

BREAKFAST – SERVED UNTIL 11AM

SCRAMBLED EGGS & TOAST

	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

BANANA BREADS

Peanut Butter & Cacao	3.99
Pistachio & Blueberry	
Tropical Mango Glow	

PORRIDGE

	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

**ANY SANDWICH
OR WRAP &
A COFFEE**
4.99



TOASTED SANDWICHES

Avocado & Chilli Toast	3.75
Bacon or Sausage Sandwich	3.75
Topped Toast & Bagels	2.09

HOT BREAKFAST WRAPS

Bacon & Egg	3.59
Egg, Cheese & Spinach	3.59

LUNCH

SALADS

Roast Smoked Salmon & Egg	5.95
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
British Chicken & Mozzarella	5.75
Chicken & Avocado Protein Punch	5.99

New

Sweet Potato, Avo & Pomegranate	4.99
Verde Vitality Bowl	5.99

HOT FOOD

HOT PODS

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

New

Reg 6.39 Lrg 6.99

Pulled Beef Brisket Chilli
Curried Cauliflower, Spinach & Butternut

LAKSA

3.99

Organic Tofu
King Prawn
Vegetable Gyoza Topped
British Chicken

PHO (MILD) & BUÑ HUE (SPICY)

3.99

King Prawn
British Chicken
Organic Tofu
Vegetable Gyoza Topped

STEAMED GYOZA

2.99

6 Vegetable Gyozas
6 Chicken Gyozas

HOT WRAPS

Grilled Chicken & Chorizo	4.99
Sweet Potato & Crumbled Cheese	4.89
Pesto Chicken & Emmental	4.99

WRAPS & BAGUETTES

RAINBOW WRAPS

Beetroot & Goats Cheese Wrap	3.79
Asian Chicken Wrap	3.99
Omega Salmon & Spinach Wrap	3.99

BAGUETTES

Chicken Caesar & Bacon	4.25
Wiltshire Ham & Emmental	4.25
Avocado & Caprese	3.75

DRINKS

COFFEE

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	2.95/3.25
Iced Americano	2.29/2.79
Iced Latte	2.25/2.75

SMOOTHIES

3.99

Plant Powered Protein Shake	
Lean Green Bean	
Breakfast Super Shake	
Berry Cooler	
Kale Cleanse <i>New</i>	
Super Fruit	4.49

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

We also offer full catering services.



Order online at
pod.co.uk