seeds, Sunflower Seeds	Butter (milk), Condensed milk (milk)	345	4.95	38	4.36	18.5	9.45	22.7	0.3	GF WFV
		460	6.6	50.7	5.8	24.7	12.6	30.3	0.4	
Mulberry & chia flapjack Ingredients: Gluten Free Oats, Salted Butter, Demerara Sugar, Condensed Milk, Golden Syrup, Cranberries, Sultanas, Chopped Apricots, Mulberries, Pumpkin Seeds, Sunflower Seeds, Chai Seeds	Butter (milk), Condensed milk (milk)	337	2.9	48.15	2.19	14.4	8.6	28.2	0.3	GF WFV
		450	3.9	64.2	2.91	19.3	11.5	37.6	0.4	
Nutty nibble pot Ingredients: pecans, pumpkins seeds, sultanas, brazil nuts (nuts)	Nuts	493	11	16.4	3.5	42.9	8.1	13.5	0	DF GF
		580	13	19.3	4.1	50.5	9.5	15.9	0	WF V▼ NUTS!
Divine dark chocolate bar Ingredients: see packaging	Milk, soy	238	2.7	12.9	4.3	18.5	11.7	10.8	0	GF WFV
		595	7	49.7	11	46	29	27	0	
Fruit and seeds energy stick Ingredients: baked bread stick with mixed fruit and seeds for an energy boost on the go	Bread (wheat)	148	5.3	24.6	2.7	3.4	0.5	10.8	0.5	V SESAME SEEDS
		316	6.9	53.4	6.9	8.3	0.95	23	0.5	

Our kitchens use ingredients containing gluten, milk, celery, fish, mustard, crustaceans, sesame, soya, sulphites, nuts, eggs & molluscs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen.

If you have a query please speak to a member of the shop team

POD NUTRITION

SNACKS CONT.

per 100g

	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
Pipers crisps - sea salt Ingredients: see packaging		213	2	22.8	1.4	12.28	1.32	0.2	0.2	DF GF WF V ▼
		523.5	5	57	3.5	2.5	3.3	0.5	0.5	
Pipers crisps - cheddar & onion Ingredients: see packaging	Milk	213	2.5	22.4	1.3	12.3	1.4	0.6	0.6	GF WF V
		523.5	6.25	56	3.25	38.8	3.5	1.5	1.5	
Pipers crisps - chorizo Ingredients: see packaging	Milk	526	2	22.7	1.4	12	1.24	2.24	0.6	GF WF V
		1315	5	56.7	3.5	30	3.1	5.6	1.5	
Pipers crisps - sea salt & vinegar Ingredients: see packaging		209	2.1	22.8	1.3	11.6	1.2	1.08	0.8	DF GF WF V ▼
		522.5	5.25	57	3.25	29	3	2.7	2	
Pipers crisps - chorizo Ingredients: see packaging	Milk	526	2	22.7	1.4	12	1.24	2.24	0.6	GF WF V
		1315	5	56.7	3.5	30	3.1	5.6	1.5	
Popcorn - fiery salsa Ingredients: see packaging		135	1.6	18.2	1.2	5.7	0.5	8.2	0.3	DF GF WF V ▼
		337.5	4	45.5	3	14.2	1.25	20.5	0.75	
Popcorn - sea salt & black cracked pepper Ingredients: see packaging		106	1.5	10.7	1.2	5.9	0.5	0.1	0.3	DF GF WF V ▼
		265	3.75	26.75	3	14.75	1.25	0.25	0.75	
Popcorn - salty sweet Ingredients: see packaging		136	1.5	18.4	1.2	5.8	0.5	8.1	0.3	DF GF WF V ▼
		340	3.75	46	3	14.5	1.25	2.5	0.75	
Bounce ball - spirulina & ginseng Ingredients: see packaging	Nuts, milk	191	5	21	2.8	9	0.9	10	0.2	GF WF V ▼ NUTS!
		390	10	43	6	18	1.84	20.4	0.3	
Bounce ball - peanut Ingredients: see packaging	Peanuts, milk	207	14	19	2.4	8	1.1	12	0.4	GF WF V NUTS!
		422	28.6	38.8	5	16.3	2.24	24.9	0.5	
Bounce ball - coconut Ingredients: see packaging	Nuts, milk	178	9	18	4	7	0	10	0.27	GF WF V NUTS!
		363.2	18.37	36.73	8.1	14.3	0	20.4	0.55	

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

Our kitchens use ingredients containing gluten, milk, celery, fish, mustard, crustaceans, sesame, soya, sulphites, nuts, eggs & molluscs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen.

If you have a query please speak to a member of the shop team

POD NUTRITION

SNACKS CONT.	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
per 100g	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
Chocolate brownie Ingredients: Caster Sugar, Liquid Pasteurised Whole Egg, Gluten Free Flour, Salted Butter, Dark Chocolate, Dark Brown Sugar, Chocolate, Rapeseed Oil, Cocoa Powder, Beetroot Concentrate	Egg, milk, soya	323 431	3.45 4.6	37 49.4	2.63 3.52	17.4 23.3	8.1 10.8	29.4 39.2	0.15 0.2	GF W F V
Gluten free macaron Ingredients: see packaging	Egg, Milk	330 468	2.5 3.7	42 50	3.4 4.8	16 28	15 24	39 42	0 0.08	GF W F V
Chocolate, hazlenut & raisin nookie bar Ingredients: see packaging	Nuts, milk	257 378.8	4.2 6.2	41.8 61.4	3 4.4	10.5 15.4	3.7 5.5	27 39.7	0 0.03	GF W F V NUTS!
Peanut butter and milk choc chip nookie bar Ingredients: see packaging	Peanuts, milk	276 364	5.9 6.8	34.1 60.2	2.5 4	14.9 14.2	5.1 4.3	23 35.5	0.2 0.07	GF W F V NUTS!
Almond butter, spirulina choc chip nookie bar	Nuts, milk, wheat	251 364.3	4.7 6.8	41.5 60.2	2.87 4	9.8 14.2	3 4.3	24.5 35.5	0.1 0.07	V NUTS!
Banana & date cake Ingredients: Soft Light Brown Sugar, Banana Puree , Wheat Flour, Rapeseed Oil, Liquid Pasteurised Whole Egg, Date Puree, Chopped Dates, Wholemeal Wheat Flour, Flaked Hazelnuts, Glycerine, Bicarbonate of Soda	Nuts, egg, wheat	266 318	3.57 5.1	38.4 54.9	3 4.2	10.5 15	0.91 1.3	23.8 34.1	0.04 0.07	V NUTS!
Almond & pistachio bites Ingredients: Salted Butter, Coconut Sugar, Wheat Flour, Rolled Oats, Cornflour, Nibbed Pistachios, Flaked Almonds, Gluten free Baking Powder	Nuts, milk, wheat	290 484	16.8 6.7	29.8 49.8	2.68 4.4	16.8 28	8.2 13.7	11.8 19.8	0.4 0.7	V NUTS!

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

Our kitchens use ingredients containing gluten, milk, celery, fish, mustard, crustaceans, sesame, soya, sulphites, nuts, eggs & molluscs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen.

If you have a query please speak to a member of the shop team

POD NUTRITION

DRINKS

Per 100g

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

REG HOT DRINKS

Flat white	Milk	132	8.1	9.1	0	7.2	4.6	8.5	0.2	
		66.6	4.1	4.6	0	3.6	2.3	4.3	0.12	
Latte	Milk	182	10.6	12.6	0	10.1	6.4	12	0.3	
		66.5	3.9	4.6	0	3.7	2.4	4.4	0.11	
Cappuccino	Milk	182	10.7	12.2	1.4	10	6.3	10.6	0.3	
		73.3	4.3	4.9	0.5	4	2.5	4.2	0.11	
Americano	Milk	50	4	3.4	0	2.3	1.5	2.8	0.09	
		67.7	5.4	4.6	0	3.2	2	3.7	0.13	
Mocha	Milk	182	10.7	12.2	1.4	10	6.3	10.6	0.3	
		73.3	4.3	4.9	0.5	4	2.5	4.2	0.11	
Espresso		50	4	3.4	0	2.3	1.5	2.8	0.1	
Lemon, ginger, mint & agave steeper		25.4	0.5	5.9	0	0.1	0	4.9	0	
		59.1	1.1	13.8	0	0.3	0.1	11.4	0.01	
Orange, ginger & honey steeper		102.7	1.6	25.4	0.3	0	0	25	0	
		39.2	0.6	9.7	0.1	0	0	9.5	0.01	
Hot chocolate	Milk	265	11.8	26.9	1.2	11.1	7	29.1	0.5	
		93.1	4.1	10.4	0.4	3.9	2.5	10.2	0.17	
Fresh mint tea		4.3	0.4	0.5	0	0.1	0	0	0	
		43	3.8	5.3	0	0.7	0	0	0.04	
Breakfast tea	Milk	39.6	2	2.8	0	2.3	1.5	2.8	0.1	
		66	3.3	4.6	0	3.9	2.5	4.6	0.11	
Golden Turmeric Latte	Nuts	233	3.7	17.1	2.2	16.2	11.8	10.7	1.0	GF DF WF V NUTS ▼
		67	1.1	4.9	0.6	4.7	3.4	3.1	0.3	
Mind Power Matcha Latte	Nuts	97	1.6	16	0.7	2.9	0.3	14.6	0.3	NUTS ▼
		36	0.6	5.9	0.3	1.1	0.1	5.4	0.1	
Redesspresso Latte	Nuts	40	1.2	0	1.2	3.4	0	0	1	NUTS GF DF WF V ▼
		12	0.4	0	0.4	1	0	0	0.3	

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

Our kitchens use ingredients containing gluten, milk, celery, fish, mustard, crustaceans, sesame, soya, sulphites, nuts, eggs & molluscs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen.

If you have a query please speak to a member of the shop team

POD NUTRITION

DRINKS	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
per 100g	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
REG COLD DRINKS										
COLD DRINKS										
Orange juice		100	1.75	23	0	0	0	21	0.08	
		82.6	1.45	19	0	0	0	17.3	0.07	
Ginger juice		72.5	0	19.5	0	0	0	19.5	0	
		59	0	16.1	0	0	0	16.1	0	
Beetroot juice		97	3.5	21.5	4.7	0.2	0	18.7	0.3	
		80	0.8	17.7	3.8	0.17	0	15.4	0.25	
Lemon quencher		195	0	50	0	0	0	49.5	0	
		39	0	10	0	0	0	9.9	0	
The Master Cleanse		47.5	0.25	24.5	0	0.25	0	9.75	9.75	
		39.2	0.4	20.2	0	0.21	0	8	8	
Iced tea		60	0	15.5	0	0	0	15	0	
		49.5	0	12.81	0	0	0	12.4	0	
Carrot, orange and ginger juice		103	2.5	24.2	6.7	0.5	0	12.2	0.4	
		85	2	20	5.5	0.4	0	10	0.3	
Coke		139	0	35	0	0	0.1	35	0	
		42	0	10.6	0	0	0	10.6	0	
Diet Coke		1	0	0	0	0	0	0	0	
		0.4	0	0	0	0	0	0	0	
Coke Zero		1	0	0	0	0	0	0	0	
		0.4	0	0	0	0	0	0	-	
San Pellegrino - Blood orange		165	0	39.9	0	0	0	38.9	0	
		41	0	10	0	0	0	10	0	
San Pellegrino - Lemon		149	0	34.7	0	0	0	33	0	
		39	0	8.9	0	0	0	8.1	0	
Cawston Press - Rhubarb		125.4	0.3	28	0	0	0	28	0	
		38	0.1	8.5	0	0	0	8.5	0	
Cawston Press - Elderflower		129	0.1	7.4	0	0	0	7.4	0	
		30	0.1	7.4	0	0	0	7.4	0	
Water		0	0	0	0	0	0	0	0	
		0	0	0	0	0	0	0	0	
Orange Juice - NEW		127	1.8	29		0.5	0.25	27	0	
		51	0.7	12		0.2	0.1	11	0	
Apple Juice - NEW		105	<0.5	25		<0.5	<0.1	25	0.04	
		42	<0.5	10		<0.5	<0.1	9.7	0.02	
Carrot, Apple & Ginger Juice - NEW		94	0.7	22		0	0	19	0.15	
		37	0.3	8.9		0	0	7.6	<0.1	
Strawberry, Watermelon & Mint Juice - NEW		79	0.7	29		0.6	0.2	26	0	
		49	0.3	12		0.24	<0.1	11	0	

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

Our kitchens use ingredients containing gluten, milk, celery, fish, mustard, crustaceans, sesame, soya, sulphites, nuts, eggs & molluscs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen.

If you have a query please speak to a member of the shop team

POD NUTRITION

DRINKS	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
per 100g	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
REG COLD DRINKS										
COLD DRINKS										
Passionfruit aid with squashed mango - NEW		84	0.5	21		0	0	17	0	
		34	0.2	8.5		0	0	6.7	0	
Ginger aid with lemon juice - NEW		28	0.15	18		0	0	14	0	
		28	0.06	7.1		0	0	5.5	0	
Raspberry aid with lemon juice - NEW		66	0.24	17		0	0	15	0	
		26	0.09	6.7		0	0	5.9	0	
Lime Juice - NEW		53	0.12	13		0	0	13	0	
		11	0.02	2.6		0	0	2.6	0	
Strawberry & raspberry juice - NEW		58	0.02	13		0	0	13	0	
		12	0.01	2.6		0	0	2.6	0	
Mango juice - NEW		52	0.38	12		0	0	12	0	
		10	0.08	2.4		0	0	2.4	0	

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

Our kitchens use ingredients containing gluten, milk, celery, fish, mustard, crustaceans, sesame, soya, sulphites, nuts, eggs & molluscs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen. If you have a query please speak to a member of the shop team