



# POD NUTRITION

## SCRAMBLED EGGS

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>Omega 3 eggs</b> Two <b>eggs</b> , smoked salmon, avocado, munchy seeds chilli bites.	<b>Eggs, salmon (fish), Munchy seeds (soya), bread (wheat), butter (milk)</b>	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 <b>eggs, chorizo</b> , tomatoes, spinach, chilli red, <b>Munchy Seeds</b> & a slice of <b>brown toast</b> cut in half with <b>butter</b> .	<b>Eggs, chorizo (milk, soya), bread (wheat), butter (milk), Munchy seeds (soya)</b>	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 <b>eggs, sausage</b> , bacon, tomatoes, parsley and <b>protein bread</b> .	<b>Eggs, sausage (wheat) milk, sulphites, protein bread (wheat)</b>	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 <b>eggs, mozzarella</b> , basil, sunblushed tomatoes, avocado and a slice of <b>brown toast</b> with <b>butter</b>	<b>Eggs, mozzarella (milk) bread (wheat), butter (milk)</b>	Regular	340	20.4	18.6	1.9	20.9	7	1.1	1.2
	<b>V</b>		181	10.9	9.9	1	11.1	3.7	0.6	0.6
<b>Superb scrambled eggs</b> Two <b>eggs</b> , spinach, tomato, chilli, <b>Greek style cheese</b> , toasted seeds & a slice of <b>brown toast</b> cut in half with <b>butter</b>	<b>Eggs, soft cheese (milk), bread (wheat), butter (milk), Munchy seeds (soya)</b>	Regular	367	23.4	15.7	1.5	23.8	9.7	1	1.8
	<b>V</b>									
<b>Plain eggs</b> Two <b>eggs</b> , and a slice of brown toast with butter	<b>Eggs, bread (wheat), butter (milk)</b>	Regular	345							
		Large	435							

## HOT AND TOASTED

<b>Avo and chilli toasted sandwich</b> Avocado & red chilli on <b>brown bread</b>	<b>Brown bread (wheat)</b>	Regular	310	9.3	44	5.3	11.8	2.5	4	1.4
	<b>V</b>		230	6.9	32.9	3.9	8.8	1.8	2.9	1
<b>Sausage sandwich (with ketchup)</b> <b>Sausage</b> , brown bread, tomato ketchup	<b>Sausages (Wheat), bread (Wheat), tomato ketchup (celery), sulphites, milk</b>	Regular	464	23.0	46.5	2.7	22.0	7.9	8.0	3.4
<b>Sausage sandwich (with brown sauce)</b> <b>Sausage</b> , brown bread, brown sauce	<b>Sausages (Wheat), bread (Wheat), brown sauce (celery), sulphites, milk</b>	Regular	428	20.0	47.3	2.7	25.9	9.7	0	2.7
<b>Sausage sandwich (no added sauce)</b> <b>Sausage</b> , brown bread	<b>Sausages (Wheat), bread (Wheat), milk</b>	Regular	410	19.9	43.1	2.6	22	7.9	8	3.4
<b>Bacon sandwich (with ketchup)</b> <b>Brown bread</b> , bacon, tomato ketchup	<b>Brown bread (wheat), tomato ketchup (celery)</b>	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> <b>Brown bread</b> , bacon, brown Sauce	<b>Brown bread (wheat), brown sauce (wheat)</b>	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> <b>Brown bread</b> , bacon	<b>Brown bread (wheat)</b>	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> <b>Salmon</b> , cream cheese, bagel	<b>Salmon (fish), cream cheese (milk), bagel (Wheat)</b>	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>	<b>Bread (wheat), protein plus (milk)</b>	Regular	221	17.85	26.35	5.1	3.8	0	0.85	1.0
	<b>V SESAME SEEDS</b>		260	21	31	6	4.5	0	0.6	1.2
<b>Toast (per slice)</b>	<b>Wheat</b>	Regular	78	2.9	15.1	1.1	0.5	0.1	1	1
	<b>V</b>		242	10.1	4.3	2.4	2.4	0.6	2.7	0.9
<b>Bagel</b>	<b>Wheat</b>	Regular	315.1	13.3	59.3	3.3	3.5	0.7	7	1.1
	<b>V SESAME SEEDS</b>		248	10.8	50.3	6.6	3.3	1.0	5.9	1.4
<b>Brown gluten free bread (1 slice)</b>	<b>Soya</b>	Regular	127	1.8	22.9	2.9	2.4	0.2	1.3	0.3
	<b>V</b>		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) ▼ 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

## 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							
<b>Pistachio &amp; blueberry</b> Banana bread, fat-free Greek-style yoghurt, blueberries, pomegranate and 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
<b>Tropical mango glow</b> Banana bread, fat-free Greek-style yoghurt, mango, pomegranate and 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
<b>Peanut butter &amp; cacao</b> Banana bread, fat-free Greek-style yoghurt, peanut butter and 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)
			Per serving / per 100g							
<b>Bacon &amp; egg</b> 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
<b>Egg, spinach &amp; crumbled cheese</b> 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							
<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
		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
<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
		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
<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
		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
<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
		Large	457	15.7	50.8	6.2	19.6	2.5	14.5	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	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
		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	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
		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
<b>Plain porridge</b> Gluten free porridge oats, <b>almond milk (NUTS)</b>	<b>Milk NUTS</b> 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

## 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> ▼	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>	▼	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>	▼	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											
<b>Thai red chicken curry</b> 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 sauce: coconut flake, fish sauce, palm sugar, lime leaves, chilli powder, paste, rapeseed oil, spinach, green chilli puree, coriander, onions, lemon grass, shrimp paste, garlic, basil, galangal puree, lime leaves, coriander seeds, salt, pepper, cumin seeds, rice, flour.										
<b>Thai green curry</b> 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.										
	Thai red sauce: coconut flake, tomato puree, fish sauce, palm sugar, Thai paste, onions, rapeseed oil, red chilli puree, red peppers, garlic puree, lemongrass, lime leaves, granulated sugar, galangal puree, coriander, shrimp paste, basil, parsley, salt, coriander, chilli powder, white pepper, cumin powder										
<b>Smoky three bean chilli</b> Black Bean stew, Rice blend, Avocado, Yoghurt, Chilli red, Munchy Seeds.	Black Bean stew (Barley (gluten), Soybeans, Celery), Yoghurt (Milk), Munchy Seeds (Soya)		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
	V		Regular	133	1.8	25.4	2.8	3.6	0.6	2.4	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!		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										
	Mustard										
<b>Malaysian coconut chicken</b> 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.										
	Mustard										
<b>Chicken chorizo &amp; butter bean</b> Bean sauce, chicken, chorizo, soybeans, parsley, served over mixed grain rice	Soya, 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										
	Mustard										
<b>Naked Katsu curry</b> Katsu curry, chargrilled British chicken thigh, served over mixed grain rice.	Soya		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										
	Mustard										
<b>Smoky three bean chilli - light</b> Black Bean stew, Rice blend, Avocado, fat free yoghurt, Chilli red, Munchy Seeds.	Black Bean stew (Barley (gluten), Soybeans, Celery), Yoghurt (Milk), Munchy Seeds (Soya)		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
	V		Regular	126.6							
	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!		Large	129.4							
	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										
	Mustard										

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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>	Fish sauce ( <b>fish</b> ), shrimp paste	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 stopped with coriander. Served with a side salad of mooli, green beans, chilli, carrot, peas	<b>(crustaceans), soya</b>	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>	Fish sauce ( <b>fish</b> ), shrimp paste	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	<b>(crustaceans), soya</b>	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>Smoky three bean chilli</b>	Black Bean stew ( <b>Barley, Soya, Celery</b> ), Yoghurt ( <b>Milk</b> ), Munchy Seeds ( <b>Soya</b> ), 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
<b>Malaysian coconut chicken</b>	Mustard, soya	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
<b>Chicken chorizo &amp; butter bean</b>	Soya, 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
<b>Naked Katsu curry</b>	Soya	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										
<b>Smoky three bean chilli</b>	Black Bean stew ( <b>Barley, Soya, Celery</b> ), Yoghurt ( <b>Milk</b> ), Munchy Seeds ( <b>Soya</b> ), 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
Black Bean stew, Avocado, Yoghurt, Chilli red, Munchy Seeds		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.

Soya (**Lentils may contain small stones**)  
VE

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.

Soya (**Lentils may contain small stones**)

Regular	376	27	47.9	7.7	9.8	1.2	5	2.4
	219	25.9	12.5	2	7.6	1.7	1.6	0.9

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# POD NUTRITION

SOUPS		Allergens & Nutrition Info	Size	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
					Per serving / per 100g						
<b>British chicken Pho</b> Water, vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint, chargrilled chicken	<b>Soya</b>		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
<b>Organic tofu Pho</b> Water, vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint, tofu (soybeans)	<b>Soya</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>Asian beef meatball Pho</b> Water, Asian meatballs (gluten, soybeans), vegetarian pho ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint	<b>Soya, gluten (wheat)</b>		Regular	246	11.1	26.5	1.4	10.5	4.0	12.4	3.2
				<b>70</b>	<b>3.1</b>	<b>7.5</b>	<b>0.4</b>	<b>3.0</b>	<b>1.1</b>	<b>3.5</b>	<b>0.9</b>
<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>Soya, 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 ga noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint	<b>Soya, 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
<b>British chicken Laksa</b> Water, vegetarian laksa (milk, sulphur dioxide), rice noodles, leeks, kale, coriander, mint, chargrilled chicken	<b>Milk, sulphur dioxide</b>		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
<b>Organic tofu Laksa</b> Water, vegetarian laksa (milk, sulphur dioxide), rice noodles, leeks, kale, coriander, mint, tofu (soybeans)	<b>Soya, milk, sulphur dioxide</b> 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
<b>Vegetable gyoza topped Laksa</b> Water, vegetarian laksa (milk, sulphur dioxide), rice noodles, leeks, kale, coriander, mint, veggie gyoza (celery, gluten (wheat), sesame seeds, soybeans)	<b>Celery, wheat (gluten), sesame seeds, soya, milk, sulphur dioxide</b> 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
<b>King prawn Laksa</b> Water, vegetarian laksa (milk, sulphur dioxide), rice noodles, leeks, kale, coriander, mint, prawns	<b>Prawns (crustaceans), milk, sulphur dioxide</b>		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		Allergens & Nutrition Info	Size	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
<b>Chicken gyozas</b> Chicken gyoza (eggs, gluten), teriyaki (gluten, soybeans), sesame seeds.	<b>Soya, 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, soya</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 nutritionals exclude dressings. See page 10 for dressing info.

Per serving / per 100g

### Tabbouleh salad

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

Pistachio (nuts), dressing (mustard), muhammara (nuts), seeds (sesame), 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) (Lentils may contain small stones) 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) (Lentils may contain small stones)

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), sulphites, soya, cereals containing gluten (Lentils may contain small stones) 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 nutritionals 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 (Lentils may contain small stones)

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 (Lentils may contain small stones)

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 (Lentils may contain small stones)

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





# 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 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

Soya, mustard, egg, sesame  
SESAME 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, soya, 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 (soya)

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 (soya), dressing (eggs, sesame seeds, soya, 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, soya, 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, soya)

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)
<b>Turmeric &amp; ginger dressing (25ml)</b>	Soya, 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
<b>Turmeric &amp; ginger dressing (50ml)</b>	Soya, 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
<b>Sweet chilli dressing (50ml)</b>	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
<b>Sesame dressing (25ml)</b>	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
<b>Pomegranate dressing</b>	Soya		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
<b>Vinaigrette dressing (25ml)</b>	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
<b>Vinaigrette dressing (50ml)</b>	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
<b>Sweet chilli &amp; sesame (25ml)</b> (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
<b>Yoghurt &amp; turmeric dressing (25ml)</b>	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
<b>Yoghurt &amp; spring onion dressing (25ml)</b>	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										
<b>Salmon &amp; egg protein</b> Egg, cucumber, roast salmon cubes, shelled soybeans	<b>Eggs, fish (salmon), soya</b>	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
<b>Free range eggs</b> Egg, spinach	<b>Eggs</b> 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
<b>Vegan falafel mezze</b> Falafel (wheat - gluten), hummus (sesame seeds), broccoli, cucumber	<b>Gluten (wheat), sesame seeds</b> ▼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
<b>Chargrilled chicken</b> 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)
<b>Omega salmon &amp; spinach egg</b> 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
<b>Roasted sesame chicken wrap</b> Pumpkin wrap, chargrilled chicken, cucumber, edamame beans, spinach, roasted sesame & chilli sauce, coriander leaves	Wheat (gluten), soya, 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
<b>Goat cheese &amp; beetroot wrap</b> Beetroot wrap, beetroot, goats cheese, black beans, rocket, spring onions, coriander, mint	Wheat (gluten), mustard, milk, sulphites	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
<b>Wiltshire ham &amp; Emmental cheese baguette</b> 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
<b>Chicken Caesar &amp; bacon baguette</b> 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
<b>Avocado &amp; caprese baguette</b> 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
<b>Khobez Olive Oil Wrap (Individually sold)</b>	Wheat (gluten)	Regular	237	5.2	46	2.3	3.9	1.3	2.1	1.1
<b>Pumpkin Tortilla Wrap (Individually sold)</b>	Wheat (gluten)	Regular	270	5.7	50.5	5	5.7	2.4	6	0.2
<b>Beetroot Tortilla Wrap (Individually sold)</b>	Wheat (gluten)	Regular	265	6	47.8	4.2	5.6	2.4	8.4	0.2
<b>Spinach Tortilla Wrap (Individually sold)</b>	Wheat (gluten)	Regular	264	7	47	3.8	6	2.3	5	0.4

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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> Fat-free 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> Fat-free 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> Fat-free Greek-style 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> Fat-free Greek-style yoghurt, gluten free oats, five berry compote, apple, pomegranate, pistachio, agave	Yoghurt (milk), pistachio (nuts) V	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
<b>Sunshine mango glow</b> Fat free Greek-style yoghurt, mango puree, blueberries and almonds	Nuts, yoghurt (milk) V	Regular	100	10.8	10.2	0.6	1.5	0.3	8.6	0.3
			63	6.8	6.5	0.4	0.9	0.2	5.4	0.2
<b>Blossom honey &amp; granola</b> Fat-free Greek-style yoghurt, granola and honey	Yoghurt (milk), granola (gluten, nuts, sesame) V	Regular	194	11.9	31	1.9	2.9	0.9	21.8	0.3
			117	7.1	18.7	1.1	1.7	0.5	13.1	0.5
<b>Berry granola yoghurt - light</b> Fat-free Greek-style yoghurt, granola, five berry compote, seeds	Yoghurt (milk), granola (gluten, nuts) V	Regular	269.4	16.9	38.2	3.8	5.8	1.7	21.2	0.4
			113.9							
<b>Berry boost yoghurt - light</b> Fat-free Greek-style yoghurt, agave, blueberries, pumpkin seeds, sesame, chia & linseeds	Yoghurt (milk), sesame seeds V SESAME SEEDS	Regular	183.5	16.3	18.5	1.8	4.9	0.7	14.3	0.4
			81.7							
<b>Apple and berry bircher - light</b> Fat-free Greek-style yoghurt, gluten free oats, five berry compote, apple, pomegranate, pistachio, agave	Yoghurt (milk), pistachio (nuts) V	Regular	279	10.4	43.3	4.9	6.4	1.7	17.5	0.1
			155	5.7	24.3	2.7	3.57	0.9	9.7	0.06

## VEGAN CHOC POTS

	Allergens & Nutrition Info	Size	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
<b>Snickers power pot</b> Almond milk, tofu, agave, banana, cocoa power, cacao nibs & peanut butter	Soya, Peanuts, Almonds (Nuts) V VEGAN	Regular	219	8.7	9.6	0.8	15.4	3.9	6.5	3.9
			293	11.5	12.7	1.1	20.5	5.2	8.6	0.3
<b>Pomegranate power pot</b> Almond milk, tofu, banana, cocoa powder, peanut butter, blueberries, almonds, banana, agave, pomegranate	Soya, Peanuts, Almonds (Nuts) V VEGAN	Regular	119	4.7	6.4	0.6	7.9	1.3	4.9	0.1
			224	8.9	12	1.2	14.9	2.4	9.3	0.2

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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)
<b>Iced coffee cacao</b> Soya milk, banana, peanut butter, agave, espresso, cacao nibs	Soya, 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
<b>Berry cooler</b> 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
<b>Breakfast super shake</b> Soya milk, banana, oats, peanut butter, agave, flaxseeds	Soya, 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
<b>Lean green bean</b> Apple juice, avocado, mango, edamame, spinach, ginger	Soya 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
<b>Plant powered protein shake</b> Soya milk, banana, tofu, berry compote, peanut butter, strawberry, agave, chia seeds	Soya, 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
<b>Super fruit</b> Fat free yoghurt, strawberries, blueberries, banana, berry compote	Milk V	16oz Per 100g	270 59.5	13.7 3.0	53.1 11.7	2.5 0.6	0.7 0.2	0.3 0.1	47.2 10.4	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							
<b>Latte</b>	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
<b>Cappuccino</b>	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
<b>Flat white</b>	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
<b>Americano</b>	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
<b>Espresso</b>		50	4	3.4	0	2.3	1.5	2.8	0.1
<b>Mocha</b>	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
<b>Hot chocolate</b>	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
<b>Golden turmeric latte</b>	Nuts 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
<b>Mind boost matcha latte</b>	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
<b>Red roobios latte</b>	Nuts NUTS ▼	40	1.2	0	1.2	3.4	0	0	1
		12	0.4	0	0.4	1	0	0	0.3
<b>Lemon ginger steeper</b>		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
<b>Breakfast tea</b>	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
<b>Fresh mint tea</b>		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, Peanuts, 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)	Soya, 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 W F V	Per pack	323	3.45	37	2.63	17.4	8.1	29.4	0.15
			431	4.6	49.4	3.52	23.3	10.8	39.2	0.2
<b>Cheeky carrot cake</b> Grated carrot, light brown sugar, wheat flour (wheat flour, calcium carbonate, iron, niacin, thiamine), rapeseed oil, walnuts, liquid pasteurised whole egg, wholemeal wheat flour, sultanas (sultanas, sunflower oil), raisins (raisins, sunflower oil), sunflower seeds, orange zest, bicarbonate of soda (e500), salt, ground cinnamon	Wheat, walnuts, egg NUTS		185	3.0	20.6	-	9.8	0.8	13.9	0.5
			331	5.3	36.8	-	17.6	1.5	24.9	0.9
<b>Lively lemon almond cake</b> Caster sugar, rapeseed oil, liquid pasteurised whole egg, ground almonds, maize flour, lemon juice (lemon juice, sulphites), gluten free flour (rice, tapioca and potato), thickener (xanthan gum), nibbed pistachio, lemon zest, baking powder (gluten free raising agent (e450i, e500ii, rice flour), salt, thickener (xanthan gum), lemon oil	Egg, almonds, sulphites, pistachio		288	3.7	31.1	-	16.6	1.4	24.2	0.3
			423	5.5	45.8	-	24.4	2.1	35.7	0.4
<b>Dream protein bar</b> Date paste, sunflower seeds, pumpkin seeds, carob syrup, protein crisps(isolated soy protein, rice flour, malt extract and salt), chopped cranberries (sugar, cranberries, sunflower oil), sultanas (sultanas, sunflower oil), sesame seeds, ground cinnamon.	Sesame seeds		-	-	-	-	-	-	-	-
			345	13.0	49.1	-	11.7	1.8	42.3	0.3

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# POD NUTRITION

## CRISPS

	Allergens & Nutrition Info	Size	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)
Per serving / per 100g										
<b>Pipers Crisps - sea salt</b> See packaging	DF GF WF ▼	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
<b>Pipers Crisps - cheddar &amp; onion</b> See packaging	Milk GF WF 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
<b>Pipers Crisps - chorizo</b> See packaging	Milk GF WF 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
<b>Pipers Crisps - sea salt and vinegar</b> See packaging	DF GF WF ▼	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)
<b>Maple &amp; bacon</b> See packaging		Regular								
<b>Sea salt</b> See packaging		Regular								
<b>Salt &amp; sweet</b> See packaging		Regular								
<b>Pipers Crisps - sea salt and vinegar</b> See packaging	DF GF WF ▼	Regular								

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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	0.1	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

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.

This document declares the fourteen most common allergens and headline ingredients in our products. If you have any concerns regarding allergies or dietary requirements, please talk to us at: [allergens@pod.co.uk](mailto:allergens@pod.co.uk). We take great care in preparing your food, but can't guarantee that either our hot or cold food is allergen-free.