



# SUMMER NUTRITION

## SALADS AND BOXES

Allergens

Kcals

Protein  
(g)Carbs  
(g)Fibre  
(g)Fat  
(g)Sat Fat  
(g)Sugar  
(g)Salt  
(g)Nutrition  
info

### LARGE SALADS

NEW

#### Oak roasted super salmon salad

Ingredients: 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

Autumn seeds (sesame), beetroot & wasabi dressing (soya, mustard, sulphites), roasted salmon (fish)

435

36.7

23.1

9.4

22.9

5

13.1

2

GF DF WF SEEDS!

NEW

#### Superfood summer salad

Ingredients: leek, kale, beetroot, **autumn seeds**, **Turkish cheese** **pecan nuts**, pomegranate seeds, chilli munchy seeds, green salad with a **lime & mint dressing**

Autumn seeds (sesame), Turkish cheese (milk), pecan nuts (nuts), lime & mint dressing (mustard, sulphites).

350

11.3

14.8

4.3

28.1

7.2

11.5

1.6

GF V WF SEEDS! NUTS!

#### Pod slaw & avocado salad

Ingredients: slaw mix (leek, kale, cabbage, carrots, peas, beetroot), avocado, **edamame beans** & wasabi seed mix with a **miso dressing**

Edamame beans (soya), miso dressing (soya, sulphites, sesame).

384

15.1

29.9

10.7

23.2

3.6

15.3

0.6

DF V V GF WF SEEDS!

#### Crunchy asian side salad

Ingredients: peas, **edamame beans**, carrots, coriander leaves, red chilli & spring onion with **tamari dressing**

Edamame beans, tamari (soya)

212

18.3

21.4

8.8

7

1

7.8

0.1

DF V V GF WF

#### Go green miso chicken salad

Ingredients: peas, **edamame beans**, red chilli, coriander leaves, chicken, broccoli, **miso dressing**, leek, kale, sugar-snap peas, lettuce, red chilli, coriander leaves, **seed mix**

Miso dressing (soya, sulphites, sesame), seed mix (sesame)

349

26.8

24.2

8.4

16.5

2

13.7

0.6

GF DF WF SEEDS!

#### Pod tabbouleh

Ingredients: cucumber, tomatoes, avocado, leek, kale, quinoa, pomegranate seeds, **pistachio**, mint, parsley, lemon juice & **lemon dressing**

Pistachio (nuts), lemon dressing (sulphites, soya)

323

6.2

19.6

4.9

24.7

3.3

9.4

0.4

DF V V GF WF NUTS!

#### Chicken tabbouleh

Ingredients: as above with chicken

As above

432

18.7

19.6

4.9

31.2

5.1

9.4

0.4

DF GF WFNUTS!

#### Slow burner with chicken

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

Turkish cheese (milk), pearl barley (gluten), pistachio (nuts), sweet chilli dressing (sulphites, sesame), peanuts (peanuts)

516

28.7

57.7

6.9

18.6

6.3

22.2

2.2

NUTS! SEEDS!

#### Slow burner

Ingredients: **Turkish cheese**, cucumber, peas, **pearl barley**, lentils, shredded red & green cabbage, carrot, spring onion, dal muth, **peanuts**, mixed leaves, **pistachios**, mint & coriander red chilli with a **sweet chilli & sesame dressing**

Turkish cheese (milk), pearl barley (gluten), peanuts (peanuts), pistachio (nuts), sweet chilli dressing (sulphites, sesame)

462

17.5

57.7

6.9

17.5

6

22.2

2.1

V NUTS! SEEDS!

#### Slow burner side salad

Ingredients: as above

As above

242

9

30.1

3.6

9.3

3.1

12.2

1.1

V NUTS! SEEDS!

#### Shredded pork & pod slaw

Ingredients: avocado, peas, mixed cabbage, shredded pork, beetroot, mixed wasabi seeds, **sweet chilli sauce**, coriander & a shot of **Tamari dressing**

Tamari dressing (soya), sweet chilli sauce (sulphites, sesame)

326

22.3

26.1

9

14.3

2.7

16.8

0.3

GF DF WF

## HERE ARE SOME OF POD'S SPECIAL INGREDIENTS WHICH MAKE UP OUR DELICIOUS MENU:

**KELP NOODLES** – exclusive to pod and nothing less than a wonder food. These vibrant purple noodles are packed with nutrients & metabolism boosting iodine. Fat free, zero carbs and only 29 calories per serving!

**NORI** – born from the sea they are an abundance of vitamins and minerals. Nutritious, low fat, with just 8 calories per ¼ of a cup! Find them in our delicious wraps.

**CHIA SEEDS** – a very rich source of omega-3s, amino acids and an abundance of minerals. They're almost like tiny vitamin pills!

**BEETROOT** – A raw foodie's favourite, beetroot is an excellent liver tonic and blood purifier.

**AVOCADO** – actually a fruit, although higher in calories than other fruits, these are nutrient-dense calories, full of heart healthy monounsaturated fats which have been shown to lower cholesterol, vitamin E to support brain function and lutein for healthy eyes and skin.

**CHICKEN** – packed full of protein, low in fat and nutrient dense, chicken is a great source of vitamin B3 and B6 making it a natural **energy booster**. Perfect for our chicken energy pot.

### HOUSE RULES



OUR FRUIT & VEGETABLES ARE DELIVERED FRESH EVERY MORNING FROM COVENT GARDEN MARKET



EVERY POD SALAD IS HANDMADE IN THE POD KITCHEN EACH DAY



ALL OUR FOOD IS SERVED IN RECYCLED, COMPOSTABLE PACKAGING

We try to be as accurate as possible with our portion sizes, however some dishes may vary slightly.

**V** VEGETARIAN **V** VEGAN **WF** WHEAT FREE **DF** DAIRY FREE

**GF** GLUTEN FREE **SEEDS!** CONTAINS SEEDS **NUTS!** CONTAINS NUTS

All nutritional information is calculated per portion.

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# SUMMER NUTRITION

## SALADS AND BOXES

### DETOX BOX

	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
<b>Chicken detox box</b> Ingredients: chicken superfood nori wrap, avocado with <b>autumn seeds</b> , spinach, kelp pickle, red cabbage, cucumber, pickled ginger, <b>pumpkin seeds</b> & a side salad of green peas, <b>edamame beans</b> , shredded carrot, coriander, chilli peppers & spring onions with a chilli, <b>tamari dressing</b>	Edamame beans (soya), tamari dressing (soya), autumn seeds (sesame)	242	22	14.3	5.5	10.9	1.6	5.1	1	GF DF SEEDS!
<b>Salmon detox box</b> Ingredients: <b>salmon</b> superfood nori wrap, avocado with <b>autumn seeds</b> , spinach, kelp pickle, red cabbage, cucumber, pickled ginger, <b>pumpkin seeds</b> & a side salad of green peas, <b>edamame beans</b> , shredded carrot, coriander, chilli peppers & spring onions with a chilli, <b>tamari dressing</b>	Edamame beans (soya), tamari dressing (soya), salmon (fish), autumn seeds (sesame)	289	22.1	16.7	5.6	14.9	2.2	5.2	2.2	GF DF SEEDS!

### POWER BOXES

<b>Gym box</b> Ingredients: <b>hummus</b> , falafel, broccoli, <b>pearl barley</b> & green lentils, shredded cabbage, carrot, spring onion, spinach, dal muth, <b>peanuts</b> , sunblushed tomatoes, <b>chia seeds</b> & a mango dressing	Hummus (sesame), pearl barley (gluten), peanuts (peanuts), mango dressing (sulphides)	434	15.4	41.6	9.2	25.5	4.7	0	2.1	V ▼ DF
<b>Protein box</b> Ingredients: <b>salmon</b> tossed in dill & horseradish, roasted salmon, chicken with chilli & slices of <b>hard boiled egg</b> . Suitable for the Dukan diet	Salmon (fish), hard boiled egg (egg), prawns (crustaceans)	357	48.1	0.5	0.1	18.1	5.1	0.5	3.7	GF DF WF

### POTS OF DRESSING

<b>NEW</b>	<b>Beetroot &amp; wasabi dressing</b>	Sulphites, mustard, soy	54	1.1	11.4	0.7	0.1	0	11.1	0.5	GF WF
	<b>Miso dressing</b>	Miso paste (soy), tamari (soy), preservative (sulphites), tahini paste (sesame)	120	2.0	7.7	0.7	9.0	0.8	5.2	0.3	V ▼ DF GF WF
	<b>Lime &amp; mint</b>	Lime juice (sulphites)	40	0.2	1.9	0.2	0.1	0.1	0	0.4	V ▼ WF DF GF
	<b>Mango chutney</b>	Lemon juice (sulphites)	79	0.2	10.6	0.1	4.4	0.6	0	0.7	V ▼ DF GF WF
	<b>Lemon</b>	Lemon juice (sulphites), tamari (soya)	91	0.1	3.6	0	8.3	0.6	3.2	0.3	V ▼ DF GF WF
	<b>Sweet chilli</b>	Garlic (sulphites), sesame oil	74.2	0.1	18.3	0.1	0.1	0	15.7	0.1	V DF GF WF
	<b>Tamari</b>	Tamari (soya)	50	2.1	2.5	0	2.8	0.2	2.3	0	GF DF V ▼

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**GF** GLUTEN FREE   **SEEDS!** CONTAINS SEEDS   **NUTS!** CONTAINS NUTS

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**KELP NOODLES** – exclusive to pod and nothing less than a wonder food. These vibrant purple noodles are packed with nutrients & metabolism boosting iodine. Fat free, zero carbs and only 29 calories per serving!

**NORI** – born from the sea they are an abundance of vitamins and minerals. Nutritious, low fat, with just 8 calories per ¼ of a cup! Find them in our delicious wraps.

**MANGO** – these sweet fruits are a great source of Vitamin E and are great for the skin. They are also high in Vitamin C and Beta- Carotene to keep your immune system strong.

**PISTACHIO** – full of heart healthy fats, pistachios have been shown to reduce bad cholesterol and increase good cholesterol.

**MINT** – a digestive aid, headache fighter, natural cough remedy and skin purifier, what a super herb that also tastes great in both savory and sweet dishes.

**CHIA SEEDS** – a very rich source of omega-3s, amino acids and an abundance of minerals. They're almost like tiny vitamin pills!

**BEETROOT** – A raw foodie's favourite, beetroot is an excellent liver tonic and blood purifier.

### HOUSE RULES

✓ OUR FRUIT & VEGETABLES ARE DELIVERED FRESH EVERY MORNING FROM COVENT GARDEN MARKET

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# SUMMER NUTRITION

## BAGUETTES AND WRAPS

Allergens

Kcals

Protein  
(g)

Carbs  
(g)

Fibre  
(g)

Fat  
(g)

Sat Fat  
(g)

Sugar  
(g)

Salt  
(g)

Nutrition  
info

### BAGUETTES

NEW

#### Lebanese red pepper chicken baguette

Ingredients: **muhammara**, chicken, tomatoes & basil in a Super 7 baguette

Muhammara (nuts, sulphites), baguette (gluten, sesame)

566

31.9

84.9

9.2

9.1

0.5

2.1

2.2

DF  
NUTS!  
SEEDS!

#### Thai red chicken

Ingredients: our legendary **red chicken curry sauce**, avocado slices & purple pod pickle in a Super 7 baguette

Baguette (gluten, sesame), fish sauce (fish), shrimp paste (crustaceans)

582

24.9

84

9.2

14.3

5.5

0.2

2.6

SEEDS!  
DF

#### Ham & gruyere

Ingredients: mixed lettuce, **mustard**, low fat **mayonnaise**, ham and **gruyere** in a Super 7 baguette

Mustard (mustard), mayonnaise (egg), gruyere (cheese), baguette (gluten, sesame)

654

32.2

87.6

8.6

33.4

7.6

1.3

5.7

SEEDS!

#### Mozzarella avocado

Ingredients: **mozzarella**, sunblushed tomato, avocado, basil leaves, olive oil in a Super 7 baguette

Mozzarella (milk), baguette (gluten, sesame)

705

27.2

84.1

9.6

26.9

8.7

0.2

2.8

V  
SEEDS!

### WRAPS (selected shops only)

NEW

#### Hummus & pod slaw wrap

Ingredients: **hummus**, peas, beetroot, white cabbage, leek, spring greens, carrot & a **tortilla wrap**

Hummus (sesame), tortilla wrap (gluten)

552

19.6

63.6

8.2

24.4

5.6

8

2.4

V ▼ DF  
SEEDS!

NEW

#### Chicken dijon & pod slaw wrap

Ingredients: pulled chicken, wholegrain mustard **mayonnaise**, peas, beetroot, white cabbage, leek, spring greens, carrot & a **tortilla wrap**

Mayonnaise (egg, mustard), tortilla wrap (gluten)

461

29.9

59.5

7.4

7.4

4.1

5.9

0.9

DF

NEW

#### Pulled pork & pod slaw wrap

Ingredients: pulled pork, **sweet chilli & sesame sauce**, peas, beetroot, white cabbage, leek, spring greens, carrot & a **tortilla wrap**

Sweet chilli & sesame sauce (sesame), tortilla wrap (gluten)

659

15

62.8

4.3

38.2

14.2

17.5

0.5

SEEDS!  
DF

### NORI WRAPS

#### Salmon nori wrap

Ingredients: smoked salmon, umeboshi (plum pickle), **sesame paste**, cucumber, red cabbage, pickled ginger, spinach and a crunchy side salad with a free optional **Tamari dressing**

Salmon (fish), sesame paste (Sesame), tamari dressing (soya)

191

23.4

8.6

4.8

7.2

1.1

5.7

3.5

GF DF WF

#### Chicken nori wrap

Ingredients: chicken, umeboshi (plum pickle), **sesame paste**, cucumber, red cabbage, pickled ginger, spinach and a crunchy side salad with a free optional **Tamari dressing**

Sesame paste (Sesame), tamari dressing (soya)

187

26.2

7.4

5.7

6

1.2

3.6

0.5

GF DF WF

## HERE ARE SOME OF POD'S SPECIAL INGREDIENTS WHICH MAKE UP OUR DELICIOUS MENU:

**AVOCADO** – actually a fruit, although higher in calories than other fruits, these are nutrient-dense calories, full of heart healthy monounsaturated fats which have been shown to lower cholesterol, vitamin E to support brain function and lutein for healthy eyes and skin.

### SUNBLUSHED TOMATOES

– sometimes referred to by the French as 'pomme d'amour' meaning 'love apple' their deep red colour comes from the antioxidant lycopene, which has been shown in numerous studies to promote good bones and heart health.

### SUPER 7 BAGUETTE

– our unique baguette is made with 7 different grains and 5 seeds including flaxseed, sunflower, sesame, millet and poppy seeds. Higher in fibre and slow release energy as well as heart healthy fats, make this baguette a wiser choice than it's all-white counterpart.

**MOZZARELLA** – made from buffalo milk, this mild soft Italian cheese is high in calcium, which is essential for healthy bones and teeth as well as maintaining a healthy blood pressure. Also host to a range of B vitamins which are essential for energy production.

### HOUSE RULES



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ALL OUR FOOD IS SERVED IN RECYCLED, COMPOSTABLE PACKAGING

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V VEGETARIAN ▼ VEGAN WF WHEAT FREE DF DAIRY FREE

GF GLUTEN FREE SEEDS! CONTAINS SEEDS NUTS! CONTAINS NUTS

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# SUMMER NUTRITION

## HOT FOOD

	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
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### MINI HOT PODS

<b>NEW</b> Vietnamese chicken	As below	429	24.9	65.4	5.5	8.6	1.2	4.1	0.21	GF DF WF
Ingredients: as below										
Sunshine beef stew	As below	424	19	47.3	7.5	19.1	9.7	6.1	1.4	GF DF WF
Ingredients: as below										
Peruvian vegetable stew	As below	294	8.5	50.3	5	7.6	3.4	7.8	1.4	DF V ▼
Ingredients: as below										
Thai red chicken curry	As below	370	16.2	42.2	3.7	15.7	7.9	1.9	1.4	GF DF WF
Ingredients: as below										
Thai green chicken curry	As below	386	8	45.9	4.9	20	10.7	8.4	1.3	GF DF WF
Ingredients: as below										

### REGULAR HOT PODS

<b>NEW</b> Vietnamese chicken	Bahn-mi sauce (soya, sesame), edamame beans (soya)	659	34.4	105.9	7.6	12.6	1.8	5.3	0.3	GF DF WF
Ingredients: Bahn-Mi sauce, chicken & vegetables served over three grain rice & topped with coriander. Served with a side salad of peas, edamame beans, carrots, spring onion & red chilli										
Sunshine beef stew	Indonesian sauce (soya, fish, celery), edamame beans (soya)	648	26.4	81.4	10	26.3	12.9	7.7	2	GF DF WF
Ingredients: pulled beef, seasonal veg, Indonesian sauce, mixed rice mix, peas, edamame beans, carrots, spring onion, red chilli, coriander leaves										
Peruvian vegetable stew	Peruvian corn sauce, (wheat, soya, mustard, celery, sulphites), edamame beans (soya)	478	12.4	85.7	6.8	11.3	4.8	10.3	1.9	DF V ▼
Ingredients: Peruvian corn sauce, mixed rice mix, pepper mix, peas, edamame beans, carrots, spring onion, red chilli, coriander leaves										
Thai red chicken curry	Fish sauce (fish), shrimp paste (crustaceans), edamame beans (soya)	644	27	74.6	5.4	27.4	14	2.3	2.5	GF DF WF
Ingredients: Thai red curry sauce with chicken, coconut, onions, tomato, red peppers, coriander, basil, parsley, chilli powder, white pepper, cumin served over mixed rice (brown rice, camargue red rice, wild rice) & a side salad of green peas, edamame beans, shredded carrot, coriander, chilli peppers & spring onions										
Thai green chicken curry	Fish sauce (fish), shrimp paste (crustaceans), edamame beans (soya)	673	12.4	81.2	7.6	34.9	18.9	13.9	2.3	GF DF WF
Ingredients: Thai green curry sauce with chicken, coconut, green chilli, coriander, onions, basil, lemon grass, lime leaves, coriander seeds, pepper, cumin seeds served over mixed rice (brown rice, camargue red, wild rice) & a side salad of green peas, edamame beans, shredded carrot, coriander, chilli peppers & spring onions										

### LARGE HOT PODS

<b>NEW</b> Vietnamese chicken	As above	768.5	43.5	118.7	10.1	15.2	2.1	7.4	0.4	GF DF WF
Ingredients: as above										
Sunshine beef stew	As above	759	33.7	88.2	13.2	32.8	16.2	10.6	2.4	GF DF WF
Ingredients: as above										
Peruvian vegetable stew	As above	560	16.5	95.7	9.5	14.5	6.5	14.9	2.7	DF V ▼
Ingredients: as above										
Thai red chicken curry	As above	792	36.4	82.4	7.5	36.4	18.8	3.7	3.1	GF DF WF
Ingredients: as above										
Thai green chicken curry	As above	833	16.5	91.3	10.6	46.7	25.7	19.6	3.1	GF DF WF
Ingredients: as above										

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## HERE ARE SOME OF POD'S SPECIAL INGREDIENTS WHICH MAKE UP OUR DELICIOUS MENU:

**CHICKEN** – packed full of protein, low in fat and nutrient dense, chicken is a great source of vitamin B3 and B6 making it a natural **energy booster**. Perfect for our chicken energy pot.

**CRUNCHY SALAD** – each hot pod is served with a protein-rich salad of edamame beans, carrot, coriander and peas with freshly sliced chilli to boost the metabolism.

**FRESH CORIANDER** – their leaves offer relief from indigestion problems as well as feelings of nausea. Coriander can also a calming herb which helps reduce anxiety and stress.

**SUGAR SNAP PEAS** – these crunchy peas in a pod are low in calories and surprisingly high in protein for a vegetable which make them great if you are trying to watch your weight.

**MIXED RICE** – an excellent source of energy and high in vitamin B1, not to mention gluten free. Our mixed rice contains brown rice, which is high in fibre and selenium and also wild rice, which is high in the minerals manganese and magnesium.

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# SUMMER NUTRITION

## HOT FOOD

### MINI HOT & SKINNY

NEW	Hot & skinny Vietnamese chicken	As below	429	24.9	65.4	5.5	8.6	1.2	4.1	0.2	GF DF WF
	Ingredients: as below										
	Hot & skinny sunshine beef	As below	295	19	17	8.1	17.8	9.4	7.3	1.3	GF DF WF
	Ingredients: as below										
	Hot & skinny Peruvian vegetable	As below	155	8.2	18.7	5.4	5.8	2.8	8.5	1.2	DF V ▼
	Ingredients: as below										
	Hot & skinny Thai red	As below	303	20.1	13.3	4.6	18.9	10.5	3.1	1.2	GF DF WF
	Ingredients: as below										
	Hot & skinny Thai green	As below	303	19.9	15.3	5.5	18.5	10.1	9.4	1.2	GF DF WF
	Ingredients: as below										

### REGULAR HOT & SKINNY

NEW	Hot & skinny Vietnamese chicken	Bahn-mi sauce (soya, sesame), edamame beans (soya)	453	37.4	52.7	10.6	11.3	1.5	9.2	0.2	GF DF WF
	Ingredients: Bahn-Mi sauce, chicken & vegetables over peas, edamame beans, carrots, spring onion, red chilli, coriander leaves										
	Hot & skinny sunshine beef	Indonesian sauce (soya, fish, celery), edamame beans (soya)	442	29.4	28.1	13	25	12.6	11.7	1.8	GF DF WF
	Ingredients: sunshine beef stew over peas, edamame beans, carrots, spring onion, red chilli, coriander leaves										
	Hot & skinny Peruvian vegetable	Peruvian corn sauce, (wheat, soya, mustard, celery, sulphites), edamame beans (soya)	272	15.4	32.4	9.8	9.9	4.5	14.3	1.8	DF V ▼
	Ingredients: Peruvian vegetable stew over peas, edamame beans, carrots, spring onion, red chilli, coriander leaves										
	Hot & skinny Thai red	Thai red curry (fish, crustaceans, sulphites), edamame (soya)	462	32.4	23.4	8.5	26.9	14.2	6.2	1.7	GF DF WF
	Ingredients: Thai red curry over peas, edamame beans, carrots, spring onion, red chilli, coriander leaves										
	Hot & skinny Thai green	Thai green curry (fish, crustaceans, sulphites), edamame (soya)	464	30.9	26	9.7	27	14	14.6	1.7	GF DF WF
	Ingredients: Thai green curry over peas, edamame beans, carrots, spring onion, red chilli, coriander leaves										

### LARGE HOT & SKINNY

NEW	Hot & skinny Vietnamese chicken	As above	482	48	67.5	14	14.5	1.9	12.2	0.2	GF DF WF
	Ingredients: as above										
	Hot & skinny sunshine beef	As above	573	38.2	37.1	17.1	32.1	16	15.4	2.3	GF DF WF
	Ingredients: as above										
	Hot & skinny Peruvian vegetable	As above	341	20.1	40.3	12.7	12.2	5.2	17.5	2	DF V ▼
	Ingredients: as above										
	Hot & skinny Thai red	As above	597	41	31.2	11.3	34.7	18.3	8.4	2.1	GF DF WF
	Ingredients: as above										
	Hot & skinny Thai green	As above	597	40.6	34.6	12.8	33.9	17.7	19.1	2.1	GF DF WF
	Ingredients: as above										

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**V** VEGETARIAN   **▼** VEGAN   **WF** WHEAT FREE   **DF** DAIRY FREE  
**GF** GLUTEN FREE   **SEEDS!** CONTAINS SEEDS   **NUTS!** CONTAINS NUTS

## HERE ARE SOME OF POD'S SPECIAL INGREDIENTS WHICH MAKE UP OUR DELICIOUS MENU:

**CHICKEN** – packed full of protein, low in fat and nutrient dense, chicken is a great source of vitamin B3 and B6 making it a natural **energy booster**. Perfect for our chicken energy pot.

**QUINOA** – this little seed (mistaken for a grain) is gluten free and is one of the best sources of vegetarian protein as it contains all 9 essential amino acids. PS, its pronounced 'keen-wah'.

**SPIRULINA** – one of the most nutrient-packed dynamos of the superfood world. In fact it is one of the most nutritious and concentrated food sources on the planet. This freshwater plant is a longevity booster, promoting optimal cardiovascular, liver and brain health.

**EDAMAME** – another great vegetarian protein source, this little green bean is also high in fibre adding to the 'slow release' benefits of our Superfood Chicken Energy Pot.

**BUTTERNUT SQUASH** – sweet tasting, butternut squash is high in beta-carotene which your body turns into Vitamin A (great for keeping those eyes healthy) and also potassium (to keep your blood pressure in check).

## HOUSE RULES

✓ OUR FRUIT & VEGETABLES ARE DELIVERED FRESH EVERY MORNING FROM COVENT GARDEN MARKET

✓ EVERY POD SALAD IS HANDMADE IN THE POD KITCHEN EACH DAY

✓ ALL OUR FOOD IS SERVED IN RECYCLED, COMPOSTABLE PACKAGING

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# SUMMER NUTRITION

## HOT FOOD

### ENERGY PODS

<b>NEW</b>	<b>Super food chicken energy pod</b> Ingredients: white quinoa, pearl barley, lentils, chicken, spirulina, chopped mint, spring onions, parsley, peas, edamame beans, Peruvian corn, lemon juice, vegetable stock & tarragon	Pearl barley (gluten), edamame (soy), lemon juice (sulphites), vegetable stock (celery)	320	26.8	41.6	5.7	6.3	1	5.1	1.6	DF
<b>NEW</b>	<b>BBQ chicken energy pod</b> Ingredients: bbq stew, white quinoa, pearl barley, lentils, chicken, parsley	Pearl barley (gluten)	364	24.1	45	5.2	5.9	0.6	7.5	2.5	DF

### BOOST SOUPS

<b>NEW</b>	<b>Chicken &amp; noodle soup</b> Ingredients: cooked rice noodles, chicken, curly kale, leeks, chicken stock, sweet chilli sauce, basil	Chicken stock (celery), sweet chilli sauce (sesame)	209	16.5	22.3	1.3	5.9	0.9	4.3	1.6	GF DF WF
<b>NEW</b>	<b>Lebanese red pepper chicken &amp; noodle soup</b> Ingredients: cooked rice noodles, chicken, curly kale, leeks, vegetable stock, muhammara, basil	Muhammara (nuts, sulphites), vegetable stock (celery)	229	15.6	21.3	1.6	9.2	0.8	2.4	3.3	GF DF WF NUTS!
<b>NEW</b>	<b>Lebanese red pepper vegetable &amp; quinoa soup</b> Ingredients: peas, edamame beans, carrots, spring onion, red chilli, coriander leaves, quinoa, sweetcorn, muhammara, vegetable stock (celery) & dill	Edamame beans (soya) muhammara (nuts, sulphites), vegetable stock (celery)	172	8.6	19.5	3.6	7.1	0.7	4.9	3.2	GF DF WF V NUTS!
	<b>Lebanese red pepper chicken &amp; quinoa soup</b> Ingredients: peas, edamame beans, carrots, spring onion, red chilli, coriander leaves, quinoa, chicken, sweetcorn, muhammara, vegetable stock (celery) & dill	Edamame beans (soya) muhammara (nuts, sulphites), vegetable stock (celery)	225	20.6	19.5	3.6	7.7	0.8	4.9	3.3	GF DF WF NUTS!
	<b>Lebanese red pepper vegetable &amp; noodle soup</b> Ingredients: cooked rice noodles, curly kale, leeks, vegetable stock, muhammara, basil	Edamame beans (soya) muhammara (nuts, sulphites), vegetable stock (celery)	176	3.6	21.3	1.6	8.6	0.6	2.4	3.2	GF DF WF V NUTS!

### PODITO (selected shops only)

	<b>Piri piri chicken</b> Ingredients: pod Piri piri, chicken, peas, cabbage, curly kale, leeks, beetroot, carrots, wholemeal tortilla wrap, cooked purple quinoa & avocado	pod piri piri (celery, sulphites), tortilla wrap (gluten)	466	38.8	53	8	11.1	2.3	10	1.9	DF
	<b>Vietnamese pulled pork</b> Ingredients: bahn mi sauce, pork, peas, cabbage, curly kale, leeks, beetroot, carrots, wholemeal tortilla wrap, cooked purple quinoa & avocado	Bahn mi sauce (soya, sesame), tortilla wrap (gluten)	610	32.6	51.7	5.6	24.5	4.6	12	2.9	DF

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# SUMMER NUTRITION

## BREAKFAST

### HOT BREAKFAST SANDWICHES (on granary toast)

	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
<b>Sausage sandwich (with ketchup)</b> Ingredients: free range sausage, granary bread, tomato ketchup	Sausages (gluten), bread (gluten), tomato ketchup (celery)	464	23.0	46.5	2.7	22.0	7.9	8.0	3.4	DF
<b>Sausage sandwich (with brown sauce)</b> Ingredients: free range sausage, granary bread, brown sauce	Sausages (gluten), bread (gluten), brown sauce (wheat)	428	20.0	47.3	2.7	25.9	9.7	0	2.7	DF
<b>Sausage sandwich (no added sauce)</b> Ingredients: free range sausage, granary bread	Sausages (gluten), bread (gluten)	410	19.9	43.1	2.6					DF
<b>Bacon sandwich (with ketchup)</b> Ingredients: brown bread, bacon, tomato ketchup	Brown bread (wheat), tomato ketchup (celery)	440	25.8	46.1	3.7	18.3	6.5	6.3	5.4	DF
<b>Bacon sandwich (with brown sauce)</b> Ingredients: brown bread, bacon, brown sauce	Brown bread (wheat), brown sauce (wheat)	439	25.8	45.4	3.7	18.3	6.5	5.5	5.3	DF
<b>Bacon sandwich (no added sauce)</b> Ingredients: brown bread, bacon	Brown bread (wheat)	436	25.9	44.4	4.0	18.4	6.6	4.8	5.0	DF
<b>Scottish smoked salmon bagel</b> Ingredients: salmon, cream cheese, bagel	Salmon (fish), cream cheese (milk), bagel (gluten)	482	20.6	59.3	3.3	18.9	9.8	7	2.5	SEEDS!
<b>Avocado &amp; chilli on toast</b> Ingredients: avocado & red chilli on brown bread with butter	Brown bread (wheat/gluten), butter (milk)	324	9.5	44.4	5.3	11.8	2.5	4.0	1.4	SEEDS!

### HOT & TOASTED

<b>Protein bread</b>	Gluten - wheat, protein plus (milk)	221	17.85	26.35	5.1	3.8	0	0.85	1.0	V SEEDS!
<b>Toast</b>	Gluten	118	3.12	36.78	2.7	3.5	1.52	3	0.3	V SEEDS!
<b>Bagel</b>	Gluten	315.1	13.3	59.3	3.3	3.5	0.7	7	1.1	GF WF DF V SEEDS!
<b>Brown seeded gluten free bread (x1 slice)</b>	Dried egg white (egg)	68	1.9	9.2	3.6	1.86	0.2	0.8	0.4	V
<b>Toppings</b>										
<b>Butter</b>	Butter (milk)	50	0.07	0	0	5.7	3.6	0	0.03	V WF GF
<b>Peanut butter</b>	Peanuts (peanuts)	181.9	7.5	2.3	1.8	15.9	2.9	1.3	0.3	V ▼
<b>Jam</b>		42	0	10	0.1	0	0	7.4	0	V
<b>Marmite</b>		15	0	0	0	0	0	0	0	V
<b>Cream Cheese</b>	Cream cheese (milk)	70	1.6	0.6	0	7	4.4	0	0.1	V
<b>Honey</b>		61	0	16.4	0	0	0	16.4	0	V
<b>Marmalade</b>		37	0	10	0.1	0	0	9	0	V
<b>Nutella</b>	Nuts	162	1.6	17	0.8	9.7	3.2	16.2	0.1	V NUTS!

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**ORGANIC OATS** – these fibre rich whole grains help control energy and aid digestion while boosting the body through growth & repair. They keep you full & steadily release energy until the next meal.

**BANANA** – high-energy fruit powered with potassium & iron for healthy hearts. They also help to protect your bones and take care of your eyes. Find them in our smoothies or try them with your porridge.

**SPIRULINA** – it's a blue green algae with a protein content of 64%! Intensely packed with a wide range of vitamins and minerals to increase vitality & well being. Gain this extra power in our blended Smoothies or on your Energy Pot.

**AGAVE NECTAR** – 100% natural sweetener originating from a plant in Mexico known as 'honey water'. Try it on your porridge or in one of our Steepers to avoid the artificial spike from sugar.

**FREE-RANGE EGGS** – delicious, filling high quality protein. This natural staple has proven to have dramatic health benefits including the function of the nervous system and brain! Try our famous scrambled eggs for breakfast, or top your salad with a boiled egg.

### HOUSE RULES

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# SUMMER NUTRITION

## BREAKFAST

Allergens

Kcals

Protein  
(g)

Carbs  
(g)

Fibre  
(g)

Fat  
(g)

Sat Fat  
(g)

Sugar  
(g)

Salt  
(g)

Nutrition  
info

### SCRAMBLED EGGS

#### Energiser scrambled eggs

Ingredients: two **eggs**, **mozzarella**, basil, sunblushed tomatoes, avocado and a slice of **granary toast** with **butter**

Eggs (egg), mozzarella (milk), toast (gluten), butter (milk)

340

20.4

18.6

1.9

20.9

7

1.1

1.2

V

#### Super food scrambled eggs

Ingredients: two **eggs**, spinach, tomato, chilli, **Turkish cheese**, toasted seeds & a slice of **granary toast** cut in half with **butter**

Eggs (egg), Turkish cheese (milk), toast (gluten), butter (milk)

367

23.4

15.7

1.5

23.8

9.7

1

1.8

V

#### Chorizo power eggs

Ingredients: two **eggs**, **chorizo**, tomatoes, spinach, mixed seeds, peppers, capsicum, chilli and a slice of **granary toast** with **butter**

Eggs (egg), chorizo (soya, sulphites), toast (gluten), butter (milk)

410

27.7

14.3

1.5

27.2

5

2.4

1.6

### PORRIDGE

#### Regular gluten free porridge

Ingredients: gluten free porridge oats, **full fat milk**, water

Milk

185

6.2

26.4

3.6

5.8

1.7

2.8

0.3

V GF

#### Large gluten free porridge

Ingredients: gluten free porridge oats, **full fat milk**, water

Milk

264

8.8

38

5.2

8.1

2.3

3.9

0.4

V GF

### PORRIDGE TOPPINGS

NEW

Strawberry puree

44

0.1

11.6

0

0.1

0

3.85

0

V GF WF DF

Lemon curd

145

1.8

18.4

0

7.2

4

18.4

0.1

V GF WF

Pumpkin seeds

142

6.1

3.8

1.3

11.4

1.8

0.3

0

V GF SEEDS!

Sultanas

15

0

3.9

0

0

0

23.6

0

V GF

Banana

39

0.5

9.4

0.5

0.2

0

2.4

0

V GF

Honey

61

0

16.4

0

0

0

16.4

0

V GF

### BREAKFAST PLATES

#### The big breakfast

Ingredients: bacon scrambled eggs, pod baked beans, **sausage**, tomatoes, bacon, mixed seeds and **protein bread**.

Mustard (mustard), brown sauce (wheat), sausage (gluten), bread (wheat)

711

45.7

47.3

9.7

37.6

12.4

5.5

4.6

DF

#### Pod chorizo bean pot

Ingredients: pod baked beans, **chorizo**, parsley and **protein bread**

Brown sauce (wheat), chorizo (milk, soya), bread (wheat)

393

25.3

44.1

11.7

12.8

0.2

8.7

1.9

#### Pod Turkish cheese bean pot

Ingredients: pod baked beans, **Turkish cheese**, parsley and **protein bread**

Brown sauce (wheat), turkish cheese (milk), bread (wheat)

341

23.1

42.9

11.7

8.5

4.3

8.2

2.2

## HERE ARE SOME OF POD'S SPECIAL INGREDIENTS WHICH MAKE UP OUR DELICIOUS MENU:

**GLUTEN FREE OATS** – now everyone on a gluten free diet can reap the benefits of the vitamins, minerals and antioxidant levels in oats without the poorly tummy.

**BANANA** – high-energy fruit powered with potassium & iron for healthy hearts. They also help to protect your bones and take care of your eyes. Find them in our smoothies or try them with your porridge.

**SPIRULINA** – it's a blue green algae with a protein content of 64%! Intensely packed with a wide range of vitamins and minerals to increase vitality & well being. Gain this extra power in our blended Smoothies or on your Energy Pot.

**AGAVE NECTAR** – 100% natural sweetener originating from a plant in Mexico known as 'honey water'. Try it on your porridge or in one of our Steepers to avoid the artificial spike from sugar.

**FREE-RANGE EGGS** – delicious, filling high quality protein. This natural staple has proven to have dramatic health benefits including the function of the nervous system and brain! Try our famous scrambled eggs for breakfast, or top your salad with a boiled egg.

### HOUSE RULES



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# SUMMER NUTRITION

## BREAKFAST

### COUNTER

	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
<b>Super fruit energy bar</b> Ingredients: <b>baked bread stick</b> with mixed fruit and seeds for an energy boost on the go	Bread (gluten)	148	5.3	24.6	2.7	3.4	0.5	10.8	0.5	V SEEDS!
<b>Croissant</b>	Wheat flour (gluten), butter (milk), milk (milk), egg (Egg)	322	6.6	36.4	1.9	16.6	10	0	1.2	V
<b>Almond croissant</b>	Wheat flour (gluten), butter (milk), milk (milk), egg (Egg), nuts (almonds)	447	8.4	48.2	2.6	24.5	11.2	0	1	V
<b>Chocolate croissant</b>	Wheat flour (gluten), butter (milk), milk (milk), egg (Egg), chocolate (milk)	256	5	27.8	2	13.9	8.4	0	0.8	V

### CHILLED BREAKFAST

<b>NEW Caribbean blitz</b> Ingredients: mango, banana, apple, strawberry & orange juice		195	2.4	47.7	4.1	0.7	0.2	44.6	0	V WF GF DF
<b>NEW Smooth berry blitz</b> Ingredients: water, strawberry, blueberry, banana, <b>yoghurt</b> , strawberry puree & agave.	Yoghurt (dairy)	220	5.3	37.1	2.4	6.5	4.1	34.8	0.1	V GF WF
<b>Power smoothie</b> Ingredients: banana, apple juice, gluten free oats, <b>organic soya milk</b> , agave nectar	Soya milk (soya)	651	20	111.6	12.4	13.7	0.8	58.4	0.8	V DF GF
<b>Energy smoothie</b> Ingredients: passion fruit puree, banana, purple grape juice, gluten free oats, <b>organic soya milk</b>	Soya milk (soya)	627	18.3	111	13.1	12	0.5	58.4	0.7	V DF GF
<b>Super green detox blitz</b> Ingredients: broccoli, mango, cucumber, ginger, spinach, leek & kale mix, lemon juice, apple juice		132	3.3	29.2	2.9	1.1	0.2	27.6	0.1	V GF WF DF
<b>Vitamin hit</b> Ingredients: mango, orange juice, banana, apples, water, carrots, kiwi fruit & blueberry		178	2.4	42.5	5.1	0.9	0.2	40	0.1	V GF WF DF

## HERE ARE SOME OF POD'S SPECIAL INGREDIENTS WHICH MAKE UP OUR DELICIOUS MENU:

**BLUEBERRIES** – when you think 'superfood' you think blueberries. They actually have the highest antioxidant levels of all the fruits, great immune booster during these cold months.

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# SUMMER NUTRITION

## HEALTHY SNACKS

### YOGHURTS

	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
<b>NEW</b> <b>Berry boost superseed yoghurt</b> Ingredients: probiotic low fat <b>yoghurt</b> , chia seeds, <b>raisins</b> , pumpkins seeds, frozen mixed berries	Yoghurt (milk), raisins (sulphites)	262	13.7	31.1	3.4	12.1	3.8	28	0.3	V GF WF
<b>NEW</b> <b>Lemon superseed yoghurt</b> Ingredients: <b>yoghurt</b> , chia seeds, <b>raisins</b> , pumpkins seeds, lemon curd	Yoghurt (milk), raisins (sulphites), lemon curd (milk, egg, sulphites)	367	15	43.8	2.7	17.9	6.9	40.3	0.4	V GF WF
<b>Mixed berry super food pot</b> Ingredients: <b>yoghurt (milk)</b> , quinoa, frozen mixed berries (redcurrants, blackberries, frozen blueberries), blackcurrant puree, agave, toasted almonds	Yoghurt (milk), nuts (almonds)	203	8.9	30.4	1.4	6.2	1.7	16.2	0.2	V GF WF NUTS!
<b>Cacao, pistachio &amp; agave yoghurt pot</b> Ingredients: natural greek style yoghurt, cacao nibs, agave nectar, <b>pistachio</b>	Nuts, yoghurt (milk)	165	6.4	8.2	0.9	12	6.4	4	0.4	V GF WF NUTS!
<b>Purple grape and banana yoghurt</b> Ingredients: natural Greek style yoghurt, banana, purple grape juice, <b>toasted almonds</b> & agave nectar	Nuts, yoghurt (milk)	228	7.9	24	0.7	4.2	3.7	5	0.2	V GF WF NUTS!
<b>Chocolate granola Greek yoghurt</b> Ingredients: natural greek style <b>yoghurt</b> with <b>chocolate</b> granola	Milk	448	11.1	56.5	5.1	15.9	13	21.3	0.1	V GF WF
<b>Orange granola Greek yoghurt</b> Ingredients: natural Greek style yoghurt with seeded granola	Nuts, yoghurt (milk)	415	11.7	53.3	5.6	16.2	7.1	19.6	0.1	V GF WF
<b>Mango super food pot</b> Ingredients: mango puree, mango pieces, quinoa, probiotic yogurt, <b>toasted almonds</b> & agave nectar	Nuts, yoghurt (milk)	212	8.6	32.2	1.1	6.3	1.7	18.1	0.2	V GF WF NUTS!
<b>Bircher muesli with bee pollen</b> Ingredients: probiotic yoghurt with gluten free oats, muesli mix and bee pollen	Yoghurt (milk)	218	7.4	36.5	3.8	4.2	1.5	22.4	0	V GF

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**SUPERFRUIT BOOSTER BAR** – unique to pod, this is the perfect grab & go snack, densely packed with dried fruit and crunchy nuts.

**PROBIOTIC YOGHURT** – the active food that 'promotes life' inside our bodies, benefitting digestion and immunity. We use it in all our yummy yoghurt pots.

**RAW CACAO NIBS** – pure, unrefined, raw chocolate. Antioxidant-rich & delicious with zero sugar or milk, also known as the 'food of the gods'.

**GINGER** – Aromatic, spicy and pungent, this flavourful root is bursting with health benefits, the strongest of which being it's anti-inflammatory properties.

**FRUIT SALAD** – raw fruit and nothing but. Packed with essential nutrients with an abundance of benefits to leave you feeling fresh.

**EDAMAME** – Popular in Japan and China for thousands of years, did you know that they contain all the all of the vitamins and minerals with the exception of Vitamin D. Known as a 'complete protein' they are great for vegetarians and vegans.

**CHIA SEEDS** – there are so many benefits to the chia seed, fantastic for managing your weight as they have the ability to keep you fuller for longer and balance blood sugar levels. A great source of vegetarian omega 3, rich in calcium and packed full of antioxidants.

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# SUMMER NUTRITION

## HEALTHY SNACKS

### PICKING PODS

	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
<b>Falafel picking pot</b>		197	6.2	12.8	11.4	10.9	0.9	2.8	0.8	V ▼ DF
<b>Hummus and sugar snaps</b> Ingredients: hummus (sesame), sugar snap peas	Hummus (sesame)	76	3.7	5.6	1.3	4.5	0.5	1.8	0.6	V ▼ GF WF DF
<b>Edamame beans</b> Ingredients: edamame beans, soy chilli dressing (light Soya sauce, rice wine vinegar, sugar, olive oil & red chilli)	Soy	123	11.4	4.9	4.9	6.5	0.8	0	0.3	V ▼ DF
<b>Free-range boiled egg</b> Ingredients: one and a half eggs	Eggs	133	11.3	0	0	9.8	2.9	0	0.3	V GF WF DF

## HERE ARE SOME OF POD'S SPECIAL INGREDIENTS WHICH MAKE UP OUR DELICIOUS MENU:

**SUPERFRUIT BOOSTER BAR** – unique to pod, this is the perfect grab & go snack, densely packed with dried fruit and crunchy nuts.

**PROBIOTIC YOGHURT** – the active food that 'promotes life' inside our bodies, benefitting digestion and immunity. We use it in all our yummy yoghurt pots.

**RAW CACAO NIBS** – pure, unrefined, raw chocolate. Antioxidant-rich & delicious with zero sugar or milk, also known as the 'food of the gods'.

**GINGER** – Aromatic, spicy and pungent, this flavourful root is bursting with health benefits, the strongest of which being it's anti-inflammatory properties.

**FRUIT SALAD** – raw fruit and nothing but. Packed with essential nutrients with an abundance of benefits to leave you feeling fresh.

**EDAMAME** – Popular in Japan and China for thousands of years, did you know that they contain all the all of the vitamins and minerals with the exception of Vitamin D. Known as a 'complete protein' they are great for vegetarians and vegans.

**CHIA SEEDS** – there are so many benefits to the chia seed, fantastic for managing your weight as they have the ability to keep you fuller for longer and balance blood sugar levels. A great source of vegetarian omega 3, rich in calcium and packed full of antioxidants.

### HOUSE RULES

✓ OUR FRUIT & VEGETABLES ARE DELIVERED FRESH EVERY MORNING FROM COVENT GARDEN MARKET

✓ EVERY POD SALAD IS HANDMADE IN THE POD KITCHEN EACH DAY

✓ ALL OUR FOOD IS SERVED IN RECYCLED, COMPOSTABLE PACKAGING

We try to be as accurate as possible with our portion sizes, however some dishes may vary slightly.

V VEGETARIAN 
 ▼ VEGAN 
 WF WHEAT FREE 
 DF DAIRY FREE  
GF GLUTEN FREE 
 SEEDS! CONTAINS SEEDS 
 NUTS! CONTAINS NUTS

All nutritional information is calculated per portion.

Menus may differ from store to store