



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.	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 .	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 .	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	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
Superb scrambled eggs Two eggs , spinach, tomato, chilli, Greek style cheese , toasted seeds & a slice of brown toast cut in half with butter	Regular	367	23.4	15.7	1.5	23.8	9.7	1	1.8
	V								
Plain eggs Two eggs , and a slice of brown toast with butter	Regular	345							
	Large	435							
	Regular								
	Large								

HOT AND TOASTED

Avo and chilli toasted sandwich 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
Sausage sandwich (with ketchup) Sausage, brown bread, tomato ketchup	Sausages (Wheat), bread (Wheat), tomato ketchup (celery), sulphites, milk	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), sulphites, milk	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), milk	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)	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
Toast (per slice)	Wheat	Regular	78	2.9	15.1	1.1	0.5	0.1	1	1
	V▼		242	10.1	4.3	2.4	2.4	0.6	2.7	0.9
Bagel	Wheat	Regular	315.1	13.3	59.3	3.3	3.5	0.7	7	1.1
	V▼ SESAME SEEDS		248	10.8	50.3	6.6	3.3	1.0	5.9	1.4
Brown gluten free bread (1 slice)	Soya	Regular	127	1.8	22.9	2.9	2.4	0.2	1.3	0.3
	V		253	3.5	45.9	5.8	4.9	0.4	2.5	0.7

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POD NUTRITION

TOAST TOPPINGS

	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

BANANA BREAD

	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 blush Banana bread, Greek yoghurt, five berry compote, almonds	Eggs, wheat (Gluten), Milk, Almonds (nuts) V	Regular	368	6.9	44.5	2	18.6	5	26.2	0.9
			254	4.8	30.7	1.4	12.8	3.4	18.1	0.6
Blossom honey & chia Banana bread, Greek yoghurt, banana, honey, sesame seeds, chia seeds, flaxseeds	Eggs, wheat (Gluten), Milk, Sesame seeds V	Regular	376	6.6	51.1	2.4	17.1	4.9	32.2	0.9
			240	4.2	32.5	1.6	10.9	3.1	20.5	0.6
Pistachio & blueberry Banana bread, Greek yoghurt, blueberries, pomegranate, pistachio	Eggs, wheat (Gluten), Milk, Pistachio (nuts) V	Regular	330	6.1	41.3	1.8	16.2	4.8	23.2	0.9
			246	4.5	30.8	1.3	12.1	3.6	17.3	0.7
Tropical mango glow Banana bread, Greek yoghurt, mango, pomegranate, mango puree	Eggs, wheat (Gluten), Milk V	Regular	340	6.1	44.8	1.5	15.8	4.8	27	0.9
			213	3.8	28	1	9.9	3	16.9	0.6
Peanut butter & cacao Banana bread, Greek yoghurt, peanut butter, cacao nibs	Eggs, wheat (Gluten), Milk, Peanut V	Regular	456	11.3	42.1	1.7	27	6.6	23.2	1.1
			312	7.8	28.8	1.2	18.5	4.5	15.9	0.8

BREAKFAST HOT WRAPS

	Allergens & Nutrition Info	Size	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
Bacon & egg Khobez wrap, smoky tomato choka sauce, boiled egg, and bacon	Eggs, wheat (Gluten)	Regular	476	25	52.3	3.1	19.1	5.8	4.3	3.2
			218	11.4	23.9	1.4	8.7	2.6	2	14
Egg, spinach & crumbled cheese Khobez wrap, boiled egg, crumbled cheese and spinach	Eggs, wheat (Gluten), Milk V	Regular	446	21.7	46.3	2.5	19.8	3.7	2.1	2.9
			204	9.9	21.2	1.1	9	1.7	1	1.3

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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)
			Per serving / per 100g							
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
Forest berry & peanut butter Gluten free porridge oats, full fat milk (milk) , water, peanut butter (nuts) , five berry compote	Milk, Peanuts V	Regular	361	13.6	34.9	4.1	17.2	3.3	9.4	0.3
		Large	438	16.5	46.6	5.8	19	3.9	10.5	0.3
		Regular	250	9.4	24.2	2.8	12	2.3	6.5	0.2
		Large	242	9.1	25.8	3.2	10.5	2.1	5.8	0.2

ALMOND MILK PORRIDGE

	Allergens & Nutrition Info		Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
			Per serving / per 100g							
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) NUTS 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

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
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)									
	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)									
	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)									
	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	
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!										
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									
	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: Water, Chopped Tomatoes, Butter Beans, Cannellini Beans, Onions, Roasted Red Peppers, Tomato Paste, Olive Oil, Paprika, Garlic Puree, Sea Salt, Lemon Juice Concentrate, Smoked Paprika, Thyme, Cracked Black Pepper, Potassium Sorbet, Oregano										
Naked Katsu curry Katsu curry, chargrilled British chicken thigh, served over mixed grain rice.	Soybeans									
	Regular	315	18.8	45.5	5.2	9.1	1.7	7.4	2.1	
	Large	398	26.3	50	5.8	12.7	2.3	9.6	3	
	Regular	101	6	14.6	1.7	2.9	0.5	2.4	0.7	
	Large	100	6.6	12.6	1.5	3.2	0.6	2.4	0.8	
Katsu curry sauce: Water, White Onion, Sunflower Oil, Vegetable Stock Powder, Tamari Sauce, Medium Curry Powder, Granulated Sugar, Garlic Puree, Ginger Puree, Ground Cumin, Ground Cinnamon, Ground Coriander, Potassium Sorbate										
Smoky three bean chilli - light Black Bean stew, Rice blend, Avocado, fat free yoghurt, Chilli red, Munchy Seeds.	Black Bean stew (Barley (gluten), Soybeans, Celery), Yoghurt (Milk), Munchy Seeds (Soybeans)									
	Regular	500.7	8	100.8	11	10.9	0.2	9.4	1.5	
	Large	634.7	10.8	110.4	12.9	18.9	1.5	12.6	2.1	
	Regular	126.6								
	Large	129.4								
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!										
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										

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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										
Thai red chicken curry	Fish sauce (fish), shrimp paste (crustaceans), 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
Thai red chicken curry topped with coriander. Served with a side salad of mooli, green beans, chilli, carrot, peas		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	Fish sauce (fish), shrimp paste (crustaceans), 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
Thai green chicken curry topped with coriander. Served with a side salad of mooli, green beans, chilli, carrot, peas		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	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
Choka sauce, Asian meatballs (wheat, gluten, soybeans), cabbage red raw, carrots old raw, Greek style cheese (milk), Broccoli green steamed, spring onions, pomegranate, parsley		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 (Barley , Soybeans , Celery), Yoghurt (Milk), Munchy Seeds (Soybeans), 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
Black Bean stew, Avocado, Yoghurt, Chilli red, Munchy Seeds		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	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
Coconut curry, chargrilled British chicken thigh, sweet potato, coriander.		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	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
Bean sauce, chicken, cabbage, carrots, spring onion, chorizo, soybeans, parsley		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
Naked Katsu curry	Soybeans	Regular	241	20.9	16.8	4.4	9.5	1.8	9.8	2.1
		Large	266	22.7	20.1	5.9	10.2	1.9	12.3	2.2
Katsu curry, chargrilled British chicken thigh, served over mixed grain rice.		Regular	79	6.9	5.5	1.4	3.1	0.6	3.2	0.7
		Large	74	6.3	5.6	1.6	2.8	0.5	3.4	0.6

Katsu curry sauce: Water, White Onion, Sunflower Oil, Vegetable Stock Powder, Tamari Sauce, Medium Curry Powder, Granulated Sugar, Garlic Puree, Ginger Puree, Ground Cumin, Ground Cinnamon, Ground Coriander, Potassium Sorbate

Smoky three bean chilli

Black Bean stew, Avocado, Yoghurt, Chilli red, Munchy Seeds

Black Bean stew (**Barley**, **Soybeans**, **Celery**), Yoghurt (**Milk**), Munchy Seeds (**Soybeans**), V

Regular	251.7	11.4	31.4	7.9	6.5	0.5	11.6	1.6
Large	355.7	15.6	44.2	11.2	8.5	0.6	16.3	2.2
Regular	66.6							
Large	75.2							

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 Water, vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint, chargrilled chicken	Soybeans	Regular	182	16.5	19.0	0.9	4.5	1.1	8.1	2.4
			52	4.7	5.4	0.2	1.3	0.3	2.3	0.7
Organic tofu Pho Water, vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint, tofu (soybeans)	Soybeans V	Regular	145	8.4	19.7	1.3	3.9	0.6	8.1	2.0
			43	2.5	5.8	0.4	1.1	0.2	2.4	0.6
Beef meatball Pho Water, Asian meatballs (gluten, soybeans), vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint	Soybeans, gluten (wheat)	Regular	246	11.1	26.5	1.4	10.5	4.0	12.4	3.2
			70	3.1	7.5	0.4	3.0	1.1	3.5	0.9
Vegetable gyoza topped Pho Water, vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint, veggie gyoza (celery, gluten (wheat), sesame seeds, soybeans)	Soybeans, celery, wheat (gluten) sesame seeds V VEGAN	Regular	141	4.9	26.7	1.7	1.5	0.2	8	2.18
			43	1.5	8.1	0.5	0.5	0	2.4	0.66
King prawn Pho Water, prawns (crustaceans), vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint	Soybeans, prawns (crustaceans)	Regular	114	7.6	18.9	0.9	1.1	0.1	7.8	2.38
			35	2.3	5.7	0.3	0.3	0	2.4	0.72
British chicken Laksa Water, vegetarian laksa (milk, sulphur dioxide), rice noodles, leeks, kale, coriander, mint, chargrilled chicken	Milk, sulphur dioxide	Regular	249	23.7	18.6	1.1	8.5	2.5	5.1	3.9
			54	5.2	4	0.2	1.8	0.5	1.1	0.8
Organic tofu Laksa Water, vegetarian laksa (milk, sulphur dioxide), rice noodles, leeks, kale, coriander, mint, tofu (soybeans)	Soybeans, milk, sulphur dioxide V	Regular	204	14.4	19.3	1.5	7.5	1.9	5.1	3.5
			46	3.3	4.4	0.3	1.7	0.4	1.2	0.8
Vegetable gyoza topped Laksa Water, vegetarian laksa (milk, sulphur dioxide), rice noodles, leeks, kale, coriander, mint, veggie gyoza (celery, gluten (wheat), sesame seeds, soybeans)	Celery, wheat (gluten), sesame seeds, soybeans, milk, sulphur dioxide V	Regular	222	11.7	30.2	2.4	5.4	1.5	5.1	3.8
			50	2.6	6.8	0.5	1.2	0.3	1.1	0.8
King prawn Laksa Water, vegetarian laksa (milk, sulphur dioxide), rice noodles, leeks, kale, coriander, mint, prawns	Prawns (crustaceans), milk, sulphur dioxide	Regular	181	15.6	18.4	1.1	4.7	1.4	4.8	4.1
			41	3.5	4.1	0.3	1.1	0.3	1.1	0.9

GYOZAS

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

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POD NUTRITION

HOT WRAPS

	Allergens & Nutrition Info	Size	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
Per serving / per 100g										
Thai beef meatball wrap 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)	Wheat (gluten), soybeans, eggs, sesame seeds SEEDS	Regular	614	25.1	64.0	7.1	28.6	6.9	12.9	2.3
			258	10.5	26.9	3.0	12.0	2.9	5.4	1.0
Chicken and chorizo melt wrap Khobez wheat (Gluten), chargrilled chicken thigh, choka sauce, mozzarella (Milk), Chorizo (Milk, Soybeans)	Wheat (gluten), milk, soybeans	Regular	591	42.9	50.7	5.7	23.9	9.9	8.1	2.1
			207	15.0	17.7	2.0	8.3	3.5	2.8	0.7
Falafel and smoky choka wrap 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)	Wheat (Gluten), Sesame Seeds, Peanuts; Almonds, Walnuts, Hazelnuts (Nuts), Celery NUTS SEEDS ▼	Regular	504	18.3	73.6	15.7	13.4	1.4	22.1	1.1
			182	6.6	26.6	5.7	4.8	0.5	8.0	0.4
Pesto chicken & emmental Khobez wheat (Gluten), chargrilled chicken thigh, emmental (Milk), roast peppers, nut free pesto	Wheat (gluten), milk	Regular	581	33*	49.4	2.9	28.3	13.1	3.7	2.6
			248	14.1	21.1	1.3	12.1	5.6	1.6	1.1
Roasted sweet potato & crumbled cheese Khobez wheat (gluten), roasted sweet potato, Greek style cheese, nut free pesto, spring onions, pumpkin seeds	Wheat (gluten), milk	Regular	468	146	57.9	4.2	20.4	2.8	5.5	2.8
			239	7.4	29.5	2.1	10.4	1.4	2.8	1.4
Grilled chicken & chorizo Khobez wheat (Gluten), chargrilled chicken thigh, choka sauce, mozzarella (Milk), Chorizo (Milk, Soybeans)	Wheat (gluten), milk, soybeans	Regular	532	30.8	51.8	3.1	23	9.7	5.5	2.7
			210	12.2	20.5	1.2	9.1	3.8	2.2	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 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), sulphites, celery
V VE ▼ 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), sulphites, celery
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), gluten (barley), pistachio (nuts), sweet chilli dressing (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), 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

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

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, sulphites
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

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, sesame

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



POD NUTRITION

VITALITY BOWLS

Allergens & Nutrition Info

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

Salad nutritional include dressings. See page 10 for dressing info.

Per serving / per 100g

Chicken & avocado protein punch

Chicken, egg, avocado, kale, leaf mix, seeds, spring onions and a 25ml vinaigrette dressing

Soybeans, mustard, egg 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), mustard, soybeans, sesame, celery, nuts, (almonds, hazelnuts, walnuts, peanuts) V ▼ SESAME SEEDS NUTS

Regular	284	19.4	22.6	10.8	15.7	1.6	8.3	1.9
	109	3.6	8.7	4.1	6.1	0.6	3.2	0.7

Wholewheat pesto pasta

wholewheat pasta, pesto, spinach, crumbled cheese, peas, sunblush tomatoes, seeds & a vinaigrette dressing

pasta (gluten), cheese (milk), dressing (mustard), seeds (soybeans)

Regular	399	17.3	35.2	6.9	20	1.9	3.4	1.9
	160	6.9	14.1	2.8	8	0.8	1.4	0.8

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), sulphites

Regular	210	15.8	26.6	3.9	4.8	0.7	5.9	0.7
	74	5.6	9.4	1.4	1.7	0.2	2.1	0.2

Naked burrito bowl

chicken, black beans, avocado, crumbled cheese, yoghurt, spring onions, peppers, sweet potato leafy salad mix & a yoghurt & spring onion dressing.

cheese (milk), yoghurt (milk), lemon juice (sulphur dioxide)

Regular	217	16.9	11.1	3.7	11.3	1.5	6.7	1.1
	107	8.3	5.5	1.8	5.6	0.7	3.3	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, sulphites)

Regular	122	4.7	16.7	5.1	4.7	0.6	5.4	0.18
	58	2.2	8	2.4	2.2	0.3	2.6	0.09

Almond & sesame chicken

chicken, edamame, broccoli, spinach, spring onions, almonds, pomgranate, seeds & a sesame dressing

almond (nuts), dressing (eggs, sesame seeds, soybeans)

Regular	278	23.4	11.7	6.2	15.7	2.4	6.2	0.5
	116	9.8	4.9	2.6	6.6	1	2.6	0.2



POD NUTRITION

DRESSINGS

		Size	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
Turmeric & ginger dressing (25ml)	Soy, sesame		56	0.6	3.2	0.5	4.4	0.6	2	0.4
	V VE		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
	V VE		225	2.5	12.6	1.8	17.6	2.3	8.1	1.6
Sweet chilli dressing (50ml)	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 (25ml)	V ▼ SESAME SEEDS		85	0.9	4.2	0	7.1	0.8	0.6	0.4
			339	3.8	16.6	0.1	28.6	3	36.4	1.4
Pomegranate dressing	Soybeans		38	0.5	10.7	0.2	0.0	0.0	7.5	0.0
	V ▼		84	1.2	23.8	0.5	0.0	0.0	16.6	0.0
Vinaigrette dressing (25ml)	Mustard		121	0.2	2.3	0.2	12.2	1.5	2.1	0.4
	V ▼		485	0.9	9.2	0.6	48.9	5.8	8.3	1.4
Vinaigrette dressing (50ml)	Mustard		243	0.5	4.6	0.3	24.5	2.9	4.2	0.7
	V ▼		485	0.9	9.2	0.6	48.9	5.8	8.3	1.4
Sweet chilli & sesame (25ml) (zingy prawn noodle salad)	Eggs, sesame seeds, soybeans, sulphur dioxide		64	0.3	11.5	0.1	1.8	0.2	9.1	0.2
	V		254	1.3	46	0.3	7.3	0.8	36.4	1
Yoghurt & turmeric dressing (25ml)	Sesame seeds, soybeans, milk, sulphur dioxide		29	1.1	1.2	0	2.2	1.2	1.1	0.1
	V ▼		117	4.2	5	0.2	8.8	4.6	4.2	0.3
Yoghurt & spring onion dressing (25ml)	Milk, sulphur dioxide		22	1	1.1	0	2.2	1.2	1	0
	V ▼		88	4.1	4.2	0	6.2	3.9	4	0.1

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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

	Allergens & Nutrition Info		Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
Ham and Emmental baguette Mixed lettuce, mustard, low fat mayonnaise, ham and emmental 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) 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), sesame seeds SESAME SEEDS	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	Baguette, gluten (wheat), sesame dressing (sesame), soya, egg SESAME SEEDS	Regular	585	27.7	66.8	6	17.9	2.9	3.1	2.6
			202.6							
Omega salmon & spinach egg Spinach wrap, boiled egg, salmon, spinach, vinaigrette dressing	Wheat (gluten), eggs, salmon (fish), mustard	Regular	436	21.7	47.4	4.1	18.3	5.5	5.5	1.6
			232	11.6	25.2	2.2	19.7	2.9	2.9	0.8
Roasted sesame chicken wrap Pumpkin wrap, chargrilled chicken, cucumber, edamame beans, spinach, roasted sesame & chilli sauce, coriander leaves	Wheat (gluten), soybeans, eggs, sesame seeds SESAME SEEDS	Regular	541	30.1	58.9	5.4	19.9	4.6	7.2	0.9
			229	12.7	24.9	2.3	8.4	2	3	0.4
Goat cheese & beetroot wrap Beetroot wrap, beetroot, goats cheese, black beans, rocket, spring onions, coriander, mint	Wheat (gluten), mustard, milk	Regular	427	14.6	58.3	6.5	15.1	8.3	18.3	0.7
			203	6.9	27.8	3.1	7.2	4	8.7	0.3
Wiltshire ham & Emmental cheese baguette Wiltshire ham, mayonnaise, Emmental, dijon mustard, rocket	Wheat (gluten), sesame seeds, eggs, mustard, milk SESAME SEEDS	Regular	635	30.8	61.9	5.4	24.2	6.8	2.3	4.4
			219	10.6	21.3	1.9	8.3	2.4	0.8	1.5
Chicken Caesar & bacon baguette Chargrilled chicken, Italian hard cheese, bacon, Caesar dressing, rocket	Wheat (gluten), sesame seeds, eggs, milk SESAME SEEDS	Regular	575	33.9	58	5	17.8	6	1.4	2.8
			239	14.1	24.2	2.1	7.4	2.5	0.6	1.2
Avo & caprese baguette Mozzarella, avocado, sunblushed tomatoes, nut free pesto, rocket	Wheat (gluten), sesame seeds, milk SESAME SEEDS	Regular	568	19.2	58.4	5.4	23.1	7.9	2	2.6
			224	7.6	23.1	2.1	9.1	3.1	2.1	1

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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	Regular	236	12.9	25.8	1.5	8.4	4.0	23.2	0.4	Yoghurt (milk), sesame seeds
										105
Cacao, pistachio & agave yoghurt Greek style yoghurt, cacao nibs, agave nectar, pistachio	Regular	165	6.4	8.2	0.9	12	6.4	4	0.4	Nuts, yoghurt (milk)
										217.2
Mango quinoa pot 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	Nuts, yoghurt (milk)
										121
Big & juicy fruit pot	Regular	94	1.34	23	2.68	0.3	0	23	0	V ▼
										41
Exotic fruit pot	Regular									
Pineapple and lime pot Turmeric powder, Greek style yoghurt, pomegranate, pistachio, raisins	Regular	71	0.7	17.6	2.3	0.3	0	17.5	0	Nuts, yoghurt (milk)
										41
Nutty overnight oats Almond milk, gluten free oats, peanut butter, agave, strawberries, almonds, cacao nibs & seeds	Regular	381	12.7	36.3	5.4	19.1	2.8	10.4	0.4	NUTS, peanuts
										200
Berry granola yoghurt Greek yoghurt, granola, five berry compote, seeds	Regular	402	13.3	38.7	3.6	22.5	12.4	22.9	0.35	Yoghurt (milk), granola (gluten, nuts)
										170
Apple and berry bircher Greek yoghurt, gluten free oats, five berry compote, apple, pomegranate, pistachio, agave	Regular	305	9.7	43.9	4.9	9.6	3.7	17.8	0.1	Yoghurt (milk), pistachio (nuts)
										156
Sunshine mango glow Fat free yoghurt, mango puree, blueberries and almonds	Regular	100	10.8	10.2	0.6	1.5	0.3	8.6	0.3	Nuts, yoghurt (milk)
										63
Blossom honey & granola Fat free yoghurt, granola and honey	Regular	194	11.9	31	1.9	2.9	0.9	21.8	0.3	Yoghurt (milk), granola (gluten, nuts, sesame)
										117
Berry granola yoghurt - light Fat free yoghurt, granola, five berry compote, seeds	Regular	269.4	16.9	38.2	3.8	5.8	1.7	21.2	0.4	Yoghurt (milk), granola (gluten, nuts)
										113.9
Berry boost yoghurt - light Fat free yoghurt, agave, blueberries, pumpkin seeds, sesame, chia & linseeds	Regular	183.5	16.3	18.5	1.8	4.9	0.7	14.3	0.4	Yoghurt (milk), sesame seeds
										81.7
Apple and berry bircher - light Fat free yoghurt, gluten free oats, five berry compote, apple, pomegranate, pistachio, agave	Regular	279	10.4	43.3	4.9	6.4	1.7	17.5	0.1	Yoghurt (milk), pistachio (nuts)
										155

VEGAN CHOC POTS

Allergens & Nutrition Info	Size	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	
Snickers power pot Almond milk, tofu, agave, banana, cocoa power, cacao nibs & peanut butter	Regular	219	8.7	9.6	0.8	15.4	3.9	6.5	3.9	Soybeans, Peanuts, Almonds (Nuts)
										293
Pomegranate power pot Almond milk, tofu, banana, cocoa powder, peanut butter, blueberries, almonds, banana, agave, pomegranate	Regular	119	4.7	6.4	0.6	7.9	1.3	4.9	0.1	Soybeans, Peanuts, Almonds (Nuts)
										224

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POD NUTRITION

SMOOTHIES 160Z

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

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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 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 GF W F V ▼	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 GF W F V	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 GF W F V	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 GF W F V ▼	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								
Pipers Crisps - sea salt and vinegar See packaging	DF GF W F V ▼	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	0	21	0.08
		82.6	1.45	19	0	0	0	0	17.3	0.07
Apple juice		105	<0.5	25			<0.5	<0.1	25	0.04
		42	<0.5	10			<0.5	<0.1	9.7	0.02
Carrot, apple & ginger juice		103	2.5	24.2	6.7	0.5	0	0	12.2	0.4
		85	2	20	5.5	0.4	0	0	10	0.3
Watermelon, strawberry & mint juice		79	0.7	29			0.6	0.2	26	0
		49	0.3	12			0.24	<0.1	11	0
Raspberry AID		66	0.24	17			0	0	15	0
		26	0.09	6.7			0	0	5.9	0
Ginger AID		28	0.15	18			0	0	14	0
		28	0.06	7.1			0	0	5.5	0
Passionfruit AID		84	0.5	21			0	0	17	0
		34	0.2	8.5			0	0	6.7	0
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	0	0
Sparkling water		0	0	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	0	7.4	0
		30	0.1	7.4	0	0	0	0	7.4	0
Ginger Sparkling										
Strawberry & mint sparkling										
San Pellegrino - Lemon		149	0	34.7	0	0	0	0	33	0
		39	0	8.9	0	0	0	0	8.1	0
Coke		139	0	35	0	0	0.1	0	35	0
		42	0	10.6	0	0	0	0	10.6	0
Diet Coke		1	0	0	0	0	0	0	0	0
		0.4	0	0	0	0	0	0	0	0
Coke Zero		1	0	0	0	0	0	0	0	0
		0.4	0	0	0	0	0	0	0	0

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