



POD NUTRITION

BREAKFAST

Allergens & Nutrition Info	Size	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	
										Per serving / per 100g
Salmon and green eggs Two eggs, smoked salmon (fish), peas, spinach, parsley & a slice of brown toast with butter.	Eggs, fish, bread (wheat), butter (milk)	Regular	376	31.3	24.7	3.8	24	9	2	2
			154	12.3	8.2	1.4	8.0	2.2	1.4	0.8
Chorizo power eggs Two eggs, chorizo, tomatoes, spinach, chilli red, Munchy Seeds & a slice of brown toast cut in half with butter.	Eggs, chorizo (milk, soya), bread (wheat), butter (milk), Munchy seeds (soy) V	Regular	502	31.3	25.2	3.5	31.3	12.5	2.7	1.9
			187	11.7	9.4	1.3	11.7	4.7	1.0	0.7
Protein feast eggs Three eggs, sausage, bacon, tomatoes, parsley and protein bread.	Eggs, sausage (wheat), protein bread (wheat)	Regular	738	50.7	14.4	2.9	52.5	16.7	5.5	4
			279	17.9	18.6	2.2	14.7	4.9	2.2	1.8
Energiser scrambled eggs Two eggs, mozzarella, basil, sunblushed tomatoes, avocado and a slice of brown toast with butter	Eggs, mozzarella (dairy) bread (wheat), butter (milk) V	Regular	340	20.4	18.6	1.9	20.9	7	1.1	1.2
			181	10.9	9.9	1	11.1	3.7	0.6	0.6
Superb scrambled eggs Two eggs, spinach, tomato, chilli, Greek style cheese, toasted seeds & a slice of brown toast cut in half with butter	Eggs, soft cheese (dairy), bread (wheat), butter (milk), Munchy seeds (soy) V	Regular	367	23.4	15.7	1.5	23.8	9.7	1	1.8
Pod eggs Liquid Egg (Eggs), Pod smoken salmon julienne v.1 (Fish), avocado average flesh only, Pod munchy seeds chilli bites (Soybeans)	Eggs, salmon (fish), soybeans GF DF WF SEEDS	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

HOT AND TOASTED

Avo and chilli toasted sandwich Avocado & red chilli on brown bread with butter	Brown bread (wheat), butter (milk) V	Regular	310	9.3	44	5.3	11.8	2.5	4	1.4
			230	6.9	32.9	3.9	8.8	1.8	2.9	1
Sausage sandwich (with ketchup) Sausage, brown bread, tomato ketchup	Sausages (Wheat), bread (Wheat), tomato ketchup (celery) DF	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) DF	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) DF	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) DF	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) DF	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) DF	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) DF	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	Gluten - wheat, protein plus (milk) V SESAME SEEDS	Regular	221	17.85	26.35	5.1	3.8	0	0.85	1.0
			260	21	31	6	4.5	0	0.6	1.2
Toast (per slice)	Wheat DF V ▼	Regular	78	2.9	15.1	1.1	0.5	0.1	1	1
			242	10.1	4.3	2.4	2.4	0.6	2.7	0.9
Bagel	Wheat DF V ▼ SESAME SEEDS	Regular	315.1	13.3	59.3	3.3	3.5	0.7	7	1.1
			248	10.8	50.3	6.6	3.3	1.0	5.9	1.4
Brown gluten free bread (1 slice)	Egg GF WF V	Regular	127	1.8	22.9	2.9	2.4	0.2	1.3	0.3
			253	3.5	45.9	5.8	4.9	0.4	2.5	0.7

Please note that Pod products are made fresh each day, so each recipe can vary slightly in weight. These nutritional calculations are based on the average size for each product.

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POD NUTRITION

TOPPINGS

Toppings	Allergens & Nutrition Info		Per serving / per 100g							
			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		Per serving / per 100g							
			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), pod gluten free oats, pod apple and cinammon 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
Acai berry porridge Gluten free porridge oats, full fat milk, water, strawberries, agave, pistachios, acai berry powder.	Milk, pistachios (nuts) GF WF V	Regular	222	7.2	34.6	4.7	5.6	1.2	11.3	0.1
		Large	284	9.3	43.7	5.9	7.3	1.6	12.2	0.1
		Regular	72	2.3	11.9	1.5	1.8	0.4	3.6	0.0
		Large	73	2.3	11.9	1.5	1.8	0.4	3.6	0.0
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 DF GF WF 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	DF GF WF 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	DF GF WF V ▼	Regular	61	0	16.4	0	0	0	16.4	0
			304	0.3	82.4	0.2	0	0	82.1	0

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POD NUTRITION

HOT PODS

Allergens & Nutrition Info		Size	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
Per serving / per 100g										
Peruvian corn & chicken Rice, Thai side salad, Peruvian chicken mix, coriander.	Mustard, soybeans GF DF WF LF	Mini	263	10.7	44.1	6.1	8.0	4.5	6.4	1.0
		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
		Mini	99	4.0	16.6	2.3	3.0	1.7	2.4	0.4
		Regular	107	3.7	20.0	2.4	2.9	1.6	2.1	0.4
		Large	99	4.0	16.9	2.3	2.9	1.7	2.4	0.4
Peruvian chicken mix: butternut squash, Peruvian corn, onions, fennel, peppers, tomatoes, creamed coconut, tamari (soy), fennel seeds, lemon juice, vegetable stock, Cajun seasoning, mustard powder, ginger, agave, sugar, coriander, rice flour										
Thai red chicken curry Thai red chicken curry served over 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) GF WF DF	Mini	337	21.4	46	4.5	11.4	4.5	6	0.7
		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
		Mini	122	7.8	16.7	1.6	4.1	1.6	2.2	0.3
		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 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 GF WF DF	Mini	347	21.2	44.8	11.7	13.1	5.3	3.8	0.7
		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
		Mini	126	7.7	16.2	4.2	4.8	1.9	1.4	0.3
		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 Pod choka sauce, Rice blend, pod asian meatballs wheat (Gluten, Soybeans), pod salada cheese (Milk), Pomegranate flesh and pips, Parsley fresh	Wheat (gluten), soybeans, milk	Mini								
		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
		Mini	139	4.2	19.9	2.0	6.1	1.3	3.4	0.8
		Regular	131	3.9	18.4	1.9	5.9	1.2	3.5	0.8
		Large								
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.										
Chicken dhansak Rice, cucumber, tomatoes, mint, dairy greek yoghurt, chillis, dhansak mix, Chinese side salad.	Yoghurt (Milk) GF WF LF	Mini	258	11.2	47.4	3.8	6.4	1.4	5.3	1.3
		Regular	418	14.4	88.4	7.1	8.4	1.6	7.3	1.6
		Large	477	19.5	92.6	7.5	10.8	2.0	9.2	2.2
		Mini	100	4.4	18.5	1.5	2.5	0.5	2.1	0.5
		Regular	104	3.6	22.0	1.8	2.1	0.4	1.8	0.4
		Large	101	4.1	19.6	1.6	2.3	0.4	1.9	0.5
Dhansak sauce - Tomatoes, onions, mango pulp, red lentils, pineapple, lemon juice, rapeseed oil, coriander, rice flour, garlic puree, vegetable bouillon, turmeric, Madras curry powder, Garam Masala, cardamom powder, chilli powder.										
Chicken Tikka Masala Rice blend, Tikka Masala, Chicken Breast, Tomatoes, Cucumber, Yoghurt, Mint, Chilli red	Tikka Masala (Milk, Celery), Chicken Breast (Milk), Yoghurt (Milk) GF WF	Mini	323	22.1	45.8	4.1	9.6	2.4	3.5	1.3
		Regular	503	28.4	86.2	7.4	12.7	3.1	5.0	1.7
		Large	597	39	89.4	7.9	17	4.2	5.8	2.3
		Mini	126	8.6	17.8	1.6	3.7	0.9	1.4	0.5
		Regular	125	7.1	21.4	1.9	3.1	0.8	1.2	1.2
		Large	107	11.2	5.9	1.5	4.5	1.1	2.3	0.6
Tikka Masala: chopped tomatoes, sweet potato, kale, yellow split peas, green lentils, coconut milk, onions, tomato puree, crème fraiche, rapeseed oil, sugar, lemon juice, garlic puree, coriander powder, ginger, coriander, cumin powder, vegetable stock, salt, garam masala, paprika smoked, chilli powder, cardamom powder, cinnamon powder.										
Smoky three bean chilli Black Bean stew, Rice blend, Avocado, Yoghurt, Chilli red, Munchy Seeds	Black Bean stew (Barley (gluten), Soybeans, Celery), Yoghurt (Milk), Munchy Seeds (Soybeans) V	Mini	361	6.1	57.7	6.9	12.6	2.3	7.4	1.2
		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
		Mini	132	2.2	21.1	2.5	4.6	0.8	2.7	0.4
		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										

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POD NUTRITION

HOT & SKINNY PODS

(HOT PODS AS ABOVE SERVED OVER A CRUNCHY SALAD)

Allergens & Nutrition Info

		Size	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
Per serving / per 100g										
Peruvian corn & chicken Peruvian corn. Served with a side salad of mooli, green beans, chilli, carrot, peas.	Mustard, soybeans, Sesame 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
Thai red chicken curry Thai red chicken curry stopped with coriander. Served with a side salad of mooli, green beans, chilli, carrot, peas	Fish sauce (fish), shrimp paste (crustaceans), Sesame 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
Thai green curry Thai green chicken curry topped with coriander. Served with a side salad of mooli, green beans, chilli, carrot, peas	Fish sauce (fish), shrimp paste (crustaceans), Sesame, Sulphites 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
Persian beef meatballs Pod choka sauce, Pod Asian meatballs wheat (Gluten, Soybeans), Cabbage red raw, Carrots old raw, pod salad cheese (Milk), Broccoli green steamed, Spring onions bulbs and tops raw, Pomegranate flesh and pips, Parsley fresh	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
Chicken dhansak Rice, cucumber, tomatoes, mint, dairy greek yoghurt, chillis, dhansak mix, chinese side salad, Sesame seeds	Milk, sesame GF WF LF	Regular	211	16.1	16.2	3.9	9.5	2.0	8.9	1.6
		Large	293	22.4	22.8	5.7	13.0	2.5	12.6	2.3
		Regular	75	5.7	5.7	1.4	3.4	0.7	3.2	0.6
		Large	74	5.6	5.7	1.4	3.3	0.6	3.2	0.6
Chicken Tikka Masala Tikka Masala, Chicken Breast, Tomatoes, Cucumber, Yoghurt, Mint, chilli red	Tikka Masala (Milk, Celery), Chicken Breast (Milk), Yoghurt (Milk), Sesame GF WF	Regular	309	31.9	16.2	4.0	13.5	3.7	6.2	1.8
		Large	430	44.5	23.0	5.9	18.5	4.9	8.7	2.6
		Regular	110	11.3	5.7	1.4	4.8	1.3	2.2	0.7
		Large	108	11.2	5.8	1.5	4.7	1.2	2.2	0.6
Smoky three bean chilli Black Bean stew, Avocado, Yoghurt, Chilli red, Munchy Seeds	Black Bean stew (Barley, Soybeans, Celery), Yoghurt (Milk), Munchy Seeds (Soybeans), Sesame ✓	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

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	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	
Chicken Chana Masala Yoghurt, chilli, coriander, chicken, chana masala (chickpeas, tomatoes, onions, carrots, red peppers, spinach, garlic puree, ginger puree, sultanas, rapeseed oil, sugar, salt, cumin, rice flour).	yoghurt (milk) GF WF DF	Regular	340	15.7	30.3	7.8	17.3	2.5	16.5	3.4
		80	3.7	7.2	1.8	4.1	0.6	3.9	0.8	
Sri Lanken gym bowl Low fat yoghurt, tomato, red peppers, cauliflower, carrots, onions, green lentils, kale, lime juice, white quinoa, red quinoa, garlic, rice flour, fresh coriander, chilli, salt, garam masala, cumin, cardamom, turmeric, mustard seeds.	Yoghurt (milk), celery, seeds GF WF V SESAME SEEDS	Regular	311	11.2	31	9.3	16.8	10.2	10.5	2
		96	3.4	9.5	2.9	5.2	3.2	3.2	0.6	
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 GF DF WF	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	
Rare sliced beef Pho Water, rare beef, vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, curly kale, coriander, mint	Soybeans GF WF DF LF	Regular	136	10.5	18.7	0.9	2.3	0.1	7.8	2.3	
			41	3.2	5.6	0.3	0.7	0.0	2.3	0.7	
Organic tofu Pho Water, vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint, tofu (soybeans)	Soybeans GF DF WF 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 meetballs (gluten, soybeans), vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint	Soybeans, gluten (wheat) DF	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	

HOT WRAPS

Lebanese chicken wrap Shredded Chicken, Tomato Passata, mixed peppers, Onions, Carrots, Celery, Cous Cous (Wheat), Agave, Tahini, Lemon Juice, Garlic Puree, Tomato Puree, Salt, Chili, Sriracha Sauce, Orange Zest, Smoked Paprika, Coriander, Lemon Zest, Ground Cumin, Rosemary, Thyme, Ground Black Pepper.	Kobez Wrap (wheat), Cheese (Milk), Sulphur dioxide, SEEDS	Regular	458	23.3	74.2	6.6	6.9	0.9	16.3	2.1	
			160	8.1	25.8	2.3	2.4	0.3	5.7	0.7	
Cuban chicken wrap Shredded Chicken, Tomatoes, Red Pepper Sliced, Sweet Corn, Onions, Tomato Passata, Carrot, Pinto Beans, Black Bean, Green Lentils, Lemon Juice, Garlic, Fresh Coriander, Chipotle Puree, Salt, White Wine Vinegar, Rapeseed Oil, Cumin Seeds, Black Pepper, Rice Flour, Cinnamon and a Kobez wrap	Kobez wrap (wheat, Cous Cous (wheat) Celery, Tahini (Sesame seeds) DF LF SESAME SEEDS	Regular	512	28.5	70.4	6.2	9.8	4.4	8.4	2	
			180	10	24.7	2.2	3.4	1.6	3	0.7	
Jalfrezi Paneer wrap Wrap, tomatoes, onion, peppers, rapeseed oil, ginger puree, ground coriander, ground cumin, garlic puree, lime juice, red chilli, turmeric, chilli powder, paneer (milk), sweet potato, carrot, spinach, peas	Gluten (wheat), milk V	Regular	495	17.1	76.5	7.1	12.9	5.6	17.0	1.1	
			58	6.5	29.1	2.7	4.9	2.1	6.4	0.4	
Thai beef meatball wrap Pod khomez wheat (gluten), Pod Asian meatballs wheat (gluten, soybeans), pod roasted sesame and chilli sauce (eggs, sesame, soya) (eggs, sesame seeds, soybeans), carrots old raw, Leeks raw, cabbage red raw, curly kale raw, Pod munchy seeds, chilli bites (soybeans)	Wheat (gluten), soybeans, eggs, sesame seeds DF 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 Pod khomez wheat (Gluten), Pod chargrilled chicken, Pod choka sauce, Pod 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 Pod khomez wheat (Gluten), Pod falafel wheat (Gluten), Pod choka sauce, Pod 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 DF 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

Chicken gyoza Chicken gyoza (eggs, gluten), teriyaki (gluten, soybeans), sesame seeds.	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	
			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 DF ▼ SESAME SEEDS V	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 nutritionals exclude dressings. See page 10 for dressing info.

Per serving / per 100g

Tabbouleh salad

Quinoa, tomatoes, cucumber, avocado, cabbage, **pistachio**, pomegranate seeds, parsley, mint, sultanas, **muhammara**, lemon juice, **seeds** & a **lemon dressing**.

Pistachio (**nuts**), lemon 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

Chicken tabbouleh

Chicken, quinoa, tomatoes, cucumber, avocado, cabbage, **pistachio**, pomegranate seeds, parsley, mint, sultanas, **muhammara**, lemon juice, **seeds** & a **lemon dressing**.

Pistachio, cashew (**nuts**), lemon 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

Slow burner

As below without chicken

Cheese (**milk**), pearl barley (**barley**), pistachio (**nuts**), sweet chilli dressing (**sulphites**, **sesame**), edamame beans (**soya**)
V SESAME SEEDS NUTS

Regular 362 20.2 38.8 6.1 15.4 6.9 7.2 1.2
98 5.5 10.5 1.7 4.2 1.9 2 0.3

Chicken slow burner

Chicken, Greek style cheese, cucumber, peas, pearl barley, lentils, carrot, kale, leek, mixed leaves, edamame beans, pistachio, mint, turmeric & red chilli with a sweet chilli & sesame dressing.

Soybeans, gluten (**barley**), cheese (**milk**), nuts (**pistachio**), sesame (**dressing**)
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

Go green salad

As below without chicken

Miso dressing (**soya**, **sulphites**, **sesame**), seeds (**sesame**), edamame beans (**soya**)
DF GF WF
V ▼ SESAME SEEDS

Regular 76 9.0 6.0 5.5 2.1 0.3 3.2 0.2
26 3.0 2.0 1.8 0.7 0.1 1.1 0.1

Go green chicken salad

Chicken, peas, edamame beans, carrot, broccoli, kale, leek, sugar snap peas, lettuce, spinach, red chilli, coriander & seeds with a miso dressing.

Miso dressing (**soya**, **sulphites**, **sesame**), seeds (**sesame**), edamame beans (**soya**)
GF WF SESAME SEEDS DF

Regular 249 25.5 18.4 9.2 8.8 1.8 10.7 0.6
71 7.3 5.3 2.6 2.5 0.5 3.0 0.2

Protein kickbox salad

Spinach, thai salad (carrot, peas, mooli, green beans, chilli) cucumber, chicken, edamame, egg, wasabi seeds mix, sesame. Served with a sweet chilli dressing.

Edamame (**soy**), egg, sesame seeds, mustard, milk
SESAME SEEDS GF WF

Regular 348 34.9 17.6 6.6 14.4 3.4 10.6 1.5
91 9.1 4.6 1.7 3.8 0.9 2.8 0.4

Lebanese red pepper chicken tabbouleh

Chicken, **muhammara**, quinoa, mixed leaves, avocado, cabbage, parsley, pomegranate seeds, mint, sultanas, **pistachio**, **seeds** & a pomegranate dressing.

Seeds (**sesame**), muhammara (**nuts**), pistachio (**nuts**), Pomegranate dressing (**soya**)
GF WF SESAME SEEDS NUTS DF

Regular 412 19.1 37.1 8.2 21.6 3.7 10.8 0.6
112 5.2 10.1 2.2 5.9 1.0 2.9 0.2

Gym box

Hummus, falafel, broccoli, pearl barley, green lentils, leek, kale, carrot, peas, edamame beans, sunblushed tomatoes, chia seeds, turmeric, chilli & mango chutney.

Hummus (**sesame**), pearl barley (**barley**), mango dressing (**sulphites**), falafel (**wheat**)
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

Protein box

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

A vegan rainbow

Quinoa, hummus (**sesame seeds**), barley, shelled soybeans (**soybeans**), cucumber, peas, beetroot salad (**mustard**), lentils green & brown, carrots, pickled red cabbage, leeks, kale, pumpkin seeds, olive oil. Served with 25ml lemon dressing.

Gluten(**wheat**), **sesame seeds**, **soybeans**, **mustard**
DF ▼ SESAME SEEDS V

Regular 583 21.9 58.2 8.4 22.4 2.7 14.2 0.9
143 5.4 14.3 2.1 5.5 0.7 3.5 0.2

Heart boosting beets

Quinoa, peas, white cheese (**milk**), barley, beetroot salad (**mustard**), lentils green & brown, kale, leeks, mint, olive oil. Served with 26ml lemon dressing

Gluten (**barley**), milk, mustard
V

Regular 492 18.9 46.6 6.2 14.6 0.6 8.9 0.2
151 5.8 14.3 1.9 4.5 0.2 2.7 0.1

British chicken & mozzarella

Quinoa, mozzarella (milk), chargrilled chicken, barley (gluten), peas, lentils green & brown, sunblushed tomatoes, peppers, kale, leeks, basil, olive oil. Served with a lemon 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

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POD NUTRITION

GREENY GRAIN SALADS

Allergens & Nutrition Info	Size	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
Salmon and egg Quinoa, egg, roast salmon cubes, barley, cucumber, peas, lentils green & brown, green beans, kale, leeks, olive oil. Served with 20ml lemon dressing.	Regular	416	30.0	38.3	5.0	16.4	4.3	3.8	1.5
Gluten (barley), eggs, fish (salmon) DF WF		116	8.3	10.6	1.4	4.6	1.2	1.0	0.4
Rare roast beef (mustard) Quinoa, rare beef, barley, peas, beetroot salad, lentils green & brown, green beans, shelled soybeans, kale, leeks, dried onions (wheat), olive oil. Served with 26ml lemon dressing.	Regular	396	21.7	43.5	5.0	9.2	0.6	5.8	0.7
Gluten (barley), Gluten (wheat), mustard, soybeans DF		127	7.0	13.9	1.6	3.0	0.2	1.8	0.2
Hawaiian tuna poke Quinoa, tuna (fish), barley cucumber, peas, pickled red cabbage, soybeans, lentils - green & brown, leeks, kale, dried onions (wheat), olive oil, lime. Served with 26ml lemon dressing.	Regular	373	24.1	51.3	4.6	8.4	0.7	13.3	0.2
Gluten (barley), gluten (wheat), fish (tuna), soybeans DF		111	7.2	15.3	1.4	2.5	0.2	4.0	0.0

DRESSINGS

Tamari / Spicy Asian dressing	Tamari (soya) DF GF WF V ▼	43	1.8	2.2	0.0	2.4	0.2	2.0	0.0
Miso dressing	Sulphites, sesame, soy DF GF WF V ▼ SESAME SEEDS	154	2.6	10.0	0.9	11.6	1.1	6.8	0.5
		343	5.8	15.1	2.5.8	2.5	2.5	15.1	1.0
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
Olive oil dressing	DF GF WF V ▼	180	0.0	20.0	0.0	0.0	2.9	0.0	0.0
Lemon shallot dressing	DF GF WF V ▼	209	0.2	2.2	0.2	22.1	1.4	1.8	0.1
		465	0.5	4.9	0.5	49.0	3.2	4.1	0.3
Lemon dressing (26ml)	Soybeans, sulphites GF DF WF V ▼	67	0.1	2.7	0.0	6.1	0.4	2.4	0.2
		259	0.4	10.4	0.1	23.6	1.6	9.2	0.7
Lemon dressing (20ml)	Soybeans, sulphites GF DF WF V ▼	52	0.1	2.1	0.0	4.7	0.3	1.8	0.1
		259	0.4	10.4	0.1	23.6	1.6	9.2	0.7
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

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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	Eggs, fish (salmon), soybeans	Regular	214	21.8	2.2	0.6	13.1	3.7	1.0	1.3
Egg, cucumber, roast salmon cubes, shelled soybeans	GF DF WF		122	12.5	1.2	0.3	7.5	2.1	0.6	0.8
Lean tuna poke	Fish (tuna), soybeans, mustard, sesame seeds	Regular	111	11.9	8.8	0.8	3.1	0.3	6.8	0.3
Cucumber, tuna (fish), shelled soybeans (soybeans), pickled red cabbage, wasabi, sesame mix (mustard, sesame seeds), lime	GF DF WF SESAME SEEDS		90	9.6	7.1	0.6	2.5	0.2	5.5	0.2
Free range eggs	Eggs	Regular	178	15.3	0.0	0.1	13.0	3.7	0.0	1.1
Egg, spinach	GF DF WF V		137	11.7	0.0	0.1	10.0	2.9	0.0	0.8
Vegan falafel mezze	Gluten (wheat), sesame seeds	Regular	236	9.0	13.1	10.0	14.8	1.4	3.1	1.0
Falafel (wheat - gluten), hummus (sesame seeds), broccoli, cucumber	DF ▼SESAME SEEDS V		145	5.5	8.0	6.1	9.1	0.9	1.9	0.6
Chargrilled chicken		Regular	143	21.9	0.6	0.1	5.9	1.6	0.5	0.7
Chicken, spinach	GF DF WF		143	21.9	0.6	0.1	5.9	1.6	0.5	0.7
Edamame pods	Soybeans	Regular	201	17.3	13.4	6.9	9.2	1.2	6.5	0.0
Soybeans in pods (soybeans)	GF DF WF V ▼		134	11.5	8.9	4.6	6.1	0.8	4.3	0.0

BREADS

Ham and Monterey Jack baguette	Mustard (mustard), mayonnaise (egg), cheese (milk), baguette (wheat, sesame)	Regular	516	25.4	58.7	4.9	14.7	5.3	2.5	3.7
Mixed lettuce, mustard, low fat mayonnaise, ham and Monterey Jack cheese in a superseed baguette	SESAME SEEDS		217	10.7	24.5	2.0	6.3	2.3	1.0	1.7
Mozzarella, sun-blush tomato and avo baguette	Mozzarella (milk), baguette, gluten (wheat, sesame), pesto (sulphites)	Regular	661	22.2	58.1	5.6	32.5	3.2	2.2	1.9
Mozzarella, sunblushed tomato, avocado, olive oil in a superseed baguette	V SESAME SEEDS		250	8.4	22.0	2.1	12.3	1.2	0.8	0.7
Italian chicken wrap	Chicken (milk), mozzarella (milk) pesto (sulphites), tortilla wrap, gluten (wheat), eggs, mustard, mayonnaise (egg)	Regular	379	22.6	37.6	4.6	13.9	2.3	2.3	1.5
Chicken, mozzarella, mayonnaise, tomatoes, mixed leaves, basil & a tortilla wrap			191	11.4	19.0	2.3	7.0	1.2	1.1	0.8
Hummus & falafel wrap	Hummus (sesame), falafel (wheat)	Regular	537	18.8	57.2	15.2	24	3	8.2	3.1
Hummus, falafel, red cabbage, carrot, broccoli, spring onion	tortilla wrap (wheat) DF ▼SESAME SEEDS V		164	5.9	32.1	3.5	5.4	1.1	2.4	0

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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)
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 GF WF V SESAME SEEDS		105	5.9	11.7	0.7	4.5	1.8	10.3	0.17
Cacao, pistachio & agave yoghurt Greek style yoghurt, cacao nibs, agave nectar, pistachio	Regular	165	6.4	8.2	0.9	12	6.4	4	0.4
Nuts, yoghurt (milk) GF WF V NUTS		217.2	7.2	9.9	2.7	17.5	8.7	7.2	0.13
Purple grape and banana yoghurt Greek style yoghurt, banana, purple grape juice, toasted almonds & agave nectar	Regular	228	7.9	24	0.7	4.2	3.7	5	0.2
Nuts, yoghurt (milk) GF WF V NUTS		93	4.4	11.5	0.3	3.4	1.5	2.7	0.2
Mango quinoa pot Mango puree, mango pieces, quinoa, Greek style yoghurt, toasted almonds & agave nectar	Regular	248	8.6	30.1	1.1	11.1	4.9	15.9	0.18
Nuts, yoghurt (milk) DF ▼ SESAME SEEDS V		121	4.2	14.7	0.6	5.4	2.4	7.8	0.09
Big & juicy fruit pot	Regular	94	1.34	23	2.68	0.3	0	23	0
DF GF WF V ▼		41	0.6	10.0	1.1	0.2	0	10.0	0.01
Exotic fruit pot	Regular								
Golden Turmeric yoghurt Turmeric powder, Greek style yoghurt, pomegranate, pistachio, raisins	Regular	355	11.8	20.1	0.5	20.5	11.9	19.0	0.4
Nuts, yoghurt (milk) NUTS! SESAME SEEDS GF WF V		163	5.4	9.2	0.2	9.4	5.5	8.8	0.2
Acai berry yoghurt Acai berry powder, Greek style yoghurt, strawberry, blueberry, agave nectar, seeds	Regular	305	11.3	10.8	2.0	20.4	11.9	8.3	11.9
Yoghurt (milk), sesame seeds SESAME SEEDS GF WF V		139	5.2	4.9	0.9	9.3	5.4	3.8	0.2
Pineapple and lime pot Turmeric powder, Greek style yoghurt, pomegranate, pistachio, raisins	Regular	71	0.7	17.6	2.3	0.3	0	17.5	0
Nuts, yoghurt (milk) DF GF WF V ▼		41	0.4	10.1	1.3	0.2	0	10.1	0.01

SMOOTHIES 20oz

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 20oz	629	21.4	100.1	15.0	14.8	2.5	35.5	0.1
		12oz 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 20oz	238	5.6	43.1	3.8	6.1	3.5	41.7	0.2
		12oz 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 20oz	127	3.3	28.2	2.2	0.8	0.1	26.3	0.1
		12oz 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 20oz	348	11.9	45.5	3.9	15.1	8.0	39.1	0.3
		12oz 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 20oz	481	14.3	87.5	9.5	6.7	1.3	36.6	0.1
		12oz 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 20oz	132	3.0	23.4	3.2	3.4	2.0	19.4	0.1
		12oz 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										
Peanut butter protein pods	NUTS, Soya	Per pack	172	9.1	13.4	1.1	9.7	2.9	7.6	0.19
Peanuts, dates, soya protein powder, brown rice syrup, apricots, pumpkin seeds, coconut, date syrup, sunflower oil, thickener (carob bean gum)			431	22.8	33.4	2.7	24.2	7.2	19.1	0.47
Chocolate orange protein pods	NUTS, Soya	Per pack	146	8.4	14.3	0.2	6.0	0.9	8.4	0.16
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)			365	21.0	35.7	0.6	15.1	2.2	20.9	0.39
Mixed bean plant protein	Soy Beans, Wheat Flour, Wheat, Soy Sauce	Per pack	178	11.2	16.8	3.0	6.6	1.6	1.6	0.52
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)			444	28.0	42.0	7.5	16.5	4.1	4.0	1.30
Spicy Sriracha crunchies		Per pack	174	8.4	17.6	4.5	9.1	1.7	2.7	0.62
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)			434	20.9	44.0	11.3	22.8	4.19	6.8	1.54
Crisp fava beans	Soy Sauce, Soya Bean, Wheat, Wheat Flour	Per pack	174	8.7	18.2	3.4	6.6	1.9	2.8	0.72
Fried broad beans (broadbeans, palm oil), soy sauce (water, soya bean, wheat, salt), wheat flour, modified corn starch, sugar, palm oil			436	21.8	45.5	8.5	16.6	4.7	7.0	1.8
Naked nuts	NUTS!	Per pack	226	9.0	5.0	2.3	19.6	2.9	2.1	0.01
Almonds, cashews, paleskin peanuts, redskin peanuts			566	22.5	12.5	5.8	49.1	7.4	5.3	0.02
Caribbean fruit punch	Sulphur Dioxide	Per pack	150	1.1	24.8	2.3	6.2	5.4	20.8	0.02
Coconut, flame raisins (dressed with natural vegetable oil), mango, papaya, sugar			376	2.7	2.7	5.7	15.6	13.39	52.1	0.06
Chocolate & goji trail mix	Sulphur Dioxide	Per pack	170	3.3	20.5	2.2	9.1	1.3	18.8	0.01
Almonds, cranberries (sugar, sunflower oil), goji berries, seedless sultanas (dressed with natural vegetable oil), chocolate chips (cocoa mass), sugar, cocoa butter, soya lecithin)			424	8.3	51.3	5.6	22.7	3.3	47.0	0.02
Dream chia & oat bar	Seeds		-	-	-	-	-	-	-	-
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			405	5.4	52.9	-	17.5	6.1	35.8	0.4
Naughty little brownie	Egg, milk, soya GF WF V	Per pack	323	3.45	37	2.63	17.4	8.1	29.4	0.15
Caster Sugar, Liquid Pasteurised Whole Egg , Gluten Free Flour, Salted Butter , Dark Chocolate, Dark Brown Sugar, Chocolate, Rapeseed Oil, Cocoa Powder , Beetroot Concentrate			431	4.6	49.4	3.52	23.3	10.8	39.2	0.2
Cheeky carrot cake	Wheat, walnuts, egg NUTS		185	3.0	20.6	-	9.8	0.8	13.9	0.5
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			331	5.3	36.8	-	17.6	1.5	24.9	0.9
Lively lemon almond cake	Egg, almonds, sulphites, pistachio		288	3.7	31.1	-	16.6	1.4	24.2	0.3
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			423	5.5	45.8	-	24.4	2.1	35.7	0.4
Dream protein bar	Sesame seeds		-	-	-	-	-	-	-	-
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.			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	DFGFWV▼	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 GFWV	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 GFWV	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	DFGFWV▼	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	DFGFWV▼	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 DFGFWV▼	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 GFWV	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	DFGFWV▼	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 GFWV▼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 GFWV 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 GFWV 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	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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