

BREAKFAST – SERVED UNTIL 11AM

SCRAMBLED EGGS & TOAST

Protein feast eggs	5.99
NEW Omega 3 booster eggs	4.99/5.99
Chorizo power eggs	4.25/5.25
Energiser scrambled eggs	4.25/5.25
Superb scrambled eggs	4.25/5.25

ANY SANDWICH & A COFFEE 4.75

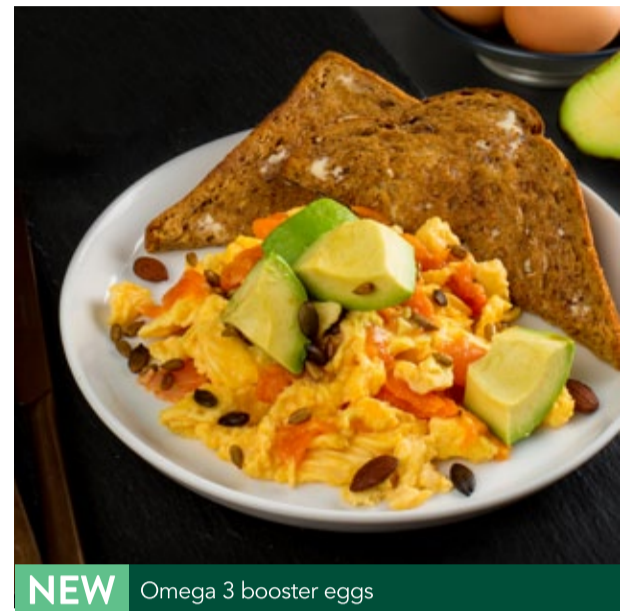


GLUTEN FREE PORRIDGE

Peanut butter power porridge	2.29/2.49
Berry boost porridge	2.29/2.49
NEW Cinnamon & apple crunch	2.29/2.49
Plain porridge	1.79/1.99

TOASTED

Avocado & chilli toast	3.50
Sausage/ Bacon sandwich	3.50
Salmon & cream cheese bagel	3.50
Topped toast & bagels	1.99



NEW Omega 3 booster eggs

LUNCH

CLASSIC POD SALADS

Tabbouleh / with chicken	4.99/5.99
Slow burner / with chicken	4.99/5.99
Go green salad / with chicken	4.99/5.99
Lebanese chicken tabbouleh	5.99
Protein kickbox	5.99
Gym box	4.99
Protein box	5.50



Tabbouleh salad

GREENY GRAIN SALADS

Hawaiian tuna poké	6.65
Rare roast beef	5.95
British chicken & mozzarella	5.40
Heart boosting beets	4.45
Roast smoked salmon & egg	5.95
A vegan rainbow	4.95

GYM BOWLS

NEW Green energy chicken	5.79
NEW Vegan green energy	4.99

SANDWICHES

Ham & monterey jack baguette	2.99
Mozzarella, sunblush tomato and avocado baguette	3.65
Italian chicken and pesto wrap	3.25
Hummus falafel wrap	2.99



NEW Persian beef meatballs

HOT PODS

REG 5.99 LRG 6.99

Thai red chicken curry	
Thai green chicken curry	
Chicken tikka masala	
Smoky three bean chilli	
Persian beef meatballs	
Peruvian corn & chicken	

PHO (MILD) & BUÑ HUE (SPICY)

Rare sliced beef	4.25
British chicken	3.75
Organic tofu	3.55
Asian beef meatballs	3.95

STEAMED GYOZA

6 Vegetable gyozas	2.49
6 Chicken gyozas	2.49

NUTRI PODS

Salmon & egg protein	3.60
Lean tuna poké	3.90
Free range eggs	1.60
Vegan falafel mezze	2.50
British chargrilled chicken	2.50



NEW Hot wrap selection

HOT WRAPS

NEW Chicken & chorizo melt	4.99
NEW Falafel & smokey choka	4.79
NEW Thai beef meatballs	4.99

COFFEE

REG / LRG

Flat white	2.25
Latte/Cappuccino/Mocha	2.25/2.55
Americano	1.90/2.20
Golden turmeric latte	2.65/2.95
Mind boost matcha latte	2.65/2.95
Red rooibos latte	2.65/2.95
Iced americano/latte	2.20/2.55

SMOOTHIES

REG / LRG

Acai & banana energiser	3.50/4.25
Energy	3.50/4.25
Anti-oxidiser	3.50/4.25
Immune boost	3.50/4.25
Mean green	3.50/4.25
Smooth berry	3.50/4.25

We also offer full catering services, order online at pod.co.uk



for nutritional info, see pod.co.uk menus can vary from pod to pod