



WELCOME TO OUR
SUMMER MENU



HOT PODS

VIETNAMESE CHICKEN



NEW

NEW Vietnamese Chicken

WF DF GF LF

MINI REG LRG
3.99 / 5.99 / 6.99

NEW Sunshine Beef

WF DF GF

4.99 / 6.99 / 7.99

Thai green chicken curry

WF DF GF

3.99 / 5.99 / 6.99

Thai red chicken curry

WF DF GF

3.99 / 5.99 / 6.99

Peruvian Vegetable

DF V ▼

3.99 / 5.99 / 6.99

ALL SERVED WITH 3 GRAIN RICE WITH
& CRUNCHY SALAD

HOT & SKINNY POD

Choose any hot pod recipe above & enjoy
over a generous serve of crunchy salad. No rice.

REG
5.99

Beef +£1



LF LOW FAT V VEGETARIAN ▼ VEGAN WF WHEAT FREE DF DAIRY FREE GF GLUTEN FREE

POD KITCHENS ARE NOT 100% GLUTEN AND WHEAT FREE ENVIRONMENTS / TAKE AWAY PRICES SHOWN / WE USE NUTS & SEEDS IN OUR KITCHENS

ENERGY PODS

PACKED WITH SUPER GRAINS AND LEAN PROTEIN TO KEEP YOU FULL WHILST
CONTROLLING ENERGY RELEASE

ADD GUARANA +50P

Super food chicken

with spirulina, grains & vegetables
DF LF

4.99

BBQ chicken

with quinoa, pearl barley, summer spices,
tomato & green lentils
DF LF

4.99



BOOST SOUPS

PACKED WITH FRESH VEGETABLES,
NOODLE OR QUINOA & HOT BROTH

NEW Chicken & noodle soup

with vegetables, herbs & chicken broth
WF DF GF

£3.75

NEW Lebanese red pepper & chicken

with noodle or quinoa base
WF DF GF LF NUTS

£3.75

NEW Lebanese red pepper & vegetable

with noodle or quinoa base
WF DF GF LF V ▼ NUTS

£3.25



SALADS

Go green miso salad with Chicken 5.75

with curry salad mix, broccoli, leek & kale mix, sugar snap peas, lettuce, red chilli, coriander, seeds & miso dressing.

V ▼ DF GF WF SEEDS

Pod tabbouleh 4.99

with cucumber, tomatoes, avocado, leek & kale mix, quinoa, pomegranate seeds, pistachio, mint, parsley, lemon juice & lemon dressing.

£5.75 WITH CHICKEN

V ▼ DF GF NUTS

Slow burner salad 4.99

with Turkish cheese, cucumber, peas, pearl barley, lentils, shredded cabbage, carrot, spring onion, dal muth, peanuts, mixed leaves, pistachios, mint and chilli with a shot of sweet chilli & sesame dressing.

£5.75 WITH CHICKEN

V SEEDS NUTS

Shredded pork & pod slaw 5.75

with avocado, peas, shredded pork, beetroot, mixed wasabi seeds, sweet chilli sauce, coriander and a shot of our Tamari dressing

GF SEEDS

NEW Oak roasted super salmon salad 5.75

Leek, kale, mixed leaves, beetroot, peas, edamame beans, carrots, coriander leaves, chilli & spring onion, chilli munchy seeds, autumn seeds, beetroot & wasabi dressing topped with roasted salmon.

GF WF DF SEEDS NUTS

NEW Pod slaw & avocado salad 4.25

Peas, beetroot, green cabbage, leek, kale, carrots, avocado, edamame beans & wasabi seeds with a miso dressing.

V ▼ DF WF DF SEEDS

NEW Superfood summer salad 4.25

Leek, kale, beetroot, autumn seeds, Turkish cheese, pecan nuts, pomegranate seeds, chilli munchy seeds, green salad with a lime & mint dressing.

V DF WF DF SEEDS NUTS

NEW Slow burner side salad 2.99

Turkish cheese, cucumber, peas, coriander, pearl barley, lentils, shredded cabbage, carrot, spring onion, dal muth, peanuts, mixed leaves, pistachio, mint and red chilli with a sweet chilli & sesame dressing.

V SEEDS NUTS

NEW Crunchy asian side salad 2.99

Peas, edamame beans, carrots, coriander leaves, red chilli & spring onion with tamari dressing.

V ▼ DF WF DF

NEW



OAK ROASTED SUPER SALMON



POD TABBOULEH

ADD A PROTEIN TOPPING TO YOUR SALAD:

CHICKEN, TURKISH CHEESE, FALAFEL, FREE-RANGE EGG +1.00 PRAWNS, SMOKED SALMON +1.50

BOXES & WRAPS



Chicken & avocado box

5.99

with a chicken nori wrap, avocado, spinach, kelp pickle, red cabbage, cucumber, pickled ginger, pumpkin seeds and a side salad of green peas, edamame beans, shredded carrot, coriander, chilli peppers and spring onions with a Tamari dressing
DF GF WF SEEDS

Salmon & avocado box

5.99

with salmon superfood nori wrap, avocado, spinach, kelp pickle, red cabbage, cucumber, pickled ginger, pumpkin seeds and a side salad of green peas, edamame beans, shredded carrot, coriander, chilli peppers and spring onions with a Tamari dressing
DF GF WF SEEDS

Protein box

5.50

with dill & horseradish salmon, chicken, linseed, boiled eggs and roasted salmon.
Suitable for the Dukan diet
LF WF DF GF SEEDS

Gym box

4.99

with hummus, falafel, broccoli, barley, lentils, cabbage, carrot, spring onion, peanuts, sunblush tomatoes, chia seeds and mango dressing
V ▼ DF SEEDS NUTS

Chicken nori wrap

4.99

with umeboshi (plum pickle), sesame paste, cucumber, red cabbage, pickled ginger, spinach and a crunchy side salad
with a free Tamari dressing
LF WF DF GF SEEDS

Salmon nori wrap

4.99

with smoked salmon, cucumber, spinach, red cabbage, tahini, umeboshi, pickled ginger and a crunchy side salad. with a free Tamari dressing
LF WF DF GF SEEDS

ADD A PROTEIN TOPPING TO YOUR SALAD:

CHICKEN, TURKISH CHEESE, FALAFEL, FREE-RANGE EGG +1.00 PRAWNS, SMOKED SALMON +1.50

SUPER 7 BAGUETTES

NEW Lebanese red pepper chicken 2.99

With basil and tomato in a SUPER 7 baguette.

DF SEEDS NUTS

Mozzarella, sunblush tomato & avocado 2.99

with basil leaves and olive oil in a SUPER 7 baguette

V SEEDS

Ham & gruyere 2.99

with mixed lettuce, mustard and low fat mayonnaise in a SUPER 7 baguette

SEEDS

Thai red chicken 2.99

with cucumber slices in a SUPER 7 baguette

SEEDS



MOZZARELLA, SUNBLUSH TOMATO & AVOCADO



POD PACKED PICNIC

BAGUETTE & CRISPS & DRINK
ONLY

£3.99

BREAKFAST

SERVED
BEFORE
11AM



REG LRG
5.99

NEW The big breakfast

with bacon, scrambled eggs, pod beans, free range sausage, fresh tomato, mixed seeds, chilli, spinach & our new protein bread SEEDS

NEW Bean boost breakfast pot

with chorizo sausage or Turkish cheese & our new protein bread

2.99

Chorizo power eggs

with tomato, mixed seeds, spinach & fresh chilli ★ SEEDS

3.99 / 4.99

Energiser scrambled eggs

with mozzarella, sunblush tomatoes, avocado & basil V ★

3.99 / 4.99

Super food scrambled eggs

with Turkish cheese, spinach, tomato, chilli & toasted seeds V ★ SEEDS

3.99 / 4.99

Gluten free porridge slow cooked with milk or water

choose honey, pumpkin seeds, banana, sultanas,

NEW lemon curd or **NEW** strawberry purée

1.75 / 1.99

NEW Sausage or bacon sandwich / with coffee

3.75 / 4.99

Avocado & chilli toast

3.75

WHEAT FREE / GLUTEN FREE BREAD +50P

Granary bread or seeded bagel

1.80

with Marmite, strawberry jam, marmalade, peanut butter, Nutella, honey or cream cheese

Scottish smoked salmon bagel / with coffee

3.50 / 4.99

with cream cheese

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SMOOTHIES & BLITZES

SERVED
ALL DAY



Energy smoothie

3.25

passion fruit puree, banana, purple grape juice, gluten free oats and organic soya milk

LF V DF GF ▼

Power smoothie

3.25

banana, apple juice, gluten free oats, organic soya milk and agave nectar

LF V DF GF ▼

Vitamin hit blitz

3.75

mango, orange juice, banana, apples, carrots, kiwi fruit, and blueberry powder

GF WF DF V ▼

Supergreen blitz

3.75

spinach, ginger, lemon juice, cucumber, leek & greens, mango & apple juice

GF WF DF V ▼

NEW Smooth berry blitz

3.75

A filling & creamy blend of strawberry, blueberry, banana, yoghurt, strawberry puree & agave.

GF WF V

NEW Caribbean Blitz

3.75

A delicious tropical oasis of mango, banana, apple, strawberry & orange juice.

GF WF DF V ▼

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