

DRINKS

COFFEE	REG	LRG
CAPPUCCINO	£2.10	£2.40
LATTE	£2.10	£2.40
MOCHA	£2.75	£3.05
with organic Green & Blacks		
AMERICANO	£1.50	£1.80
FLAT WHITE	£2.10	
ESPRESSO	£1.35	
EXTRA SHOT	30p	

We use hand-roasted fairly traded, Arabica coffee beans from small, specialist farms. We think they make a delicious, smooth, rich cup of coffee.

TEAS

TEA	£1.25
Please ask about our wide range of herbal and caffeine free teas.	

LEMON, GINGER, MINT & AGAVE STEEPER	
Slices of lemon, fresh root ginger, leaves of mint and agave nectar.	
V ★ ♥ ▼ WF DF GF	£2.25

FRESH MINT STEEPER	
Fresh mint leaves.	
V ♥ ▼ WF DF GF	£1.50

ORANGE JUICE, GINGER STEEPER	
Fresh orange juice, fresh root ginger, honey.	
V ♥ ▼ WF DF GF	£2.25

HOT CHOCOLATE ORGANIC GREEN & BLACK'S	
	£2.75

JUICE ORANGE JUICE	
V ♥ ▼ WF DF GF	
	£1.60

SUFFOLK APPLE JUICE	
Made with Bramley and Cox's apples.	
V ♥ ▼ WF DF GF	£1.95

SUFFOLK APPLE AND RASPBERRY JUICE	
Made with Bramley and Cox's apples and with raspberry.	
V ♥ ▼ WF DF GF	£1.95

BEETROOT APPLE JUICE	
V ♥ ▼ WF DF GF	
	£2.00

CARROT, APPLE & GINGER JUICE	
V ♥ ▼ WF DF GF	
	£2.00

LITTLE POTS

BLACKBERRY FRUITY SUPERFOOD	
Blackberries, quinoa, yogurt, pistachio, agave nectar. Perfect for breakfast.	
201 calories	£2.00
V ★	

PASSION FRUIT AND GINGER SUPERFOOD	
Passion fruit, fresh root ginger, quinoa, yogurt, pistachio, agave nectar. Perfect for breakfast.	
210 calories	£2.00
V ★	

OATY LEMON CURD	
Cooked porridge oats, lemon curd, pistachio, agave nectar.	
368 calories	£2.05
V	

STRAWBERRY FLAPJACK SUNDAE	
Strawberry compote, yoghurt, flapjack and a dusting of chocolate.	
268 calories	£2.20
V	

LEMON CURD	
Natural Greek style yoghurt with a traditional lemon curd.	
219 calories	£1.50
V WF GF	

BLACKBERRY CURD	
Natural Greek style yoghurt with a traditional blackberry curd.	
306 calories	£1.50
V WF GF	

CACAO & PISTACHIO	
The purest chocolate with pistachio, agave nectar and natural Greek style yoghurt.	
165 calories	£1.50
V WF GF NUTS!	

PRUNES & SEEDS	
Natural Greek style yoghurt with prunes, seeds & agave nectar.	
401 calories	£1.85
V	

LEMON & CRANBERRY CAKE	
V GF	
	£1.60

THE BEST CHOCOLATE BROWNIE IN TOWN	
V WF GF	
	£1.75

BREAKFAST BEFORE 11:00

FREE RANGE SCRAMBLED EGGS & TOAST	
Plain with your choice of: BRITISH BACON, FRESH TOMATOES & SPRING ONIONS, FREE RANGE SAUSAGE, BAKED BEANS	
	£3.15

OMEGA 3 BOOSTER	
Scrambled eggs made with soy sauce, topped with avocado, toasted seeds & spinach	
V ★ ♥	£3.35

SUPERFOOD	
Spinach, tomato, chilli, feta & toasted seeds	
V ★ ♥	£3.35

SMOKED SALMON	
★	£3.35

Our scrambled eggs are British, free range eggs and we never use butter or cream.

TOASTED BREADS & BUTTER	
Toast, bagel or English muffin with your choice of: JAM, PEANUT BUTTER, MARMALADE, CREAM CHEESE, MARMITE OR HONEY	
	£1.50

BREAKFAST SANDWICHES	
On toasted granary, seeded bagel or muffin:	
SCOTTISH SMOKED SALMON with cream cheese	£2.95
BRITISH BACON	£2.95
FREE RANGE SAUSAGE	£2.95

Comes with your choice of: FRESH TOMATOES, BROWN SAUCE, KETCHUP

On toast BAKED BEANS	
V ♥	
	£1.80

PROPER ORGANIC PORRIDGE	
Plain with your choice of: MUSCOVADO SUGAR, STRAWBERRY PUREE, HONEY, RAISINS, BANANA, AGAVE NECTAR OR HONEY SEEDS	
V ★ ♥ WF NUTS!	SML £1.80
	LRG £2.10

BLACKBERRY CURD & PISTACHIO	
V ★ WF	
	SML £2.20
	LRG £2.60

LEMON CURD & ALMOND	
V ★ WF	
	SML £2.20
	LRG £2.60

GET YOUR PORRIDGE MADE WITH:

- Organic skinny milk
- Organic soya milk
- Water

SPIRULINA POWER SMOOTHIE	
Spirulina, organic muesli, banana, organic soya milk, apple juice, organic agave nectar	
V ★ ♥ ▼ DF NUTS!	£3.60

POWER SMOOTHIE	
Organic muesli, banana, organic soya milk, apple juice, organic agave nectar	
V ♥ ▼ DF NUTS!	£2.95

SALADS & WRAPS FROM 10:30

CHEF SALADS KOREAN SUPERFOOD	
Kelp noodles, bean sprouts, cucumber, mouli, edamame beans, red cabbage, spring onions, coriander, seeds, pickled ginger with a pot of soy sesame dressing.	
233 calories	£4.95
V ★ ♥ DF	

SLOW BURNER	
Feta, cucumber, peas, pearl barley, lentil, crunchy Indian slaw, mixed leaf, pistachio, mint, red chilli with sweet chilli & sesame dressing.	
447 calories	£4.75
V ★	

HEARTBEET SUPERFOOD	
Beetroot, chickpeas, feta, peas, broad beans, sunblush tomatoes, chilli toasted seeds & almonds, mixed leaves, rocket, parsley with carrot & ginger dressing (oil free).	
359 calories	£4.75
V ★ NUTS!	

CRUNCHY INDIAN SLAW & MANGO CHUTNEY	
Shredded red and green cabbage, carrot, spring onion, tomato, spinach, dal muth, almonds, peanuts and chopped coriander with a pot of mango chutney dressing.	
355 calories	£4.25
V ★ ♥ WF DF GF NUTS!	

SPECIALTY BREAD SCANDINAVIAN SMÖRGÅS	
Smoked salmon, free range eggs, spinach, sesame, linseed & chia seeds, horseradish & cream cheese spread on Turkish bread.	
430 calories	£3.95
★	

FLATBREAD WRAPS HARISSA CHICKEN	
with cucumber, spinach, red cabbage, yoghurt and coriander.	
436 calories	£3.75

SWEET CHILLI DUCK	
with spinach, edamame beans, pickled ginger, red pepper, red cabbage, carrots, crème fraîche and sweet chilli & sesame dressing.	
539 calories	£3.95
★	

AVOCADO, SUNBLUSH TOMATO & HUMMUS	
with mixed lettuce, chickpeas and yoghurt.	
484 calories	£3.75
V	
CHICKEN, BACON & AVOCADO	
with spinach, cucumber and herb dressing.	
540 calories	£3.75

FLAT BREAD
Authentic, stone-baked Lebanese bread - the perfect texture for a delicious wrap. It's really healthy, yeast free & naturally light...

ADD A TOPPING TO YOUR SALAD:

- super lean chicken breast
- free range egg
- falafel
- feta £1.00
- shredded duck
- smoked salmon £1.30

POD DETOX BOXES CHICKEN EDAMAME	
chicken, edamame beans, ginger, chilli, chicken superfood nori wrap, seeds, kelp pickle, bean sprout salad, spinach, with soy & sesame dressing.	
295 calories	£5.95
DF	

SALMON AVOCADO	
with avocado superfood nori wrap, Scottish smoked salmon, seeds, avocado, spinach, kelp pickle, bean sprout salad and soy sesame dressing.	
342 calories	£5.95
★ DF	

DETOX BOXES
Our detox boxes contain kelp noodles which are nothing less than a wonderfood. They're packed with nutrients and metabolism-boosting iodine, they're fat free, zero carbs & low calorie !!

SUPERFOOD NORI WRAPS CHICKEN	
with cucumber, spinach, red cabbage, tahini, umeboshi & pickled ginger	
187 calories	£4.95
★ ♥ WF DF GF	

AVOCADO	
with cucumber, spinach, red cabbage, tahini, umeboshi & pickled ginger	
230 calories	£4.95
V ★ ♥ WF DF GF	

NORI WRAP
Delicious seaweed, very nutritious, low fat and low in calories.

PROPER HOT FOOD FROM 11:00

HOT LUNCH THAI RED CHICKEN CURRY	
Pod's legendary tastebud-tingling curry served over mixed rice and fresh herbs with a crunchy Thai salad. Medium heat.	
REGULAR 672 calories	£5.95
MINI 449 calories	£3.95
WF DF GF	

THAI GREEN CHICKEN CURRY	
Our delicious spiced curry served over mixed rice and fresh herbs with a crunchy Thai salad. Mild.	
REGULAR 692 calories	£5.95
MINI 450 calories	£3.95
WF DF GF	

HEREFORD BEEF CHILLI	
A sumptuous classic chilli with shredded British beef, kidney beans and a lively chilli kick. Served over mixed rice and fresh herbs with a mixed side salad.	
REGULAR 555 calories	£6.45
MINI 370 calories	£4.45
♥ WF DF GF	

CHICKEN BENGAL BEAN CURRY	
Shredded chicken in a hot Bengal bean sauce served over pearl barley, green lentils and coriander with a mixed side salad.	
REGULAR 679 calories	£5.95
MINI 443 calories	£3.95
★ DF	

VEGETARIAN BENGAL BEAN CURRY	
Chunky vegetables in a hot Bengal bean sauce served over pearl barley, green lentils and coriander with a mixed side salad.	
REGULAR 685 calories	£5.55
MINI 448 calories	£3.95
V ★ DF	

MOROCCAN LAMB MEATBALLS	
Spiced lamb meatballs served over pearl barley, green lentils and coriander with a side salad of beetroot, peas, carrots, sultanas and mint.	
397 calories	£6.45
DF	

HOT STEAMY SOBAS MISO SOBAS	
Served with rice noodles, sugar snap peas, red chilli slivers, spring onion, coriander and lots of crunchy vegetables with miso soup. Just add your topping:	
CHICKEN	REG £5.45
292 calories	MINI £3.65
143 calories	★ ♥ DF

DUCK	
302 calories	
141 calories	REG £5.95
★ ♥ DF	MINI £3.95

MUSHROOM	
231 calories	
104 calories	REG £5.45
V ★ ♥ ▼ DF	MINI £3.65

SZECHUAN SOBAS	
Served with rice noodles, sugar snap peas, red chilli slivers, spring onion, coriander and lots of crunchy vegetables with our own special Szechuan sweet and spicy soup. Just add your topping:	
CHICKEN	REG £5.45
380 calories	MINI £3.65
168 calories	★ ♥ WF DF GF

DUCK	
408 calories	
185 calories	REG £5.95
★ ♥ WF DF GF	MINI £3.95

MUSHROOM	
337 calories	
145 calories	REG £5.45
V ★ ♥ ▼ WF DF GF	MINI £3.65

SOBAS
Our fabulous sobas are low fat and low calorie.