



# POD NUTRITION

## SCRAMBLED EGGS

Allergens & Nutrition Info	Size	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
<b>Omega 3 eggs</b> 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
<b>Chorizo power eggs</b> 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
<b>Protein feast eggs</b> 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
<b>Energiser scrambled eggs</b> 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
<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	Regular	367	23.4	15.7	1.5	23.8	9.7	1	1.8
	V								
<b>Plain eggs</b> Two eggs, and a slice of brown toast with butter	Regular	345							
	Large	435							
	Regular								
	Large								

## 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), sulphites, milk	Regular	464	23.0	46.5	2.7	22.0	7.9	8.0	3.4
<b>Sausage sandwich (with brown sauce)</b> 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
<b>Sausage sandwich (no added sauce)</b> Sausage, brown bread	Sausages (Wheat), bread (Wheat), milk	Regular	410	19.9	43.1	2.6	22	7.9	8	3.4
<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
			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
			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
			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
			274	11.4	29.8	4.0	13.8	6.0	3.5	1.5
<b>Protein bread</b>	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
<b>Toast (per slice)</b>	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
<b>Bagel</b>	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
<b>Brown gluten free bread (1 slice)</b>	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

<b>Butter</b>	Butter (milk) V	Regular	50	0.07	0	0	5.7	3.6	0	0.03
			258	22	23	0	81	51	10	5
<b>Peanut butter</b>	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
<b>Marmite</b>	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
<b>Cream cheese</b>	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

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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						
<b>Peanut butter power</b> Gluten free porridge oats, <b>full fat milk (milk)</b> , water, <b>peanut butter (peanuts)</b> , banana, honey.	<b>Milk, peanuts</b> 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	
<b>Berry boost</b> Gluten free porridge oats, <b>full fat milk (milk)</b> , water, blueberries, agave, chia, linseed, <b>sesame</b> & pumpkin seeds.	<b>Milk, sesame (sesame seeds)</b> 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	
<b>Plain porridge</b> Gluten free porridge oats, <b>full fat milk (milk)</b> , water	<b>Milk</b> 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	
<b>Forest berry &amp; peanut butter</b> Gluten free porridge oats, <b>full fat milk (milk)</b> , water, <b>peanu butter (nuts)</b> , <b>five berry compote</b>	<b>Milk, Peanuts</b> 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						
<b>Forest berry &amp; peanut butter</b> Gluten free oats, almond milk (NUTS), Peanut Butter (Peanuts), five berry compote	<b>Peanuts</b> 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	
<b>Peanut butter power</b> Gluten free porridge oats, almond milk (NUTS), <b>peanut butter (peanuts)</b> , banana, honey.	<b>Peanuts</b> VE NUTS	Large	457	15.7	50.8	6.2	19.6	2.5	14.5	0.4	
		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	
<b>Berry boost</b> Gluten free porridge oats, <b>almond milk (NUTS)</b> , blueberries, agave, chia, linseed, <b>sesame</b> & pumpkin seeds.	<b>Sesame (sesame seeds)</b> NUTS VE	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	
		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	
<b>Plain porridge</b> Gluten free porridge oats, <b>almond milk (NUTS)</b>	<b>Milk NUTS</b> VE	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	
		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										
<b>Pumpkins seeds</b>	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
<b>Sultanas</b>	<b>Sulphites</b> 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
<b>Banana</b>	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
<b>Honey</b>	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

Fish sauce (fish), shrimp paste (crustaceans)

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.

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

Fish sauce (fish), shrimp paste (crustaceans)

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.

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

Wheat (gluten), soybeans, milk

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

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 (Barley (gluten),

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

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

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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

Mustard

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

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

Soybeans, chorizo (milk)

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

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

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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>Thai red chicken curry</b> Thai red chicken curry topped with coriander. Served with a side salad of mooli, green beans, chilli, carrot, peas	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
		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), 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
<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), 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, soyabeans	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
<b>Chicken chorizo &amp; butter bean</b> 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)
<b>British chicken Pho</b> Water, vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint, chargrilled chicken	<b>Soybeans</b>	Per serving / per 100g								
		Regular	182	16.5	19.0	0.9	4.5	1.1	8.1	2.4
<b>Organic tofu Pho</b> Water, vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint, tofu (soybeans)	<b>Soybeans</b> 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
<b>Beef meatball Pho</b> Water, Asian meatballs (gluten, soybeans), vegetarian pho gan noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint	<b>Soybeans, gluten (wheat)</b>	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
<b>Vegetable gyoza topped Pho</b> Water, vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint, veggie gyoza (celery, gluten (wheat), sesame seeds, soybeans)	<b>Soybeans, celery, wheat (gluten) sesame seeds</b> 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
<b>King prawn Pho</b> Water, prawns (crustaceans), vegetarian pho gan noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint	<b>Soybeans, prawns (crustaceans)</b>	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

## HOT WRAPS

<b>Thai beef meatball wrap</b> 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)	<b>Wheat (gluten), soybeans, eggs, sesame seeds</b> 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
<b>Chicken and chorizo melt wrap</b> Khobez wheat (Gluten), chargrilled chicken thigh, choka sauce, mozzarella (Milk), Chorizo (Milk, Soybeans)	<b>Wheat (gluten), milk, soybeans</b>	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
<b>Falafel and smoky choka wrap</b> 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)	<b>Wheat (Gluten), Sesame Seeds, Peanuts; Almonds, Walnuts, Hazelnuts (Nuts), Celery</b> NUTS SEEDS V ▼	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

## GYOZAS

<b>Chicken gyozas</b> Chicken gyoza (eggs, gluten), teriyaki (gluten, soybeans), sesame seeds.	<b>Soybeans, eggs, gluten (wheat), sesame seeds</b> 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
<b>Vegetable gyoza</b> Veggie gyoza (celery, gluten, sesame, soybeans), teriyaki (gluten, soybeans), sesame seeds.	<b>Celery, gluten (wheat), sesame seeds, soybeans</b> ▼ 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

## 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 9 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

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

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 9 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

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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)

Salad nutritionals include dressings. See page 9 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

yoghurt (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, pomegranate, 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

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# 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	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 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
Sweet chilli & sesame (25ml) (zingy prawn noodle salad)	Eggs, sesame seeds, soybeans, sulphur dioxide V		64	0.3	11.5	0.1	1.8	0.2	9.1	0.2
			254	1.3	46	0.3	7.3	0.8	36.4	1
Yoghurt & turmeric dressing (25ml)	Sesame seeds, soybeans, milk, sulphur dioxide V ▼		29	1.1	1.2	0	2.2	1.2	1.1	0.1
			117	4.2	5	0.2	8.8	4.6	4.2	0.3
Yoghurt & spring onion dressing (25ml)	Milk, sulphur dioxide V ▼		22	1	1.1	0	2.2	1.2	1	0
			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

### 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

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											
<b>Berry boost yoghurt</b> 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	
<b>Cacao, pistachio &amp; agave yoghurt</b> 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	
<b>Mango quinoa pot</b> 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	
<b>Big &amp; juicy fruit pot</b>	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	
<b>Exotic fruit pot</b>			Regular								
<b>Pineapple and lime pot</b> 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	
<b>Nutty overnight oats</b> Almond milk, gluten free oats, peanut butter, agave, strawberries, almonds, cacao nibs & seeds	NUTS, peanuts 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	
<b>Berry granola yoghurt</b> 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	
<b>Apple and berry bircher</b> 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 160Z

### Allergens & Nutrition Info

#### Iced coffee cacao

Soya milk, banana, peanut butter, agave, espresso, cacao nibs

Soybeans, NUTS, peanuts  
V ▼

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

#### Berry cooler

Apple juice, banana, apple, berry compote, strawberry, blueberry, ginger

V ▼

16oz	199	2.2	48.0	2.9	0.5	0.1	43.8	0.0
Per 100g	62	0.7	14.9	0.9	0.2	0.0	13.6	0.0

#### Breakfast super shake

Soya milk, banana, oats, peanut butter, agave, flaxseeds

Soybeans, NUTS, peanuts  
V ▼

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

#### Lean green bean

Apple juice, avocado, mango, edamame, spinach, ginger

Soybeans  
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

#### Plant powered protein shake

Soya milk, banana, tofu, berry compote, peanut butter, strawberry, agave, chia seeds

Soybeans, NUTS, peanuts  
V ▼

16oz	300	13.4	32.7	4.0	13.4	1.8	26.3	0.3
Per 100g	97	4.3	10.6	1.3	4.3	0.6	8.5	0.1



# 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										
<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), 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
<b>Spicy Sriracha crunchies</b> 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
<b>Crisp fava beans</b> 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
<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, 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
<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 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
<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 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	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	0.1	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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