

BREAKFAST – SERVED UNTIL 11AM

SCRAMBLED EGGS & TOAST

Protein feast eggs	5.99
Salmon and green eggs	4.99/5.99
Chorizo power eggs	4.25/5.25
Energiser scrambled eggs	4.25/5.25
Superb scrambled eggs	4.25/5.25

ANY SANDWICH & A COFFEE 4.75



GLUTEN FREE PORRIDGE

Peanut butter power porridge	1.99/2.25
Berry boost porridge	1.99/2.25
Acai berry porridge	1.99/2.25
Plain porridge	1.50/1.75

TOASTED

Avocado & chilli toast	3.50
Sausage/ Bacon sandwich	3.50
Salmon & cream cheese bagel	3.50
Topped toast & bagels	1.99



Energiser scrambled eggs

LUNCH – SERVED FROM 11AM

CLASSIC POD SALADS

Tabbouleh / with chicken	4.99/5.99
Slow burner / with chicken	4.99/5.99
Go green salad / with chicken	4.99/5.99
Lebanese chicken tabbouleh	5.99
Protein kickbox	5.99
Gym box	4.99
Protein box	5.50



Tabbouleh salad

HOT PODS

SML 3.99 REG 5.99 LRG 6.99

Thai red chicken curry
Thai green chicken curry
Chicken tikka masala
Smoky three bean chilli
Chicken dhansak
Peruvian corn & chicken

GYM BOWLS

Sri lankan gobi	4.99
Chicken chana masala	5.50
Green energy chicken	5.50

SANDWICHES

Ham & monterey jack baguette	2.99
Mozzarella, sunblush tomato and avocado baguette	3.65
Italian chicken and pesto wrap	3.25
Hummus falafel wrap	2.99

22 NEW DISHES



PHO (MILD) & BUÑ HUE (SPICY)

NEW Rare sliced beef	4.25
NEW British chicken	3.75
NEW Organic tofu	3.55
NEW Asian beef meatballs	3.95

GREENY GRAIN SALADS

NEW Hawaiian tuna poké	6.65
NEW Rare roast beef	5.95
NEW British chicken & mozzarella	5.40
NEW Heart boosting beets	4.45
NEW Roast smoked salmon & egg	5.95
NEW A vegan rainbow	4.95

STEAMED GYOZA

NEW 6 Vegetable gyozas	2.49
NEW 6 Chicken gyozas	2.49

NUTRI PODS

NEW Edamame pods	1.50
NEW Salmon & egg protein	3.60
NEW Lean tuna poké	3.90
NEW Free range eggs	1.60
NEW Vegan falafel mezze	2.50
NEW British chargrilled chicken	2.50

HOT WRAPS

FROM 12AM

Lebanese chicken wrap	4.99
Cuban chicken wrap	4.99
Jalfrezi paneer wrap	4.79

COFFEE

REG / LRG

Flat white	2.25
Latte/Cappuccino/Mocha	2.25/2.55
Americano	1.90/2.20
Golden turmeric latte	2.65/2.95
Mind boost matcha latte	2.65/2.95
Red rooibos latte	2.65/2.95
Iced americano/latte	2.95



Smooth berry smoothie

SMOOTHIES

REG / LRG

Acai & banana energiser	3.50/4.25
Energy	3.50/4.25
Anti-oxidiser	3.50/4.25
Immune boost	3.50/4.25
Mean green	3.50/4.25
Smooth berry	3.50/4.25

We also offer full catering services, order online at pod.co.uk



for nutritional info, see pod.co.uk menus can vary from pod to pod