



# POD NUTRITION

## BREAKFAST

Allergens & Nutrition Info	Size	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	
										Perserving /per 100g
<b>Omega 3 eggs</b> Two eggs, smoked salmon , avocado, munchy seeds chilli bites and a slice of brown toast with butter	Eggs, salmon (fish), Munchy seeds (soy), bread (wheat), butter (milk)	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
<b>Chorizo power eggs</b> 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)	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
<b>Protein feast eggs</b> Three eggs, sausage, bacon, tomatoes, parsley and protein bread.	Eggs,sausage(wheat),proteinbread(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
<b>Energiser scrambled eggs</b> Two eggs, mozzarella, basil, sunblushed tomatoes, avocado and a slice of brown toast with butter	Eggs, mozzarella (dairy) bread (wheat), butter (milk)	Regular	340	20.4	18.6	1.9	20.9	7	1.1	1.2
	V		181	10.9	9.9	1	11.1	3.7	0.6	0.6
<b>Superb scrambled eggs</b> Two eggs, spinach, tomato, chilli, Greek style cheese, toasted seeds & a slice of brown toast cut in half with butter	Eggs, soft cheese (dairy), bread (wheat), butter (milk), Munchy seeds (soy)	Regular	367	23.4	15.7	1.5	23.8	9.7	1	1.8
	V									

## HOT AND TOASTED

<b>Avo and chilli toasted sandwich</b> Avocado & red chilli on brown bread	Brown bread (wheat)	Regular	310	9.3	44	5.3	11.8	2.5	4	1.4
	V		230	6.9	32.9	3.9	8.8	1.8	2.9	1
<b>Sausage sandwich (with ketchup)</b> 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
	DF									
<b>Sausage sandwich (with brown sauce)</b> 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
	DF									
<b>Sausage sandwich (no added sauce)</b> Sausage, brown bread	Sausages (Wheat), bread (Wheat)	Regular	410	19.9	43.1	2.6	22	7.9	8	3.4
	DF									
<b>Bacon sandwich (with ketchup)</b> 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
	DF		267	15.6	27.9	2.2	11.1	3.9	3.3	3.3
<b>Bacon sandwich (with brown sauce)</b> 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
	DF		266	15.6	27.5	2.2	11.1	3.9	3.3	3.2
<b>Bacon sandwich (no added sauce)</b> Brown bread, bacon	Brown bread (wheat)	Regular	320	15.6	41.1	3.3	10.3	4.9	1.5	1.9
	DF		244	11.9	31.4	2.5	7.9	3.7	1.1	1.4
<b>Smoked salmon bagel</b> 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
	DF		274	11.4	29.8	4.0	13.8	6.0	3.5	1.5
<b>Protein bread</b>	Gluten - wheat, protein plus (milk)	Regular	221	17.85	26.35	5.1	3.8	0	0.85	1.0
	V SESAME SEEDS		260	21	31	6	4.5	0	0.6	1.2
<b>Toast (per slice)</b>	Wheat	Regular	78	2.9	15.1	1.1	0.5	0.1	1	1
	DF V ▼		242	10.1	4.3	2.4	2.4	0.6	2.7	0.9
<b>Bagel</b>	Wheat	Regular	315.1	13.3	59.3	3.3	3.5	0.7	7	1.1
	DF V ▼ SESAME SEEDS		248	10.8	50.3	6.6	3.3	1.0	5.9	1.4
<b>Brown gluten free bread (1 slice)</b>	Egg	Regular	127	1.8	22.9	2.9	2.4	0.2	1.3	0.3
	GF WF V		253	3.5	45.9	5.8	4.9	0.4	2.5	0.7

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# POD NUTRITION

## TOPPINGS

TOPPINGS	Allergens & Nutrition Info		Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
Butter	Butter (milk) GF WF 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) DF GF WF 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 DF 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) GF WF 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

## PORRIDGE

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 GF WF 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, water, peanut butter, banana, honey.	Milk, peanuts GF V WF 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, water, blueberries, agave, chia, linseed, sesame & pumpkin seeds.	Milk, sesame (sesame seeds) GF V WF 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 gluten free porridge Gluten free porridge oats, full fat milk, water	Milk GF V WF	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

## PORRIDGE TOPPINGS

Pumpkins seeds	GF V WF	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 DFGF W F 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	DFGF W F 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	DFGF W F V ▼	Regular	61	0	16.4	0	0	0	16.4	0
			304	0.3	82.4	0.2	0	0	82.1	0

## SPEEDY BAGELS

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	6.4	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

## 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										
<b>Peruvian corn &amp; chicken</b> Rice, Thai side salad, Peruvian chicken mix, coriander.	Mustard, soybeans GF DF WF 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										
<b>Thai red chicken curry</b> Thai red chicken served over three 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 GF WF DF	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										
<b>Thai green curry</b> Thai green chicken curry served over three 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 GF WF DF	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.										
<b>Persian beef meatballs</b> Pod 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.										
<b>Smoky three bean chilli</b> Black Bean stew, Rice blend, Avocado, Yoghurt, Chilli red, Munchy Seeds	Black Bean stew (Barley (gluten), Soybeans, Celery), Yoghurt (Milk), Munchy Seeds (Soybeans) V	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										
<b>Malaysian coconut chicken</b> Coconut curry, chargrilled British chicken thigh, sweet potato, coriander.	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.										

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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										
<b>Peruvian corn &amp; chicken</b> Peruvian corn. Served with a side salad of mooli, green beans, chilli, carrot, peas.	Mustard, soybeans, Sesame GF DF WF 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
<b>Thai red chicken curry</b> 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 GF WF DF	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
<b>Thai green curry</b> 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 GF WF DF	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
<b>Persian beef meatballs</b> 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
<b>Smoky three bean chilli</b> 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
<b>Malaysian coconut chicken</b> 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

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.

## GYM BOWLS

<b>Vegan green energy gym bowl</b> 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
<b>Green energy chicken gym bowl</b> 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										
<b>British chicken Pho</b>	Soybeans GF DF WF	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
<b>Rare sliced beef Pho</b>	Soybeans GF WF DF 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, kale, coriander, mint			41	3.2	5.6	0.3	0.7	0.0	2.3	0.7
<b>Organic tofu Pho</b>	Soybeans GF DF WF 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
<b>Beef meatball Pho</b>	Soybeans, gluten (wheat) DF	Regular	246	11.1	26.5	1.4	10.5	4.0	12.4	3.2
Water, Asian meetballs (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

## HOT WRAPS

<b>Thai beef meatball wrap</b>	Wheat (gluten), soybeans, eggs, sesame seeds DF 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
<b>Chicken and chorizo melt wrap</b>	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
<b>Falafel and smoky choka wrap</b>	Wheat (Gluten), Sesame Seeds, Peanuts; Almonds, Walnuts, Hazelnuts (Nuts), Celery DF 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

<b>Chicken gyozas</b>	Soybeans, eggs, gluten (wheat), sesame seeds DF 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
<b>Vegetable gyoza</b>	Celery, gluten (wheat), sesame seeds, soybeans DF ▼ 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 nutritional info excluded dressings. See page 10 for dressing info.

Per serving / per 100g

<b>Tabbouleh salad</b> Quinoa, tomatoes, cucumber, avocado, cabbage, pistachio, pomegranate seeds, parsley, mint, sultanas, muhammara, lemon juice, seeds & a vinaigrette dressing.	Pistachio (nuts), dressing (sulphites, soya), muhammara (nuts), seeds (sesame) DF GF WF 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
<b>Chicken tabbouleh</b> Chicken, quinoa, tomatoes, cucumber, avocado, cabbage, pistachio, pomegranate seeds, parsley, mint, sultanas, muhammara, lemon juice, seeds & a vinaigrette dressing.	Pistachio, cashew (nuts), dressing (sulphites, soya), muhammara (nuts), seeds (sesame) GF WF SESAME SEEDS NUTS DF	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
<b>Slow burner</b> 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
<b>Chicken slow burner</b> 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) WF	Regular	450	32.3	40.0	5.2	19.1	2.0	8.8	0.5
			107	7.7	9.5	1.2	4.5	0.5	2.1	0.1
<b>Gym box</b> 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) GF WF SESAME SEEDS DF	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
<b>Protein box</b> Egg, mozzarella cheese, chicken, smoked salmon, red chilli.	Salmon (fish), hard boiled egg (egg), mozzarella (milk) GF WF	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

<b>Heart boosting beets</b> 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
<b>British chicken &amp; mozzarella</b> 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 WF	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
<b>Salmon and egg</b> 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) DF WF	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
<b>Rare roast beef</b> 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 DF	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
<b>Hawaiian tuna poke</b> 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 DF	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
<b>Asian duck</b> Roast duck, quinoa, barley (gluten), cucumber, edamame, peas, lentils - green & brown, teriyaki (gluten, soybeans), kale, leeks, pomegranate, spring onions, chilli, coriander, olive oil. Served with a 25ml turmeric dressing	Gluten (barley), gluten (wheat), soybeans DF	Regular	508	32.4	50.9	4.1	20.2	0.8	12.7	1.5
			131	8.3	13.1	1.1	5.2	0.2	3.3	0.4

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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										
<b>Chicken &amp; avocado protein punch</b> Chicken, egg, avocado, kale, leaf mix, seeds, spring onions	Soybeans GF DF WF 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
<b>Falafel &amp; beetroot hummus hippie</b> Falafel (gluten), beetroot & rosemary hummus (sesame), choka sauce, cucumber, kale, carrot, red cabbage, sweet potato, pomegranate, edamame, spring onion, dukkah (celery, gluten, nuts)	Gluten (wheat), soybeans sesame, celery, nuts (almonds, hazelnuts, walnuts, peanuts) DF 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
<b>Mexican salmon &amp; avocado</b> Salmon, black beans, avocado, mango, leaf mix, spring onions	Fish (salmon), soybeans GF WF 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
<b>Scandinavian mackerel &amp; beetroot</b> Beetroot, mackerel, egg, cucumber, red cabbage, carrot, Greek yoghurt, leaf mix, seeds.	Milk, Mustard, Soybeans, Fish (mackerel), eggs, sesame SESAME SEEDS GF WF	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
<b>Tofu &amp; turmeric yogi</b> Tofu (soybeans), black beans, mango, carrot, pickled red cabbage, leaf mix, seeds	Seeds (sesame), soybeans GF WF SESAME SEEDS NUTS DF	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

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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 DF GF WF 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 DF V ▼ SESAME SEEDS	85.5	0.5	4.5	0.1	7.02	1	4.2	2.3
Pomegranate dressing	Soybeans DF GF WF LF 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
Lemon 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
Lemon dressing (50ml)	Soybeans, sulphites GF DF WF V ▼	130	0.8	208	0.2	47.2	3.2	18.4	1.4
		259	0.4	10.4	0.1	23.6	1.6	9.2	0.7
Vinaigrette dressing (25ml)	Soybeans, sulphites GF DF WF 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)	Soybeans, sulphites GF DF WF 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

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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 GF DF WF	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 GF DF WF 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 GF DF WF 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 DF ▼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	GF DF WF	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
Edamame pods Soybeans in pods (soybeans)	Soybeans GF DF WF V ▼	Regular	201	17.3	13.4	6.9	9.2	1.2	6.5	0.0
			134	11.5	8.9	4.6	6.1	0.8	4.3	0.0

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) DF ▼ 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)
<b>Berry boost yoghurt</b> Greek style yoghurt, agave, blueberries, pumpkin seeds, sesame, chia & linseeds	Regular	236	12.9	25.8	1.5	8.4	4.0	23.2	0.4
<b>Cacao, pistachio &amp; agave yoghurt</b> Greek style yoghurt, cacao nibs, agave nectar, pistachio	Regular	165	6.4	8.2	0.9	12	6.4	4	0.4
<b>Purple grape and banana yoghurt</b> Greek style yoghurt, banana, purple grape juice, toasted almonds & agave nectar	Regular	228	7.9	24	0.7	4.2	3.7	5	0.2
<b>Mango quinoa pot</b> Mango puree, mango pieces, quinoa, Greek style yoghurt, toasted almonds & agave nectar	Regular	248	8.6	30.1	1.1	11.1	4.9	15.9	0.18
<b>Big &amp; juicy fruit pot</b>	Regular	94	1.34	23	2.68	0.3	0	23	0
<b>Exotic fruit pot</b>	Regular	41	0.6	10.0	1.1	0.2	0	10.0	0.01
<b>Golden Turmeric yoghurt</b> Turmeric powder, Greek style yoghurt, pomegranate, pistachio, raisins	Regular	355	11.8	20.1	0.5	20.5	11.9	19.0	0.4
<b>Acai berry yoghurt</b> Acai berry powder, Greek style yoghurt, strawberry, blueberry, agave nectar, seeds	Regular	305	11.3	10.8	2.0	20.4	11.9	8.3	0.4
<b>Pineapple and lime pot</b> Turmeric powder, Greek style yoghurt, pomegranate, pistachio, raisins	Regular	71	0.7	17.6	2.3	0.3	0	17.5	0

## SMOOTHIES 20oz

<b>Acai &amp; banana energiser</b> Banana, soya milk, apple juice, GF oats, acai powder, blueberry, agave, autumn seeds	Soybeans, sesame seeds GF DF WF LF SESAME SEEDS V ▼	12oz	629	21.4	100.1	15.0	14.8	2.5	35.5	0.1
		20oz	98	3.3	15.6	2.3	2.3	0.4	5.5	0.0
<b>Apple &amp; mango anti-oxidant</b> Orange juice, apple, yoghurt, mango, carrot, ginger, chilli, lime	Yoghurt (milk) GF WF LF V	12oz	238	5.6	43.1	3.8	6.1	3.5	41.7	0.2
		20oz	42	1.0	7.5	0.7	1.1	0.6	7.3	0.0
<b>Mean green smoothie</b> Apple juice, lemon juice, broccoli, cucumber, mango, ginger, spinach	Sulphur dioxide GF DF WF V ▼	12oz	127	3.3	28.2	2.2	0.8	0.1	26.3	0.1
		20oz	26	0.7	5.8	0.4	0.2	0.0	5.4	0.0
<b>Immune boost smoothie</b> Kiwi, banana, mango puree, yoghurt, spirulina, linseed, spinach	Yoghurt (milk) GF WF LF V	12oz	348	11.9	45.5	3.9	15.1	8.0	39.1	0.3
		20oz	71	2.4	9.3	0.8	3.1	1.6	7.9	0.1
<b>Energy smoothie</b> Banana, purple grape juice, soy milk, passion fruit puree, gluten free oats (spirulina upon request)	Soybeans DF GF WF V ▼ LF	12oz	481	14.3	87.5	9.5	6.7	1.3	36.6	0.1
		20oz	124	3.7	22.6	2.5	1.7	0.3	9.4	0.0
<b>Smooth berry smoothie</b> Strawberry puree, banana, yoghurt, strawberries, blueberries, agave	Yoghurt (milk) GF WF LF V	12oz	132	3.0	23.4	3.2	3.4	2.0	19.4	0.1
		20oz	52	1.2	9.2	1.2	1.3	0.8	7.7	0.0

with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen. If you have a query please speak to a member of the shop team.



# POD NUTRITION

## SMOOTHIES

### Acai & banana energiser

Banana, soya milk, apple juice, GF oats, acai powder, blueberry, agave, autumn seeds

Soybeans, sesame seeds  
GF DF WF LF 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)  
GF WF 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  
GF DF WF 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)  
GF WF LF 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  
DF GF WF 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)  
GF WF LF V

12oz	132	3.0	23.4	3.2	3.4	2.0	19.4	0.1
20oz	132	3.0	23.4	3.2	3.4	2.0	19.4	0.1
12oz	52	1.2	9.2	1.2	1.3	0.8	7.7	0.0
20oz	52	1.2	9.2	1.2	1.3	0.8	7.7	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 GF DF WF 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 GF DF WF 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										
<b>Peanut butter protein pods</b> 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
<b>Chocolate orange protein pods</b> 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
<b>Mixed bean plant protein</b> Edamame beans (soya), black beans (soya), soybeans, 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
<b>Spicy Sriracha crunchies</b> Spiced roasted chick peas (chick peas, rapeseed oil, salt, spices), sriracha peas (green peas, sugar, cornstarch, modified cornstarch, 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
<b>Crisp fava beans</b> Fried broad beans (broadbeans, palm oil), soy sauce (water, soya bean, wheat, salt), wheat flour, modified cornstarch, 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
<b>Naked nuts</b> 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
<b>Caribbean fruit punch</b> Coconut, flameraisins (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
<b>Chocolate &amp; goji trail mix</b> 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
<b>Dream chia &amp; oat bar</b> 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
<b>Naughty little brownie</b> 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 GF WF V	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
<b>Cheeky carrot cake</b> 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
<b>Lively lemon almond cake</b> 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
<b>Dream protein bar</b> Date paste, sunflower seeds, pumpkin seeds, carob syrup, protein crisps (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	DF GFWFV ▼	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	DF GFWFV ▼	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)
Popcorn - fiery salsa See packaging	DF GFWFV ▼	Regular	135	1.6	18.2	1.2	5.7	0.5	8.2	0.3	
			337.5	4	45.5	3	14.2	1.25	20.5	0.75	
Popcorn - sea salt & black cracked pepper See packaging	Milk DF GFWFV ▼	Regular	106	1.5	10.7	1.2	5.9	0.5	0.1	0.3	
			265	3.75	26.75	3	14.75	1.25	0.25	0.75	
Popcorn - salty sweet 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	DF GFWFV ▼	Regular	136	1.5	18.4	1.2	5.8	0.5	8.1	0.3	
			340	3.75	46	3	14.5	1.25	2.5	0.75	
BOUNCE BALLS		Allergens	Size	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
Spirulina & ginseng See packaging	Nuts, milk GFWFV ▼ NUTS!	Regular	191	5	21	2.8	9	0.9	10	0.2	
			390	10	43	6	18	1.84	20.4	0.3	
Peanut See packaging	Peanuts, milk GFWF V NUTS!	Regular	207	14	19	2.4	8	1.1	12	0.4	
			422	28.6	38.8	5	16.3	2.24	24.9	0.5	
Coconut See packaging	Nuts, milk GFWFV NUTS!	Regular	178	9	18	4	7	0	10	0.27	
			363.2	18.37	36.73	8.1	14.3	0	20.4	0.55	

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# 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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