

The poster is framed by a decorative border of green holly leaves and red berries. At the top center is a dark green circle containing the word 'pod' in white lowercase letters.

pod

CHARITY CHRISTMAS MENU

This Christmas we've teamed up with **TEENAGE CANCER TRUST**. Every day, seven young people aged 13 to 24 are diagnosed with cancer in the UK and Teenage Cancer Trust is dedicated to providing expert care and support from the moment they are diagnosed. They treat them as young people first and cancer patients second. Everything they do aims to improve their quality of life and their chance of survival. At pod, we think the work they are doing is amazing, and are proud to be donating up to 25p from each Christmas menu purchase.

**PLEASE TEXT 'TRUST' TO 70300 TO DONATE £3
AND HELP TO REALLY MAKE A DIFFERENCE**

SUPPORT TEENAGE CANCER TRUST



TEENAGE CANCER TRUST IS A REGISTERED CHARITY: 1062559 (ENGLAND & WALES), SC039757 (SCOTLAND). TEXT COSTS £3 PLUS ONE STANDARD MESSAGE. PLEASE MAKE SURE YOU HAVE THE BILL PAYER'S PERMISSION. (FOR QUESTIONS ABOUT TEXT DONATIONS PLEASE CALL 033 066 00425)

CHRISTMAS MENU!

TURKEY ENERGY POT

£4.99 INCLUDES 25P DONATION

This is your healthy, hearty taste of Christmas – lean turkey breast, quinoa, pearl barley and green lentils all stewed with fresh veggies in a rich forest casserole sauce. Accompanied of course with cranberry sauce, spinach and stuffing.

341 KCAL 0.8g SAT FAT

TURKEY BAGUETTE

£3.75 INCLUDES 15P DONATION

All the Christmas staples – lean turkey, cranberry sauce, stuffing, crispy onions & spinach packed into our delicious Super 7 baguette.

692 KCAL 3.4g SAT FAT

CHRISTMAS PUDDING PORRIDGE

£2.25 / £2.75 INCLUDES 10P DONATION

Organic porridge oats topped with deliciously festive mincemeat, flaked almonds and honey.

351 / 393 KCAL 0.3 / 0.3g SAT FAT

SANTA'S GINGERBREAD LATTE

£2.29 / £2.49 INCLUDES 10P DONATION

These hints of ginger and spice will really jazz up your coffee this Christmas!

294 / 349 KCAL 6.3 / 8g SAT FAT