



POD NUTRITION

SCRAMBLED EGGS

	Allergens & Nutrition Info	Size	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
Omega 3 eggs Two eggs, smoked salmon, avocado, munchy seeds chilli bites.	Eggs, salmon (fish), Munchy seeds (soy), bread (wheat), butter (milk) Our seed mix contains apricot kernels which look suspiciously like almonds. So don't be alarmed if you have a nut allergy - these really are just a seed!	Regular	355	28.6	3.8	1.6	25.1	6.8	0.7	1.4
		Large	454	38.1	4.9	2.2	31.7	9.0	0.9	1.6
		Regular	157	12.7	1.7	0.7	11.1	3.0	0.3	0.6
		Large	151	12.6	1.6	0.7	10.5	3.0	0.3	0.5
Chorizo power eggs Two eggs, chorizo, tomatoes, spinach, chilli red, Munchy Seeds & a slice of brown toast cut in half with butter.	Eggs, chorizo (milk, soya), bread (wheat), butter (milk), Munchy seeds (soy) Our seed mix contains apricot kernels which look suspiciously like almonds. So don't be alarmed if you have a nut allergy - these really are just a seed!	Regular	502	31.3	25.2	3.5	31.3	12.5	2.7	1.9
			187	11.7	9.4	1.3	11.7	4.7	1.0	0.7
Protein feast eggs Three eggs, sausage, bacon, tomatoes, parsley and protein bread.	Eggs, sausage (wheat), protein bread (wheat)	Regular	738	50.7	14.4	2.9	52.5	16.7	5.5	4
			279	17.9	18.6	2.2	14.7	4.9	2.2	1.8
Energiser scrambled eggs Two eggs, mozzarella, basil, sunblushed tomatoes, avocado and a slice of brown toast with butter	Eggs, mozzarella (milk) bread (wheat), butter (milk) V	Regular	340	20.4	18.6	1.9	20.9	7	1.1	1.2
			181	10.9	9.9	1	11.1	3.7	0.6	0.6
Superb scrambled eggs Two eggs, spinach, tomato, chilli, Greek style cheese, toasted seeds & a slice of brown toast cut in half with butter	Eggs, soft cheese (milk), bread (wheat), butter (milk), Munchy seeds (soy) V Our seed mix contains apricot kernels which look suspiciously like almonds. So don't be alarmed if you have a nut allergy - these really are just a seed!	Regular	367	23.4	15.7	1.5	23.8	9.7	1	1.8

HOT AND TOASTED

Avo and chilli toasted sandwich Avocado & red chilli on brown bread	Brown bread (wheat) V	Regular	310	9.3	44	5.3	11.8	2.5	4	1.4
			230	6.9	32.9	3.9	8.8	1.8	2.9	1
Sausage sandwich (with ketchup) Sausage, brown bread, tomato ketchup	Sausages (Wheat), bread (Wheat), tomato ketchup (celery)	Regular	464	23.0	46.5	2.7	22.0	7.9	8.0	3.4
Sausage sandwich (with brown sauce) Sausage, brown bread, brown sauce	Sausages (Wheat), bread (Wheat), brown sauce (celery)	Regular	428	20.0	47.3	2.7	25.9	9.7	0	2.7
Sausage sandwich (no added sauce) Sausage, brown bread	Sausages (Wheat), bread (Wheat)	Regular	410	19.9	43.1	2.6	22	7.9	8	3.4
Bacon sandwich (with ketchup) Brown bread, bacon, tomato ketchup	Brown bread (wheat), tomato ketchup (celery)	Regular	440	25.8	46.1	3.7	18.3	6.5	6.3	5.4
			267	15.6	27.9	2.2	11.1	3.9	3.3	3.3
Bacon sandwich (with brown sauce) Brown bread, bacon, brown Sauce	Brown bread (wheat), brown sauce (wheat)	Regular	439	25.8	45.4	3.7	18.3	6.5	5.5	5.3
			266	15.6	27.5	2.2	11.1	3.9	3.3	3.2
Bacon sandwich (no added sauce) Brown bread, bacon	Brown bread (wheat)	Regular	320	15.6	41.1	3.3	10.3	4.9	1.5	1.9
			244	11.9	31.4	2.5	7.9	3.7	1.1	1.4
Smoked salmon bagel Salmon, cream cheese, bagel	Salmon (fish), cream cheese (milk), bagel (Wheat)	Regular	482	20.6	59.3	3.3	18.9	9.8	7	2.5
			274	11.4	29.8	4.0	13.8	6.0	3.5	1.5
Protein bread	Bread (wheat), protein plus (milk) V SESAME SEEDS	Regular	221	17.85	26.35	5.1	3.8	0	0.85	1.0
			260	21	31	6	4.5	0	0.6	1.2
Toast (per slice)	Wheat V▼	Regular	78	2.9	15.1	1.1	0.5	0.1	1	1
			242	10.1	4.3	2.4	2.4	0.6	2.7	0.9
Bagel	Wheat V▼ SESAME SEEDS	Regular	315.1	13.3	59.3	3.3	3.5	0.7	7	1.1
			248	10.8	50.3	6.6	3.3	1.0	5.9	1.4
Brown gluten free bread (1 slice)	Egg V	Regular	127	1.8	22.9	2.9	2.4	0.2	1.3	0.3
			253	3.5	45.9	5.8	4.9	0.4	2.5	0.7

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POD NUTRITION

TOAST TOPPING		Allergens & Nutrition Info	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
Per serving / per 100g										
Butter	Butter (milk) V	Regular	50	0.07	0	0	5.7	3.6	0	0.03
			258	22	23	0	81	51	10	5
Peanut butter	Peanuts (peanuts) V ▼ NUTS	Regular	181.9	7.5	2.3	1.8	15.9	2.9	1.3	0.3
			618	27.7	11.8	7.0	49.6	5.4	7.0	0.8
Marmite	Gluten (barley), celery V	Regular	15	0	0	0	0	0	0	0
			250	39	24	3.5	0.5	0.5	1	9.8
Cream cheese	Cream cheese (milk) V	Regular	70	1.6	0.6	0	7	4.4	0	0.1
			118	9.7	5.4	0.2	7.1	4.4	4.0	0.4

SPEEDY BAGELS		Allergens & Nutrition Info	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
Bacon & egg Multiseed bagel (Gluten (wheat), Sesame seeds), egg (Eggs), bacon, choka sauce, parsley	Wheat (gluten), sesame seeds, egg	Regular	434	25.6	60.6	3.8	11.5	3.5	7	2.2
			227	13.4	31.7	2	6	1.8	3.6	1.2
Veggie feast Multiseed bagel (Gluten (wheat), Sesame seeds), egg (Eggs), choka sauce, Greek style cheese (milk), basil	Wheat (gluten), sesame seeds, egg V	Regular	386	18.9	59.5	3.8	9.6	3.8	7	1.7
			211	10.4	32.5	2.1	5.2	2.1	3.8	0.9
Salmon & dill Multiseed bagel (Gluten (wheat), Sesame seeds), smoked salmon, soft cheese (milk), cucumber, dill	Wheat (gluten), sesame seeds, fish (salmon) milk	Regular	418	25.3	60.4	3.9	9.1	2.9	8.1	2.2
			185	11.2	26.7	1.7	4	1.3	3.6	1

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POD NUTRITION

DAIRY PORRIDGE		Allergens & Nutrition Info		Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
Cinnamon and apple crunch Milk semi-skimmed pasteurised average (Milk), gluten free oats, apple and cinnamon compote, Peanut Butter (Peanuts), Sultanas(sulphites)	Milk, peanuts, sulphites NUTS V	Regular	450	15.6	47.2	4.4	21.1	3.5	22.9	0.1	
		Large	524	18.5	58.9	6.1	22.6	3.9	24.0	0.1	
		Regular	242	8.5	26.2	2.4	10.5	1.8	11.1	0.1	
		Large	250	8.7	27.2	2.8	11.7	1.9	12.7	0.1	
Peanut butter power Gluten free porridge oats, full fat milk (milk), water, peanut butter (peanuts), banana, honey.	Milk, peanuts V NUTS	Regular	414	14	46	6.3	21	4	18	0.31	
		Large	476	16.1	55.1	7.5	22.7	4.4	18.9	0.31	
		Regular	102.3	3.4	11.4	1.5	5.1	1.0	4.5	0.08	
		Large	102.3	3.4	11.4	1.5	5.1	1.0	4.5	0.08	
Berry boost Gluten free porridge oats, full fat milk (milk), water, blueberries, agave, chia, linseed, sesame & pumpkin seeds.	Milk, sesame (sesame seeds) V SESAME SEEDS	Regular	271	19.1	52.7	5.2	15.8	5.6	6.7	0.67	
		Large	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
		Regular	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
		Large	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Plain porridge Gluten free porridge oats, full fat milk (milk), water	Milk V	Regular	185	6.2	26.4	3.6	5.8	1.7	2.8	0.3	
		Large	247	8.3	35.5	4.8	7.5	3.8	3.7	0.3	
		Regular	62	2.1	9.1	1.2	1.7	0.4	0.9	0	
		Large	62	2.1	9.1	1.2	1.7	0.4	0.9	0	

ALMOND MILK PORRIDGE		Allergens & Nutrition Info		Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
Forest berry & peanut butter Gluten free oats, almond milk (NUTS), Peanut Butter (Peanuts), five berry compote	Peanuts NUTS VE	Regular	331	11.8	32.2	4.2	15.8	2	6.7	0.3	
		Large	339	14.1	43.1	6	17.1	2.2	6.9	0.3	
		Regular per 100g	230	8.2	22.3	4.6	10.9	1.4	4.6	0.2	
		Large per 100g	221	7.8	23.8	3.8	9.4	1.2	3.8	0.2	
		Regular	389	13.4	39.9	4.4	18.3	2.3	14.3	0.4	
		Large	457	15.7	50.8	6.2	19.6	2.5	14.5	0.4	
Peanut butter power Gluten free porridge oats, almond milk (NUTS), peanut butter (peanuts), banana, honey.	Peanuts VE NUTS	Regular per 100g	237	8.2	24.4	2.7	11.2	1.4	8.7	0.2	
		Large per 100g	228	7.8	25.3	3.1	9.8	1.2	7.2	0.2	
		Regular	233	7.4	31.8	5.4	7.7	1.1	5.8	0.1	
		Large	301	9.7	42.7	7.2	9	1.3	6	0.1	
		Regular per 100g	174	5.6	23.7	4	5.7	0.8	4.3	0.1	
		Large per 100g	176	5.7	25	4.2	5.3	0.8	3.5	0.1	
Berry boost Gluten free porridge oats, almond milk (NUTS), blueberries, agave, chia, linseed, sesame & pumpkin seeds.	Sesame (sesame seeds) VE	Regular	154	5.2	24.2	4.1	3.1	0.5	0.5	0.1	
		Large	222	7.4	35.1	5.9	4.5	0.7	0.7	0.1	
		Regular per 100g	156	5.2	24.4	4.1	3.2	0.5	0.5	0.1	
		Large per 100g	164	5.2	25.8	4.3	3.3	0.5	0.5	0.1	
		Regular	154	5.2	24.2	4.1	3.1	0.5	0.5	0.1	
		Large	222	7.4	35.1	5.9	4.5	0.7	0.7	0.1	
Plain porridge Gluten free porridge oats, almond milk (NUTS)	Milk NUTS VE	Regular per 100g	156	5.2	24.4	4.1	3.2	0.5	0.5	0.1	
		Large per 100g	164	5.2	25.8	4.3	3.3	0.5	0.5	0.1	

PORRIDGE TOPPINGS		Allergens & Nutrition Info		Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
Pumpkins seeds	V	Regular	142	6.1	3.8	1.3	11.4	1.8	0.3	0	
			569	24.4	15.2	5.3	45.6	7.0	1.1	0	
Sultanas	Sulphites V▼	Regular	15	0	3.9	0	0	0	23.6	0	
			230	2.8	65.2	6	0.4	0.2	63.5	0	
Banana	V▼	Regular	39	0.5	9.4	0.5	0.2	0	2.4	0	
			89	1.1	22.8	2.6	0.3	0.1	12.2	0.1	
Honey	V▼	Regular	61	0	16.4	0	0	0	16.4	0	
			304	0.3	82.4	0.2	0	0	82.1	0	

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POD NUTRITION

HOT PODS

Allergens & Nutrition Info

Size

Kcals

Protein (g)

Carbs (g)

Fibre (g)

Fat (g)

Sat Fat (g)

Sugar (g)

Salt (g)

Per serving / per 100g

Peruvian corn & chicken

Rice, Thai side salad, Peruvian chicken mix, coriander.

Mustard, soybeans

LF

Regular

428

15.0

80.4

9.6

11.5

6.4

8.4

1.5

Large

511

20.5

87.4

12.0

15.2

8.6

12.4

2.0

Regular

107

3.7

20.0

2.4

2.9

1.6

2.1

0.4

Large

99

4.0

16.9

2.3

2.9

1.7

2.4

0.4

Peruvian chicken mix: butternut squash, Peruvian corn, onions, fennel, peppers, tomatoes, creamed coconut, tamari (soy), fennel seeds, lemon juice, vegetable stock, Cajun seasoning, mustard powder, ginger, agave, sugar, coriander, rice flour

Thai red chicken curry

Thai red chicken curry served over mixed grain rice and topped with coriander. Served with a side salad of mooli, green beans, chilli, carrot and peas.

Fish sauce (fish), shrimp paste

(crustaceans), soybeans

Regular

516

31.3

25.2

3.5

31.3

12.5

2.7

1.9

Large

631

38.3

90.9

9.0

20.4

8.1

11.4

1.3

Regular

187

11.7

9.4

1.3

11.7

4.7

1.0

0.7

Large

122

7.4

17.6

1.7

4

1.6

2.2

0.6

Thai red sauce: coconut flake, tomato puree, fish sauce, palm sugar, Thai paste, onions, rapeseed oil, red chilli puree, red peppers, garlic puree, lemongrass, lime leaves, granulated sugar, galangal puree, coriander, shrimp paste, basil, parsley, salt, coriander, chilli powder, white pepper, cumin powder

Thai green curry

Thai green chicken curry served over mixed grain rice and topped with coriander. Served with a side salad of mooli, green beans, chilli, carrot and peas.

Fish sauce (fish), shrimp paste

(crustaceans), Sulphites, soybeans

Regular

529

27.2

83.8

16.8

17.2

6.7

4.5

0.9

Large

648

38

88.7

21.7

23.5

9.4

7.4

1.2

Regular

132

6.7

20.9

4.2

4.3

1.7

1.1

0.5

Large

126

7.4

17.2

1.2

4.6

1.8

1.4

0.6

Thai green sauce: coconut flake, fish sauce, palm sugar, lime leaves, chilli powder, paste, rapeseed oil, spinach, green chilli puree, coriander, onions, lemon grass, shrimp paste, garlic, basil, galangal puree, lime leaves, coriander seeds, salt, pepper, cumin seeds, rice, flour.

Persian beef meatballs

Choka sauce, rice blend, asian meatballs (wheat (gluten), Soybeans), salad cheese (Milk), pomegranate, parsley.

Wheat (gluten), soybeans, milk

Regular

638

9.0

91.4

10.0

28.2

6.0

15.6

3.7

Large

689

20.4

96.7

10.0

31.1

6.3

18.2

4.1

Regular

139

4.2

19.9

2.0

6.1

1.3

3.4

0.8

Large

131

3.9

18.4

1.9

5.9

1.2

3.5

0.8

Choka sauce: diced tomato, white onion, tomato paste, sunflower oil, garlic puree, red chilli, smoked paprika, granulated sugar, coarse sea salt, cracked black pepper, crushed chilli.

Smoky three bean chilli

Black Bean stew, Rice blend, Avocado, Yoghurt, Chilli red, Munchy Seeds.

Black Bean stew (Barley (gluten),

Soybeans, Celery), Yoghurt (Milk), Munchy Seeds (Soybeans)

V

Our seed mix contains apricot kernels which look suspiciously like almonds. So don't be alarmed if you have a nut allergy - these really are just a seed!

Regular

528

7.3

100.9

11.0

14.3

2.4

9.7

1.5

Large

662

10.1

110.5

12.9

22.3

3.7

12.9

2.1

Regular

133

1.8

25.4

2.8

3.6

0.6

2.4

0.4

Large

133

2.0

22.2

2.6

4.5

0.7

2.6

0.4

Black bean sauce: crushed tomatoes, carrots, sweetcorn, celery, borlotti beans, red kidney beans, black eye beans, red peppers, onions, black barley, sugar, pumpkin seeds, tomato paste, garlic puree, rice flour, lemon juice, rapeseed oil, salt, vegetable stock, chipotle puree, cumin powder, smoked paprika, tamari, oregano, coffee, cinnamon powder, pepper, chilli flakes, liquid smoke

Malaysian coconut chicken

Coconut curry, chargrilled British chicken thigh, sweet potato, coriander, served over mixed grain rice.

Mustard, soybeans

Regular

405

12.7

78.4

7.4

10.9

1.7

7.2

1.5

Large

489

18.2

84.2

8.3

15.2

2.5

9.8

2.1

Regular

118

3.7

22.8

2.1

3.2

0.5

2.1

0.4

Large

114

4.2

19.6

1.9

3.5

0.6

2.3

0.5

Coconut curry sauce: coconut milk, onion, water, sunflower oil, lime juice, ginger puree, garlic puree, vegetable stock, sea salt, cumin, coriander, novation, turmeric, green cardamom, black pepper, mustard seeds, ground fennel, crushed chilli, mustard, coriander.

Chicken chorizo & butter bean

Bean sauce, chicken, chorizo, soybeans, parsley, served over mixed grain rice

Soybeans, chorizo (milk)

Regular

419

17.6

73.4

8.4

11.6

3.1

4.3

1.8

Large

510

25.2

77

9.8

16.2

4.5

5.8

2.6

Regular

122

5.1

21.3

2.4

3.4

0.9

1.3

0.5

Large

199

5.9

18

2.3

3.8

1.1

1.3

0.6

Bean sauce:

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POD NUTRITION

HOT & SKINNY PODS

(HOT PODS AS ABOVE SERVED OVER A CRUNCHY SALAD)

Allergens & Nutrition Info

Size Kcals Protein (g) Carbs (g) Fibre (g) Fat (g) Sat Fat (g) Sugar (g) Salt (g)

Per serving / per 100g

Peruvian corn & chicken Peruvian corn. Served with a side salad of mooli, green beans, chilli, carrot, peas.	Mustard, soybeans, Sesame LF	Regular	242	16.3	19.6	7.6	11.1	6.5	11.3	1.5
		Large	330	22.2	27.3	10.9	14.8	8.7	16.1	2.0
		Regular	69	4.7	5.6	2.2	3.2	1.9	3.2	0.4
		Large	67	4.5	5.6	2.2	3.0	1.8	3.3	0.4
Thai red chicken curry Thai red chicken curry stopped with coriander. Served with a side salad of mooli, green beans, chilli, carrot, peas	Fish sauce (fish), shrimp paste (crustaceans), Sesame, soybeans	Regular	299	28.7	11.0	3.5	16.0	6.1	7.2	2.2
		Large	420	40.1	15.8	23.7	22.5	8.6	10.3	3.0
		Regular	108	10.4	4.0	1.3	5.8	2.2	2.6	0.8
		Large	107	10.2	4.0	1.3	5.7	2.2	2.6	0.8
Thai green curry Thai green chicken curry topped with coriander. Served with a side salad of mooli, green beans, chilli, carrot, peas	Fish sauce (fish), shrimp paste (crustaceans), Sesame, Sulphites, soybeans	Regular	311	28.5	9.5	12.7	18.3	7.1	4.3	2.0
		Large	437	39.8	13.6	18	25.6	9.8	6.4	2.8
		Regular	113	10.3	3.4	4.6	6.6	2.6	1.6	0.7
		Large	112	10.2	3.5	4.6	6.5	2.5	1.6	0.7
Persian beef meatballs Choka sauce, Asian meatballs (wheat, gluten, soybeans), cabbage red raw, carrots old raw, Greek style cheese (milk), Broccoli green steamed, spring onions, pomegranate, parsley	Wheat (gluten), soybeans, milk	Regular	467	21.4	33.5	8.3	27.8	6.1	20.6	3.7
		Large	538	23.7	42.2	11.5	31.0	6.4	26.3	4.2
		Regular	103	4.7	7.4	1.8	6.1	1.3	4.5	0.8
		Large	91	4.0	7.1	2.0	5.3	1.1	4.5	0.7
Smoky three bean chilli Black Bean stew, Avocado, Yoghurt, Chilli red, Munchy Seeds	Black Bean stew (Barley, Soybeans, Celery), Yoghurt (Milk), Munchy Seeds (Soybeans), Sesame V	Regular	279	10.7	31.5	7.9	8.8	1.3	11.9	1.6
		Large	383	14.9	44.3	11.2	11.6	1.5	16.6	2.2
		Regular	97	3.7	11.0	2.7	3.1	0.5	4.1	0.5
		Large	95	3.7	11.0	2.8	2.9	0.4	4.1	0.5
Malaysian coconut chicken Coconut curry, chargrilled British chicken thigh, sweet potato, coriander.	Mustard, soybeans	Regular	243	16	19.7	5.1	11.3	1.9	11.1	1.5
		Large	352	23.2	28.7	7.5	16.3	2.8	16.2	2.2
		Regular	79	5.2	6.4	1.7	3.7	0.6	3.6	0.4
		Large	78	5.2	6.4	1.7	3.6	0.6	3.6	0.5
Chicken chorizo & butter bean Bean sauce, chicken, cabbage, carrots, spring onion, chorizo, soybeans, parsley	Soybeans, chorizo (milk)	Regular	247	19.8	14.2	6	11.5	3.3	8.2	1.9
		Large	357	28.6	20.8	8.9	16.6	4.7	12.1	2.7
		Regular	80	6.4	4.6	2	3.7	1.1	2.7	0.6
		Large	80	6.4	4.6	2	3.7	1.1	2.7	0.6

GYM BOWLS

Vegan green energy gym bowl Peas, edamame, red rice, quinoa, green lentils, spring onion, parsley, tarragon, salt and pepper, rice flour, olive oil, lemon juice and chilli powder.	Soybeans VE V	Regular	304	16	47.6	7.6	6.8	0.4	4.8	2
			76	4	11.9	1.9	1.7	0.1	1.2	0.5
Green energy chicken gym bowl Chargrilled chicken thigh, peas, edamame, red rice, quinoa, green lentils, spring onion, parsley, tarragon, salt and pepper, rice flour, olive oil, lemon juice and chilli powder.	Soybeans	Regular	376	27	47.9	7.7	9.8	1.2	5	2.4
			219	25.9	12.5	2	7.6	1.7	1.6	0.9

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POD NUTRITION

SOUPS

	Allergens & Nutrition Info	Size	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
Per serving / per 100g										
British chicken Pho	Soybeans	Regular	182	16.5	19.0	0.9	4.5	1.1	8.1	2.4
Water, vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint, chargrilled chicken			52	4.7	5.4	0.2	1.3	0.3	2.3	0.7
Rare sliced beef Pho	Soybeans LF	Regular	136	10.5	18.7	0.9	2.3	0.1	7.8	2.3
Water, rare beef, vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, curly kale, coriander, mint			41	3.2	5.6	0.3	0.7	0.0	2.3	0.7
Organic tofu Pho	Soybeans V ▼	Regular	145	8.4	19.7	1.3	3.9	0.6	8.1	2.0
Water, vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint, tofu (soybeans)			43	2.5	5.8	0.4	1.1	0.2	2.4	0.6
Beef meatball Pho	Soybeans, gluten (wheat)	Regular	246	11.1	26.5	1.4	10.5	4.0	12.4	3.2
Water, Asian meatballs (gluten, soybeans), vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint			70	3.1	7.5	0.4	3.0	1.1	3.5	0.9
Vegetable gyoza topped Pho	Soybeans, celery, wheat (gluten) sesame seeds V VEGAN	Regular	141	4.9	26.7	1.7	1.5	0.2	8	2.18
Water, vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint, veggie gyoza (celery, gluten (wheat), sesame seeds, soybeans)			43	1.5	8.1	0.5	0.5	0	2.4	0.66
King prawn Pho	Soybeans, prawns (crustaceans)	Regular	114	7.6	18.9	0.9	1.1	0.1	7.8	2.38
Water, prawns (crustaceans), vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint			35	2.3	5.7	0.3	0.3	0	2.4	0.72

HOT WRAPS

Thai beef meatball wrap	Wheat (gluten), soybeans, eggs, sesame seeds SEEDS	Regular	614	25.1	64.0	7.1	28.6	6.9	12.9	2.3
Khobez wheat (gluten), Asian meatballs wheat (gluten, soybeans), roasted sesame and chilli sauce (eggs, sesame, soya) (eggs, sesame seeds, soybeans), carrots old raw, Leeks raw, cabbage red raw, curly kale raw, munchy seeds, chilli bites (soybeans)			258	10.5	26.9	3.0	12.0	2.9	5.4	1.0
Chicken and chorizo melt wrap	Wheat (gluten), milk, soybeans	Regular	591	42.9	50.7	5.7	23.9	9.9	8.1	2.1
Khobez wheat (Gluten), chargrilled chicken thigh, choka sauce, mozzarella (Milk), Chorizo (Milk, Soybeans)			207	15.0	17.7	2.0	8.3	3.5	2.8	0.7
Falafel and smoky choka wrap	Wheat (Gluten), Sesame Seeds, Peanuts; Almonds, Walnuts, Hazelnuts (Nuts), Celery NUTS SEEDS V ▼	Regular	504	18.3	73.6	15.7	13.4	1.4	22.1	1.1
Khobez wheat (Gluten), falafel wheat (Gluten), choka sauce, pickled red cabbage, carrots old raw, leeks raw, cabbage red raw, curly kale raw, dukkah (sesame seeds; almonds, walnuts, hazelnuts (nuts); peanuts; celery)			182	6.6	26.6	5.7	4.8	0.5	8.0	0.4

GYOZAS

Chicken gyozas	Soybeans, eggs, gluten (wheat), sesame seeds SESAME SEEDS	Regular	168	8.7	23.3	1.6	4.3	0.4	4.8	1.0
Chicken gyoza (eggs, gluten), teriyaki (gluten, soybeans), sesame seeds.			187	9.7	25.9	1.7	4.8	0.4	5.3	1.1
Vegetable gyoza	Celery, gluten (wheat), sesame seeds, soybeans ▼ SESAME SEEDS V	Regular	146	4.8	26.6	2.4	1.9	0.3	5.2	1.0
Veggie gyoza (celery, gluten, sesame, soybeans), teriyaki (gluten, soybeans), sesame seeds.			163	5.3	29.5	2.6	2.2	0.3	5.8	1.1

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POD NUTRITION

SALADS

Allergens & Nutrition Info

Kcals

Protein
(g)

Carbs (g)

Fibre (g)

Fat
(g)

Sat Fat
(g)

Sugar (g)

Salt
(g)

Salad nutritionals exclude dressings. See page 10 for dressing info.

Per serving / per 100g

Tabbouleh salad Quinoa, tomatoes, cucumber, avocado, cabbage, pistachio , pomegranate seeds, parsley, mint, sultanas, muhammara , lemon juice, seeds & a vinaigrette dressing .	Pistachio (nuts), dressing (mustard) , muhammara (nuts), seeds (sesame) V ▼ NUTS SESAME SEEDS	Regular	364	11.6	46.7	8.3	15.5	2.2	12.1	0.2
			119	2.7	11.3	1.8	7.5	1.0	3.6	0.1
Chicken tabbouleh Chicken, quinoa, tomatoes, cucumber, avocado, cabbage, pistachio , pomegranate seeds, parsley, mint, sultanas, muhammara , lemon juice, seeds & a vinaigrette dressing .	Pistachio, cashew (nuts), dressing (mustard) , muhammara (nuts), seeds (sesame) SESAME SEEDS NUTS	Regular	406	21.7	35.5	8.0	20.4	3.8	10.1	0.6
			111	5.9	9.7	2.2	5.6	9.7	2.7	0.2
Slow burner As below without chicken	Cheese (milk), pearl barley (barley), pistachio (nuts), sweet chilli dressing (sulphites, sesame), edamame beans (soya) V SESAME SEEDS NUTS	Regular	362	20.2	38.8	6.1	15.4	6.9	7.2	1.2
			98	5.5	10.5	1.7	4.2	1.9	2	0.3
Chicken slow burner Chicken, Greek style cheese, cucumber, peas, pearl barley, lentils, carrot, kale, leek, mixed leaves, edamame beans, pistachio, mint, turmeric & red chilli with a sweet chilli & sesame dressing.	Soybeans, gluten (barley), cheese (milk), nuts (pistachio), sesame (dressing)	Regular	450	32.3	40.0	5.2	19.1	8.5	8.8	0.5
			107	7.7	9.5	1.2	4.5	2.1	2.1	0.1
Gym box Hummus, falafel, broccoli, pearl barley, green lentils, leek, kale, carrot, peas, edamame beans, sunblushed tomatoes, chia seeds, turmeric, chilli & mango chutney.	Hummus (sesame), pearl barley (barley), mango dressing (sulphites), falafel (wheat) SESAME SEEDS	Regular	429	16	45	10	20	2.1	18	2.3
			155.2	5.7	15.8	3.6	7.5	0.8	5.8	0.9
Protein box Egg, mozzarella cheese, chicken, smoked salmon, red chilli.	Salmon (fish), hard boiled egg (egg), mozzarella (milk)	Regular	465	48.8	2.0	0.7	29.5	4.3	1.1	2.7
			181	18.7	0.8	0.3	11.5	1.7	0.4	1.1

GREENY GRAIN SALADS

Heart boosting beets Quinoa, peas, white cheese (milk), barley, beetroot salad (mustard), lentils green & brown, kale, leeks, mint, olive oil. Served with 25ml vinaigrette dressing.	Gluten (barley), milk, mustard V	Regular	492	18.9	46.6	6.2	14.6	0.6	8.9	0.2
			151	5.8	14.3	1.9	4.5	0.2	2.7	0.1
British chicken & mozzarella Quinoa, mozzarella (milk), chargrilled chicken, barley (gluten), peas, lentils green & brown, sunblushed tomatoes, peppers, kale, leeks, basil, olive oil. Served with a 25ml vinaigrette dressing.	Gluten (barley), milk, mustard	Regular	464	32.4	39.8	3.9	19.9	1.5	4.2	0.9
			132	9.2	11.3	1.1	5.6	0.4	1.2	0.3
Salmon and egg Quinoa, egg, roast salmon cubes, barley, cucumber, peas, lentils green & brown, green beans, kale, leeks, olive oil. Served with 25ml vinaigrette dressing.	Gluten (barley), eggs, fish (salmon), mustard	Regular	416	30.0	38.3	5.0	16.4	4.3	3.8	1.5
			116	8.3	10.6	1.4	4.6	1.2	1.0	0.4
Rare roast beef Quinoa, rare beef, barley, peas, beetroot salad (mustard), lentils green & brown, green beans, shelled soybeans, kale, leeks, dried onions (wheat), olive oil. Served with 25ml vinaigrette dressing.	Gluten (barley), Gluten (wheat), mustard, soybeans	Regular	396	21.7	43.5	5.0	9.2	0.6	5.8	0.7
			127	7.0	13.9	1.6	3.0	0.2	1.8	0.2
Hawaiian tuna poke Quinoa, tuna (fish), barley cucumber, peas, pickled red cabbage, soybeans, lentils - green & brown, leeks, kale, dried onions (wheat), olive oil, lime. Served with 25ml turmeric dressing.	Gluten (barley), gluten (wheat), fish (tuna), soybeans, mustard	Regular	373	24.1	51.3	4.6	8.4	0.7	13.3	0.2
			111	7.2	15.3	1.4	2.5	0.2	4.0	0.0

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POD NUTRITION

VITALITY BOWLS

Allergens & Nutrition Info

Size

Kcals

Protein
(g)

Carbs (g)

Fibre (g)

Fat
(g)

Sat Fat
(g)

Sugar (g)

Salt
(g)

Per serving / per 100g

Chicken & avocado protein punch Chicken, egg, avocado, kale, leaf mix, seeds, spring onions and a 25ml vinaigrette dressing	Soybeans SEEDS	Regular	284	24.7	4.9	1.7	18.8	4	2.7	1
			143	12.5	2.5	0.9	9.5	2	1.4	0.5
Falafel & beetroot hummus hippie Falafel (gluten), beetroot & rosemary hummus (sesame), choka sauce, cucumber, kale, carrot, red cabbage, sweet potato, pomegranate, edamame, spring onion, dukkah (celery, gluten, nuts) a 25ml vinaigrette dressing	Gluten (wheat), soybeans sesame, celery, nuts (almonds, hazelnuts, walnuts, peanuts) V ▼ SESAME SEEDS NUTS	Regular	296	10.1	24.1	11.2	16.1	1.6	9.7	1.9
			114	3.9	9.3	4.3	6.2	0.6	3.7	0.7
Mexican salmon & avocado Salmon, black beans, avocado, mango, leaf mix, spring onions. Served with 25ml turmeric dressing.	Fish (salmon), soybeans SEEDS	Regular	298	20.2	17.3	4	16.1	4.1	15.7	1
			128	8.7	7.4	1.7	6.9	1.8	6.8	0.4
Scandinavian mackerel & beetroot Beetroot, mackerel, egg, cucumber, red cabbage, carrot, Greek yoghurt, leaf mix, seeds a 25ml vinaigrette dressing	Milk, Mustard, Soybeans, Fish (mackerel), eggs, sesame SESAME SEEDS	Regular	350	18.6	11.4	3.3	26	11.7	9	1.9
			139	7.4	4.5	1.3	10.3	4.6	3.6	0.7
Tofu & turmeric yogi Tofu (soybeans), black beans, mango, carrot, pickled red cabbage, leaf mix, seeds. Served with 25ml turmeric dressing.	Seeds (sesame), soybeans SESAME SEEDS NUTS	Regular	233	14.4	29.1	6.1	6.8	1.2	25.6	0.2
			90	5.6	11.3	2.3	2.6	0.5	9.9	0.1
Wholewheat pesto pasta wholewheat pasta, pesto, spinach, crumbled cheese, peas, sunblush tomatoes, seeds	pasta (gluten), cheese (milk), dressing (mustard), seeds (soybeans)	Regular	520	17.5	37.5	7.1	32.2	3.3	5.5	2.4
			189	6.4	13.6	2.6	11.7	1.2	2	0.9
Zingy prawn noodle prawns, rice noodles, edamame, carrots, cabbage, spinach, spring onions, sweet chilli & sesame dressing	prawns (crustaceans), edamame (soybeans), dressing (eggs, sesame seeds, soybeans, sulphur dioxide)	Regular	273	16.1	38.1	4	6.6	0.9	15	0.9
			89	5.2	12.4	1.3	2.1	0.3	4.9	0.3
Naked burrito bowl chicken, black beans, avocado, crumbled cheese, yoghurt, spring onions, peppers, sweet potato leafy salad mix	cheese (milk), yoghurt (milk), lemon juice (sulphur dioxide)	Regular	239	17.9	12.2	3.7	12.8	2.5	7.7	1.1
			105	7.9	5.3	1.6	5.6	1.1	3.4	0.5
Persian aubergine & pomegranate aubergine, pomegranate, sweet potato, Greek yoghurt, leafy salad mix, seeds, sweet chilli & sesame dressing	yohurt (milk), dressing (eggs, sesame seeds, soybeans, sulphur dioxide)	Regular	143	4.4	17.8	4.6	6.6	1.8	6.5	0.2
			77	2.4	9.6	2.5	3.6	0.9	3.5	0.1
Almond & sesame chicken chicken, edamame, broccoli, spinach, spring onions, almonds, pomegranate, seeds	almond (nuts), dressing (eggs, sesame seeds, soybeans, sulphur dioxide)	Regular	362	24.3	15.9	6.2	22.8	3.1	6.8	0.9
			137	9.2	6	2.3	8.6	1.2	2.6	0.3

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POD NUTRITION

DRESSINGS

Turmeric & ginger dressing (25ml)	Soy, sesame	56	0.6	3.2	0.5	4.4	0.6	2	0.4
		225	2.5	12.6	1.8	17.6	2.3	8.1	1.6
Turmeric & ginger dressing (50ml)	Soy, sesame	113	1.3	6.3	0.9	8.8	1.2	4.1	0.8
		225	2.5	12.6	1.8	17.6	2.3	8.1	1.6
Sweet chilli dressing	Garlic (sulphites), sesame oil V ▼ SESAME SEEDS	133	0.0	22.1	0.0	4.5	0.7	20.7	0.7
		296	0.0	49.0	0.0	10.0	1.5	46.0	0.6
Sesame dressing	Soya, sesame V ▼ SESAME SEEDS	85.5	0.5	4.5	0.1	7.02	1	4.2	2.3
Pomegranate dressing	Soybeans V ▼	38	0.5	10.7	0.2	0.0	0.0	7.5	0.0
		84	1.2	23.8	0.5	0.0	0.0	16.6	0.0
Vinaigrette dressing (25ml)	Mustard V ▼	121	0.2	2.3	0.2	12.2	1.5	2.1	0.4
		485	0.9	9.2	0.6	48.9	5.8	8.3	1.4
Vinaigrette dressing (50ml)	Mustard V ▼	243	0.5	4.6	0.3	24.5	2.9	4.2	0.7
		485	0.9	9.2	0.6	48.9	5.8	8.3	1.4
Vinaigrette dressing (25ml)	Soybeans, sulphites GF DF WF V ▼	65	0.1	2.6	0.0	5.9	0.4	2.3	0.2
		259	0.4	10.4	0.1	23.6	1.6	9.2	0.7

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POD NUTRITION

NUTRI POTS

Allergens & Nutrition Info

Kcals

Protein
(g)

Carbs (g)

Fibre (g)

Fat
(g)

Sat Fat
(g)

Sugar (g)

Salt
(g)

Per serving / per 100g

Salmon & egg protein

Egg, cucumber, roast salmon cubes, shelled soybeans

Eggs, fish (salmon), soybeans

Regular

214

21.8

2.2

0.6

13.1

3.7

1.0

1.3

122

12.5

1.2

0.3

7.5

2.1

0.6

0.8

Lean tuna poke

Cucumber, tuna (fish), shelled soybeans (soybeans), pickled red cabbage, wasabi, sesame mix (mustard, sesame seeds), lime

Fish (tuna), soybeans, mustard, sesame seeds
SESAME SEEDS

Regular

111

11.9

8.8

0.8

3.1

0.3

6.8

0.3

90

9.6

7.1

0.6

2.5

0.2

5.5

0.2

Free range eggs

Egg, spinach

Eggs

V

Regular

178

15.3

0.0

0.1

13.0

3.7

0.0

1.1

137

11.7

0.0

0.1

10.0

2.9

0.0

0.8

Vegan falafel mezze

Falafel (wheat - gluten), hummus (sesame seeds), broccoli, cucumber

Gluten (wheat), sesame seeds

▼SESAME SEEDS V

Regular

236

9.0

13.1

10.0

14.8

1.4

3.1

1.0

145

5.5

8.0

6.1

9.1

0.9

1.9

0.6

Chargrilled chicken

Chicken, spinach

Regular

143

21.9

0.6

0.1

5.9

1.6

0.5

0.7

143

21.9

0.6

0.1

5.9

1.6

0.5

0.7

BREADS

Ham and Monterey Jack baguette

Mixed lettuce, mustard, low fat mayonnaise, ham and Monterey Jack cheese in a superseed baguette

Mustard (mustard), mayonnaise (egg), cheese (milk), baguette (wheat, sesame) SESAME SEEDS

Regular

516

25.4

58.7

4.9

14.7

5.3

2.5

3.7

217

10.7

24.5

2.0

6.3

2.3

1.0

1.7

Mozzarella, sun-blush tomato and avo baguette

Mozzarella, sunblushed tomato, avocado, olive oil in a superseed baguette

Mozzarella (milk), baguette, gluten (wheat, sesame), pesto (sulphites) V SESAME SEEDS

Regular

661

22.2

58.1

5.6

32.5

3.2

2.2

1.9

250

8.4

22.0

2.1

12.3

1.2

0.8

0.7

Italian chicken wrap

Chicken, mozzarella, mayonnaise, tomatoes, mixed leaves, basil & a tortilla wrap

Mozzarella (milk), tortilla wrap, gluten (wheat), eggs, mustard, mayonnaise (egg)

Regular

379

22.6

37.6

4.6

13.9

2.3

2.3

1.5

191

11.4

19.0

2.3

7.0

1.2

1.1

0.8

Hummus & falafel wrap

Hummus, falafel, red cabbage, carrot, spring onion, edamame beans

Hummus (sesame), falafel (wheat) tortilla wrap (wheat), edamame beans (soybeans) ▼ SESAME SEEDS V

Regular

537

18.8

57.2

15.2

24

3

8.2

3.1

164

5.9

32.1

3.5

5.4

1.1

2.4

0

Asian chicken baguette

Chicken, spinach, shredded slaw, sesame dressing, shallot in a superseed baguette

Chicken, baguette, gluten (wheat), sesame dressing (sesame)

Regular

585

27.7

66.8

6

17.9

2.9

3.1

2.6

202.6

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POD NUTRITION

FRUIT SALADS & YOGHURTS		Allergens & Nutrition Info	Size	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
Per serving / per 100g											
Berry boost yoghurt Greek style yoghurt, agave, blueberries, pumpkin seeds, sesame, chia & linseeds	Yoghurt (milk), sesame seeds V SESAME SEEDS	Regular	236	12.9	25.8	1.5	8.4	4.0	23.2	0.4	
			105	5.9	11.7	0.7	4.5	1.8	10.3	0.17	
Cacao, pistachio & agave yoghurt Greek style yoghurt, cacao nibs, agave nectar, pistachio	Nuts, yoghurt (milk) V NUTS	Regular	165	6.4	8.2	0.9	12	6.4	4	0.4	
			217.2	7.2	9.9	2.7	17.5	8.7	7.2	0.13	
Purple grape and banana yoghurt Greek style yoghurt, banana, purple grape juice, toasted almonds & agave nectar	Nuts, yoghurt (milk) V NUTS	Regular	228	7.9	24	0.7	4.2	3.7	5	0.2	
			93	4.4	11.5	0.3	3.4	1.5	2.7	0.2	
Mango quinoa pot Mango puree, mango pieces, quinoa, Greek style yoghurt, toasted almonds & agave nectar	Nuts, yoghurt (milk) V SESAME SEEDS V	Regular	248	8.6	30.1	1.1	11.1	4.9	15.9	0.18	
			121	4.2	14.7	0.6	5.4	2.4	7.8	0.09	
Big & juicy fruit pot	V V	Regular	94	1.34	23	2.68	0.3	0	23	0	
			41	0.6	10.0	1.1	0.2	0	10.0	0.01	
Exotic fruit pot			Regular								
Golden Turmeric yoghurt Turmeric powder, Greek style yoghurt, pomegranate, pistachio, raisins	Nuts, yoghurt (milk) NUTS! SESAME SEEDS V	Regular	355	11.8	20.1	0.5	20.5	11.9	19.0	0.4	
			163	5.4	9.2	0.2	9.4	5.5	8.8	0.2	
Acai berry yoghurt Acai berry powder, Greek style yoghurt, strawberry, blueberry, agave nectar, seeds	Yoghurt (milk), sesame seeds SESAME SEEDS V	Regular	305	11.3	10.8	2.0	20.4	11.9	8.3	0.4	
			139	5.2	4.9	0.9	9.3	5.4	3.8	0.2	
Pineapple and lime pot Turmeric powder, Greek style yoghurt, pomegranate, pistachio, raisins	Nuts, yoghurt (milk) V V	Regular	71	0.7	17.6	2.3	0.3	0	17.5	0	
			41	0.4	10.1	1.3	0.2	0	10.1	0.01	
Nutty overnight oats Almond milk, gluten free oats, peanut butter, agave, strawberries, almonds, cacao nibs & seeds	NUTS V VEGAN	Regular	381	12.7	36.3	5.4	19.1	2.8	10.4	0.4	
			200	6.6	19	2.8	10	1.5	5.5	0.2	
Berry granola yoghurt Greek yoghurt, granola, five berry compote, seeds	Yoghurt (milk), granola (gluten, nuts) V	Regular	402	13.3	38.7	3.6	22.5	12.4	22.9	0.35	
			170	5.6	16.3	1.5	9.5	5.2	9.7	0.15	
Apple and berry bircher Greek yoghurt, gluten free oats, five berry compote, apple, pomegranate, pistachio, agave	Yoghurt (milk), pistachio (nuts)	Regular	305	9.7	43.9	4.9	9.6	3.7	17.8	0.1	
			156	5	22.5	2.5	4.9	1.9	9.1	0.1	

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POD NUTRITION

SMOOTHIES		Allergens & Nutrition Info	Size	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
Acai & banana energiser Banana, soya milk, apple juice, GF oats, acai powder, blueberry, agave, autumn seeds	Soybeans, sesame seeds SESAME SEEDS V ▼	12oz	363	12.7	56.9	8.6	8.5	1.5	18.7	0.1	
		20oz	629	21.4	100.1	15.0	14.8	2.5	35.5	0.1	
		12oz	97	3.4	15.2	2.3	2.3	0.4	5.0	0.0	
		20oz	98	3.3	15.6	2.3	2.3	0.4	5.5	0.0	
Apple & mango anti-oxidant Orange juice, apple, yoghurt, mango, carrot, ginger, chilli, lime	Yoghurt (milk) LF V	12oz	136	3.4	23.1	2.1	4.1	2.4	22.4	0.1	
		20oz	238	5.6	43.1	3.8	6.1	3.5	41.7	0.2	
		12oz	43	1.1	7.3	0.7	1.3	0.8	7.0	0.0	
		20oz	42	1.0	7.5	0.7	1.1	0.6	7.3	0.0	
Mean green smoothie Apple juice, lemon juice, broccoli, cucumber, mango, ginger, spinach	Sulphur dioxide V ▼	12oz	63	1.7	14.1	1.1	0.4	0.1	13.2	0.0	
		20oz	127	3.3	28.2	2.2	0.8	0.1	26.3	0.1	
		12oz	25	0.6	5.5	0.4	0.2	0.0	5.1	0.0	
		20oz	26	0.7	5.8	0.4	0.2	0.0	5.4	0.0	
Immune boost smoothie Kiwi, banana, mango puree, yoghurt, spirulina, linseed, spinach	Yoghurt (milk) V	12oz	181	6.1	23.9	2.2	7.8	4.0	20.2	0.2	
		20oz	348	11.9	45.5	3.9	15.1	8.0	39.1	0.3	
		12oz	68	2.3	9.0	0.8	2.9	1.5	7.7	0.1	
		20oz	71	2.4	9.3	0.8	3.1	1.6	7.9	0.1	
Energy smoothie Banana, purple grape juice, soy milk, passion fruit puree, gluten free oats (spirulina upon request)	Soybeans V ▼ LF	12oz	290	8.4	54.3	5.4	3.8	0.7	28.1	0.0	
		20oz	481	14.3	87.5	9.5	6.7	1.3	36.6	0.1	
		12oz	107	3.1	20.0	2.0	1.4	0.3	10.4	0.0	
		20oz	124	3.7	22.6	2.5	1.7	0.3	9.4	0.0	
Smooth berry smoothie Strawberry puree, banana, yoghurt, strawberries, blueberries, agave	Yoghurt (milk) V	12oz	132	3.0	23.4	3.2	3.4	2.0	19.4	0.1	
		20oz	220	5.3	37.1	3.2	6.5	4.1	34.8	0.1	
		12oz	52	1.2	9.2	1.2	1.3	0.8	7.7	0.0	
		20oz	59	1.4	10	1.2	1.8	1.1	9.4	0.0	

SMOOTHIES 160Z		Allergens & Nutrition Info	Size	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
Coffee cacao Soya milk, banana, peanut butter, agave, espresso, cacao nibs	Soybeans, NUTS! V ▼	16oz	376	13.4	39.4	2.5	18.2	3.3	33.7	0.3	
		Per 100g	130	4.6	13.6	0.9	6.3	1.1	11.6	0.1	
		16oz	199	2.2	48.0	2.9	0.5	0.1	43.8	0.0	
Berry cooler Apple juice, banana, apple, berry compote, strawberry, blueberry, ginger	V ▼	Per 100g	62	0.7	14.9	0.9	0.2	0.0	13.6	0.0	
		16oz	564	21.1	69.3	8.4	21.3	2.8	30.7	0.3	
		Per 100g	155	5.8	19.0	2.3	5.8	0.8	8.4	0.1	
Breakfast super shake Soya milk, banana, oats, peanut butter, agave, flaxseeds	Soybeans, NUTS! V ▼	16oz	238	6.3	31.4	0.6	9.6	2.0	28.0	0.1	
		Per 100g	62	1.8	9.0	0.2	2.7	0.6	8.0	0.0	
		16oz	300	13.4	32.7	4.0	13.4	1.8	26.3	0.3	
Lean green bean Apple juice, avocado, mango, edamame, spinach, ginger	Soybeans V ▼	Per 100g	97	4.3	10.6	1.3	4.3	0.6	8.5	0.1	
		16oz	221	2.6	43.7	1.7	4.6	3.7	39.5	0.0	
		Per 100g	71	0.8	13.9	0.5	1.5	1.2	12.6	0.0	
Plant powered protein shake Soya milk, banana, tofu, berry compote, peanut butter, strawberry, agave, chia seeds	Soybeans, NUTS! V ▼	16oz	221	2.6	43.7	1.7	4.6	3.7	39.5	0.0	
		Per 100g	71	0.8	13.9	0.5	1.5	1.2	12.6	0.0	
		16oz	221	2.6	43.7	1.7	4.6	3.7	39.5	0.0	
Tropical quencher Apple juice, banana, mango, coconut cream, passionfruit, ginger, mint	V ▼	Per 100g	71	0.8	13.9	0.5	1.5	1.2	12.6	0.0	

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POD NUTRITION

HOT DRINKS		Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
			Per serving / per 100g							
Latte	Milk		182	10.6	12.6	0	10.1	6.4	12	0.3
			66.5	3.9	4.6	0	3.7	2.4	4.4	0.11
Cappuccino	Milk		182	10.7	12.2	1.4	10	6.3	10.6	0.3
			73.3	4.3	4.9	0.5	4	2.5	4.2	0.11
Flat white	Milk		132	8.1	9.1	0	7.2	4.6	8.5	0.2
			66.6	4.1	4.6	0	3.6	2.3	4.3	0.12
Americano	Milk		50	4	3.4	0	2.3	1.5	2.8	0.09
			67.7	5.4	4.6	0	3.2	2	3.7	0.13
Espresso			50	4	3.4	0	2.3	1.5	2.8	0.1
Mocha	Milk		182	10.7	12.2	1.4	10	6.3	10.6	0.3
			73.3	4.3	4.9	0.5	4	2.5	4.2	0.11
Hot chocolate	Milk		265	11.8	26.9	1.2	11.1	7	29.1	0.5
			93.1	4.1	10.4	0.4	3.9	2.5	10.2	0.17
Golden turmeric latte	Nuts V NUTS ▼		233	3.7	17.1	2.2	16.2	11.8	10.7	1.0
			67	1.1	4.9	0.6	4.7	3.4	3.1	0.3
Mind boost matcha latte	Milk NUTS ▼		97	1.6	16	0.7	2.9	0.3	14.6	0.3
			36	0.6	5.9	0.3	1.1	0.1	5.4	0.1
Red roobios latte	Nuts V NUTS ▼		40	1.2	0	1.2	3.4	0	0	1
			12	0.4	0	0.4	1	0	0	0.3
Lemon ginger steeper			25.4	0.5	5.9	0	0.1	0	4.9	0
			59.1	1.1	13.8	0	0.3	0.1	11.4	0.01
Breakfast tea	Milk		39.6	2	2.8	0	2.3	1.5	2.8	0.1
			66	3.3	4.6	0	3.9	2.5	4.6	0.11
Fresh mint tea			4.3	0.4	0.5	0	0.1	0	0	0
			43	3.8	5.3	0	0.7	0	0	0.04

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POD NUTRITION

IMPULSE	Allergens & Nutrition Info	Size	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
Per serving / per 100g										
Peanut butter protein pods Peanuts, dates, soya protein powder, brown rice syrup, apricots, pumpkin seeds, coconut, date syrup, sunflower oil, thickener (carob bean gum)	NUTS, Soya	Per pack	172	9.1	13.4	1.1	9.7	2.9	7.6	0.19
			431	22.8	33.4	2.7	24.2	7.2	19.1	0.47
Chocolate orange protein pods Dates, soya protein powder, pumpkin seeds, peanuts, brown rice syrup, apricots, cacao nibs, cacao powder, date syrup, coconut sugar, orange extract, sunflower oil, vanilla extract, thickener (carob bean gum)	NUTS, Soya	Per pack	146	8.4	14.3	0.2	6.0	0.9	8.4	0.16
			365	21.0	35.7	0.6	15.1	2.2	20.9	0.39
Mixed bean plant protein Edamame beans (soya), black beans (soya), soya beans, fried broad beans (broad beans, palm oil), green peas, palm oil, modified corn starch, wheat flour, sugar, salt, soy sauce (water, soy, wheat, salt)	Soy Beans, Wheat Flour, Wheat, Soy Sauce	Per pack	178	11.2	16.8	3.0	6.6	1.6	1.6	0.52
			444	28.0	42.0	7.5	16.5	4.1	4.0	1.30
Spicy Sriracha crunchies Spiced roasted chick peas (chick peas, rapeseed oil, salt, spices), sriracha peas (green peas, sugar, corn starch, modified corn starch, palm oil, garlic powder, salt, colour: e160c, maltodextrin, garlic oil, chilli oil, citric acid), baked pumpkin seeds (pumpkin seeds, salt)		Per pack	174	8.4	17.6	4.5	9.1	1.7	2.7	0.62
			434	20.9	44.0	11.3	22.8	4.19	6.8	1.54
Crisp fava beans Fried broad beans (broadbeans, palm oil), soy sauce (water, soya bean, wheat, salt), wheat flour, modified corn starch, sugar, palm oil	Soy Sauce, Soya Bean, Wheat, Wheat Flour	Per pack	174	8.7	18.2	3.4	6.6	1.9	2.8	0.72
			436	21.8	45.5	8.5	16.6	4.7	7.0	1.8
Naked nuts Almonds, cashews, paleskin peanuts, redskin peanuts	NUTS!	Per pack	226	9.0	5.0	2.3	19.6	2.9	2.1	0.01
			566	22.5	12.5	5.8	49.1	7.4	5.3	0.02
Caribbean fruit punch Coconut, flame raisins (dressed with natural vegetable oil), mango, papaya, sugar	Sulphur Dioxide	Per pack	150	1.1	24.8	2.3	6.2	5.4	20.8	0.02
			376	2.7	2.7	5.7	15.6	13.39	52.1	0.06
Chocolate & goji trail mix Almonds, cranberries (sugar, sunflower oil), goji berries, seedless sultanas (dressed with natural vegetable oil), chocolate chips (cocoa mass), sugar, cocoa butter, soya lecithin)	Sulphur Dioxide	Per pack	170	3.3	20.5	2.2	9.1	1.3	18.8	0.01
			424	8.3	51.3	5.6	22.7	3.3	47.0	0.02
Dream chia & oat bar Gluten free oats, golden syrup, margarine (vegetable oil, palm and rapeseed oil in varying proportions), water, salt, emulsifier(e471), natural flavouring, colour(e160b, e100), demerara sugar, chopped apricots (apricots, sunflower oil), chopped cranberries (sugar, cranberries, sunflower oil), sultanas (sultanas, sunflower oil) pumpkin seeds, chia seeds, sunflower seeds	Seeds		-	-	-	-	-	-	-	-
			405	5.4	52.9	-	17.5	6.1	35.8	0.4
Naughty little brownie Caster Sugar, Liquid Pasteurised Whole Egg, Gluten Free Flour, Salted Butter, Dark Chocolate, Dark Brown Sugar, Chocolate, Rapeseed Oil, Cocoa Powder, Beetroot Concentrate	Egg, milk, soya WFV	Per pack	323	3.45	37	2.63	17.4	8.1	29.4	0.15
			431	4.6	49.4	3.52	23.3	10.8	39.2	0.2
Cheeky carrot cake Grated carrot, light brown sugar, wheat flour (wheat flour, calcium carbonate, iron, niacin, thiamine), rapeseed oil, walnuts, liquid pasteurised whole egg, wholemeal wheat flour, sultanas (sultanas, sunflower oil), raisins (raisins, sunflower oil), sunflower seeds, orange zest, bicarbonate of soda (e500), salt, ground cinnamon	Wheat, walnuts, egg NUTS		185	3.0	20.6	-	9.8	0.8	13.9	0.5
			331	5.3	36.8	-	17.6	1.5	24.9	0.9
Lively lemon almond cake Caster sugar, rapeseed oil, liquid pasteurised whole egg, ground almonds, maize flour, lemon juice (lemon juice, sulphites), gluten free flour (rice, tapioca and potato), thickener (xanthan gum), nibbed pistachio, lemon zest, baking powder (gluten free raising agent (e450i, e500ii, rice flour), salt, thickener (xanthan gum), lemon oil	Egg, almonds, sulphites, pistachio		288	3.7	31.1	-	16.6	1.4	24.2	0.3
			423	5.5	45.8	-	24.4	2.1	35.7	0.4
Dream protein bar Date paste, sunflower seeds, pumpkin seeds, carob syrup, protein crispies(isolated soy protein, rice flour, malt extract and salt), chopped cranberries (sugar, cranberries, sunflower oil), sultanas (sultanas, sunflower oil), sesame seeds, ground cinnamon.	Sesame seeds		-	-	-	-	-	-	-	-
			345	13.0	49.1	-	11.7	1.8	42.3	0.3

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POD NUTRITION

CRISPS

Allergens & Nutrition Info

Size

Kcals

Protein (g)

Carbs (g)

Fibre (g)

Fat (g)

Sat Fat (g)

Sugar (g)

Salt (g)

Per serving / per 100g

Pipers Crisps - sea salt

See packaging

DFGFWEV▼

Regular

213

2

22.8

1.4

12.28

1.32

0.2

0.2

523.5

5

57

3.5

2.5

3.3

0.5

0.5

Pipers Crisps - cheddar & onion

See packaging

Milk
GFWFV

Regular

213

2.5

22.4

1.3

12.3

1.4

0.6

0.6

523.5

6.25

56

3.25

38.8

3.5

1.5

1.5

Pipers Crisps - chorizo

See packaging

Milk
GFWFV

Regular

526

2

22.7

1.4

12

1.24

2.24

0.6

1315

5

56.7

3.5

30

3.1

5.6

1.5

Pipers Crisps - sea salt and vinegar

See packaging

DFGFWEV▼

Regular

209

2.1

22.8

1.3

11.6

1.2

1.08

0.8

522.5

5.25

57

3.25

29

3

2.7

2

POPCORN

Allergens & Nutrition Info

Size

Kcals

Protein (g)

Carbs (g)

Fibre (g)

Fat (g)

Sat Fat (g)

Sugar (g)

Salt (g)

Maple & bacon

See packaging

Regular

Sea salt

See packaging

Regular

Salt & sweet

See packaging

Regular



POD NUTRITION

DRINKS	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
Per serving / per 100g									
Orange juice		100	1.75	23	0	0	0	21	0.08
		82.6	1.45	19	0	0	0	17.3	0.07
Apple juice		105	<0.5	25			<0.5	<0.1	25
		42	<0.5	10			<0.5	<0.1	9.7
Carrot, apple & ginger juice		103	2.5	24.2	6.7	0.5	0	12.2	0.4
		85	2	20	5.5	0.4	0	10	0.3
Watermelon, strawberry & mint juice		79	0.7	29			0.6	0.2	26
		49	0.3	12			0.24	<0.1	11
Raspberry AID		66	0.24	17			0	0	15
		26	0.09	6.7			0	0	5.9
Ginger AID		28	0.15	18			0	0	14
		28	0.06	7.1			0	0	5.5
Passionfruit AID		84	0.5	21			0	0	17
		34	0.2	8.5			0	0	6.7
Mango & lime H2O									
Sour cherry H2O									
Lime H2O									
Still water		0	0	0	0	0	0	0	0
		0	0	0	0	0	0	0	0
Sparkling water		0	0	0	0	0	0	0	0
		0	0	0	0	0	0	0	0
Cawston Press - Elderflower Sparkling		129	0.1	7.4	0	0	0	7.4	0
		30	0.1	7.4	0	0	0	7.4	0
Ginger Sparkling									
Strawberry & mint sparkling									
San Pellegrino - Lemon		149	0	34.7	0	0	0	33	0
		39	0	8.9	0	0	0	8.1	0
Coke		139	0	35	0	0	0.1	35	0
		42	0	10.6	0	0	0	10.6	0
Diet Coke		1	0	0	0	0	0	0	0
		0.4	0	0	0	0	0	0	0
Coke Zero		1	0	0	0	0	0	0	0
		0.4	0	0	0	0	0	0	0

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