

BREAKFAST – SERVED UNTIL 11AM

<u>SCRAMBLED EGGS & TOAST</u>	REG / LRG
Omega 3 Booster Eggs	4.99/5.99
Chorizo Power Eggs	4.50/5.50
Energiser Scrambled Eggs	4.50/5.50
Superb Scrambled Eggs	4.50/5.50
Protein Feast Eggs	5.99
Plain Scrambled Eggs	3.50/4.50

<u>BANANA BREADS</u>	3.99
Peanut Butter & Cacao	
Pistachio & Blueberry	
Tropical Mango Glow	

<u>PORRIDGE</u>	REG / LRG
Peanut Butter Power Porridge	2.49/2.79
Berry Boost Porridge	2.49/2.79
Forest Berry & Peanut Butter	2.49/2.79
Plain Porridge	1.99/2.29

The Big Deal!

A BRIOCHE BUN
OR BAGEL &
A HOT DRINK
4.99



<u>BRIOCHE BUNS</u>	
Bacon or Sausage	3.45
Scrambled Egg	2.75
Bacon or Sausage & Egg	3.75
The Full Works	3.95
Veggie Feast	3.15
Halloumi, Avocado & Tomato	3.75
Avocado & Chilli	3.15

LUNCH

SALADS

<u>New</u>	
Gym Bowl	4.99
Chicken Teriyaki & Super Greens	5.99
Naked Club Sandwich	5.99

Roast Smoked Salmon & Egg	5.99
Naked Burrito Bowl	5.99
Tabbouleh / with Chicken	5.49/6.49
Slow Burner / with Chicken	5.49/6.49
Heart Boosting Beets	4.99
Sweet Potato, Avo & Pomegranate	4.99
Chicken & Avocado Protein Punch	5.99
Protein Box	5.75

NUTRI PODS

Salmon & Egg Protein	3.60
Free Range Eggs	1.60
British Chargrilled Chicken	2.50
Vegan Falafel Mezze	2.60

HOT FOOD

<u>HOT PODS</u>	Reg 6.39 Lrg 6.99
Thai Red Chicken Curry	
Thai Green Chicken Curry	
Naked Chicken Katsu Curry	
Malaysian Coconut Chicken	
Smoky Three Bean Chilli	

<u>New</u>	Reg 6.39 Lrg 6.99
Barbecue Jackfruit Chilli	
Kashmiri Chicken	

<u>LAKSA</u>	3.99
Organic Tofu	
King Prawn	
Vegetable Gyoza Topped	
British Chicken	

<u>PHO (MILD) & BUÑ HUE (SPICY)</u>	3.99
King Prawn	
British Chicken	
Organic Tofu	
Vegetable Gyoza Topped	

<u>STEAMED GYOZA</u>	2.99
6 Duck Gyoza <u>New</u>	
6 Vegetable Gyoza	
6 Chicken Gyoza	

<u>HOT WRAPS</u>	
Grilled Chicken & Chorizo	4.99
Sweet Potato & Crumbled Cheese	4.89
Pesto Chicken & Emmental	4.99

WRAPS & BAGUETTES

<u>WRAPS</u>	
Hummus & Falafel <u>New</u>	3.39
Beetroot & Crumbled Cheese	3.79
Asian Chicken	3.99
Omega Salmon & Spinach	3.99

<u>BAGUETTES</u>	
Chicken Caesar & Bacon	4.25
Avocado & Caprese	3.75

DRINKS

<u>COFFEE</u>	Reg / Lrg
Flat White	2.45
Latte/Cappuccino/Mocha	2.45/2.75
Americano	1.99/2.29
Golden Turmeric Latte	2.95/3.25
Mind Boost Matcha Latte <u>Improved recipe!</u>	2.95/3.25
Iced Americano	2.29
Iced Latte	2.75

<u>SMOOTHIES</u>	4.25
Breakfast Protein Shake <u>New</u>	
Berry Cooler	
Mango Energiser <u>New</u>	
Kale Cleanse	
Super Fruit	

We also offer full catering services.



Order online at
pod.co.uk

For allergen and nutritional info,
see pod.co.uk or talk to us at:
allergens@pod.co.uk
Menus can vary from pod to pod