



# ALLERGEN GUIDE

For questions about allergens please visit [pod.co.uk/allergens](https://pod.co.uk/allergens)

Our food is prepared in small, busy kitchens which contain allergens (including nuts) and so we cannot guarantee our menu is completely allergen free.

For this reason, we cannot cater to specific allergen requests.

We offer vegan products which are suitable for vegans but not for those with a dairy allergy.

PRODUCT	V/VE	CEREALS CONTAINING GLUTEN	MILK	EGG	SOYA	NUTS	SESAME	PEANUT	FISH	CELERY	MUSTARD	SULPHITES	MOLLUSCS	CRUSTACEAN	LUPIN	GARLIC	ONIONS
Beef Massaman Curry with rice		GF							YES			YES		YES		YES	YES
Red Thai Chicken with rice		YES Wheat			YES							YES				YES	YES
Green Thai Chicken with rice		YES Wheat			YES							YES				YES	YES
Sweet Chilli Chicken with rice		YES Wheat			YES							YES				YES	YES
Sweet Chilli Beef with rice		YES Wheat		YES	YES							YES				YES	YES
Sweet Chilli Prawns with rice		YES Wheat			YES							YES		YES		YES	YES
Sweet Chilli Seitan with rice	VE	YES Wheat			YES							YES				YES	YES
Noodles customisation	V/VE	YES Wheat															

V – vegetarian; VE - vegan

Unfortunately we cannot guarantee our food and drinks are 100% allergen free.

**Please take care.**

Issue date: 06.10.21

PRODUCT	V/VE	CEREALS CONTAINING GLUTEN	MILK	EGG	SOYA	NUTS	SESAME	PEANUT	FISH	CELERY	MUSTARD	SULPHITES	MOLLUSCS	CRUSTACEAN	LUPIN	GARLIC	ONIONS
Sweet Chilli Chicken with noodles		YES Wheat			YES							YES				YES	YES
Sweet Chilli Beef with noodles		YES Wheat		YES	YES							YES				YES	YES
Sweet Chilli Prawns with noodles		YES Wheat			YES							YES		YES		YES	YES
Sweet Chilli Seitan with noodles	VE	YES Wheat			YES							YES				YES	YES
Katsu Curry Chicken		YES Wheat			YES											YES	YES
Katsu Curry Panko Prawn		YES Wheat			YES									YES		YES	YES
Katsu Curry Seitan	VE	YES Wheat			YES											YES	YES
Katsu Curry Crispy Beef		YES Wheat		YES	YES							YES				YES	YES

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Teriyaki Chicken with rice		YES Wheat			YES											YES	YES
Teriyaki prawn with rice		YES Wheat			YES									YES		YES	YES
Teriyaki Seitan with rice	VE	YES Wheat			YES											YES	YES
Teriyaki beef with rice		YES Wheat		YES	YES											YES	YES
Teriyaki Chicken with noodles		YES Wheat			YES											YES	YES
Teriyaki prawn with noodles		YES Wheat			YES									YES		YES	YES
Teriyaki Seitan with noodles	VE	YES Wheat			YES											YES	YES
Teriyaki beef with noodles		YES Wheat		YES	YES											YES	YES

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Vegetable Gyoza with sweet chilli sauce	VE	YES Wheat			YES		YES					YES				YES	
Salt & Pepper Squid with sweet chilli sauce					YES							YES	YES			YES	YES
Katsu Chicken Dippers		YES Wheat, Barley	YES		YES											YES	YES
Katsu Prawn Dippers		YES Wheat			YES									YES		YES	YES
Katsu Seitan Bites	VE	YES Wheat			YES											YES	YES
Edamame	VE				YES												
Prawn Crackers with sweet chilli sauce		YES Wheat			YES							YES		YES		YES	
Yuzu and Lemon Tart	V	YES Wheat	YES	YES	YES												
Matcha Brownie	V			YES													

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Extra Chilli	VE																
Katsu Dip	VE	YES Wheat			YES											YES	YES
Sweet Chilli Dip	VE				YES							YES				YES	
Spring Onions	VE																YES
Coriander	VE																
Basil	VE																

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