



GROUP or PACKED LUNCHES - please complete and fax to your local pod

POD: Devonshire Square, EC2:
Phone: 020 3174 0108
Fax: 020 3174 0109

POD: 5 Lloyds Avenue, EC3
Phone: 020 3174 0038
Fax: 020 7702 2022

POD: 163 London Wall, EC2
Phone: 020 7256 5506
Fax: 020 7374 2994

POD: Holborn, WC1
Phone: 020 3174 0541
Fax: 020 7831 6324

POD: King William Street, EC4N
Phone: 020 7283 7460
Fax: 020 7283 7467

POD: New Street, EC2
Phone: 020 72470388
Fax: 020 72470388

POD: Cheapside, EC1
Phone: 020 3174 0399
Fax: 020 7726 8548

POD: New Street Square, EC4
Phone: 020 3174 0228
Fax: 020 7936 3331

POD: More London, SE1
Phone: 020 3174 0374
Fax: 020 7407 9048

POD: Exchange Square, EC2
Phone: 020 3174 0290
Fax: 020 7256 6828

POD: Regents Place, NW1
Phone: 020 7388 0400
Fax: 020 7388 0400

POD: Chiswell Street, EC1
Phone: 020 72562275
Fax: 020 72562275

Please remember that there is a £20 minimum order

Your Name:

Delivery Address:

Company Name:

Payment Method: Account/Card/Cash on Delivery

Contact Number:

Delivery Date/Time:

VILLAGE FLATBREAD WRAPS	PRICE	HOW MANY
Chicken, bacon & avocado	£3.75	<input type="text"/>
Harissa chicken wrap	£3.75	<input type="text"/>
Avocado, sunblush tomato & hummus (v)	£3.75	<input type="text"/>
Sweet chilli duck	£3.75	<input type="text"/>

SUPERFOOD NORI WRAPS	PRICE	HOW MANY
Chicken nori wrap	£4.95	<input type="text"/>
Avocado nori wrap (v)	£4.95	<input type="text"/>
w. Soy chilli dressing (wheat)		<input type="text"/>
w. Herb dressing		<input type="text"/>
w. Spicy Carrot & Ginger (oil free)		<input type="text"/>

HOT PODS**	PRICE	Minis	HOW MANY
Thai red chicken curry	£5.95	£3.95	<input type="text"/>
Thai green chicken curry	£5.95	£3.95	<input type="text"/>
Hereford beef chilli	£5.95	£3.95	<input type="text"/>
Peri peri chicken	£5.95	£3.95	<input type="text"/>
Vegetarian peri peri (v)	£5.55	£3.95	<input type="text"/>
Dorset down lamb tagine	£6.95		<input type="text"/>

SZECHUAN SOBAS**	PRICE	Minis	HOW MANY
Chicken Szechuan soba	£5.45	£3.65	<input type="text"/>
Duck szechuan soba	£5.95	£3.95	<input type="text"/>
Mushroom Szechuan soba (v)	£5.45	£3.65	<input type="text"/>

MISO SOBAS**	PRICE	Minis	HOW MANY
Chicken miso soba	£5.45	£3.65	<input type="text"/>
Duck miso soba	£5.95	£3.95	<input type="text"/>
Mushroom miso soba (v)	£5.45	£3.65	<input type="text"/>

PACKED LUNCHES:
if you would like us to individually name or bag your order, please can you print and complete this form
[CLICK HERE](#)

SALAD DELIVERY DEAL yes no
remember order 5 salads and your 6th is free

SALADS	PRICE	HOW MANY
HEARTBEAT SUPERFOOD SALAD	£4.75	<input type="text"/>
w. Chicken	£5.75	<input type="text"/>
w. Falafel	£5.75	<input type="text"/>
w. Smoked salmon	£5.75	<input type="text"/>
w. Feta	£5.75	<input type="text"/>
w. Egg	£5.75	<input type="text"/>
w. Shredded duck	£6.05	<input type="text"/>

CRUNCHY INDIAN SLAW	PRICE	HOW MANY
w. Chicken	£4.25	<input type="text"/>
w. Falafel	£5.25	<input type="text"/>
w. Feta	£5.25	<input type="text"/>
w. Smoked salmon	£5.25	<input type="text"/>
w. Egg	£5.25	<input type="text"/>
w. Shredded duck	£5.55	<input type="text"/>

THE 233 CALORIE SALAD	PRICE	HOW MANY
w. Chicken	£4.95	<input type="text"/>
w. Falafel	£5.95	<input type="text"/>
w. Feta	£5.95	<input type="text"/>
w. Smoked salmon	£6.25	<input type="text"/>
w. Egg	£5.95	<input type="text"/>
w. Shredded duck	£6.25	<input type="text"/>

SCANDINAVIAN SALMON SUPERFOOD	PRICE	HOW MANY
w. Falafel	£5.25	<input type="text"/>
w. Feta	£6.25	<input type="text"/>
w. Egg	£6.25	<input type="text"/>

DETOX BOXES	PRICE	HOW MANY
Omega glee	£5.95	<input type="text"/>
Super salmon	£5.95	<input type="text"/>

SIDE SALADS	PRICE	HOW MANY
Heartbeat superfood	£2.45	<input type="text"/>
Crunchy Indian slaw	£2.45	<input type="text"/>

JUICES	PRICE	HOW MANY
Fresh orange juice	£1.60	<input type="text"/>
Apple juice	£1.60	<input type="text"/>
Carrot, apple & ginger juice	£2.00	<input type="text"/>

HEALTHY SNACKS	PRICE	HOW MANY
Crunchy carrots & hummus	£1.00	<input type="text"/>
Vegetables & hummus	£1.50	<input type="text"/>
Edamame beans	£1.30	<input type="text"/>

SMOOTHIES & MILKSHAKES	PRICE	HOW MANY
Super smoothie with spirulina	£3.50	<input type="text"/>
Power smoothie	£2.85	<input type="text"/>

PUDDINGS	PRICE	HOW MANY
Lemon curd pot	£1.50	<input type="text"/>
Pistachio & cacao pot	£1.50	<input type="text"/>
Blackberry curd pot	£1.50	<input type="text"/>
Yoghurt pod w. nuts & agave nectar	£1.85	<input type="text"/>
Fruit salad	£2.70	<input type="text"/>
Little chocolate pot	£1.00	<input type="text"/>
Gooseberry fool	£1.00	<input type="text"/>
Blackberry superfood pot	£2.00	<input type="text"/>
Mango superfood pot	£2.00	<input type="text"/>

NAUGHTY BUT NICE	PRICE	HOW MANY
Pipers crisps	£0.85	<input type="text"/>
The best chocolate brownie - GF	£1.75	<input type="text"/>
Carrot and walnut cake - GF	£1.75	<input type="text"/>

DELIVERY
lunches - for 25 people or more we request that you place your order by 4pm on the day before
lunches - for 25 people or less we require a minimum of 2 hrs prior to delivery

**please re-heat in a microwave before you eat

PLEASE NOTE WE USE NUTS & SEEDS IN OUR KITCHENS

