

CLASSIC BRITISH



NEW

Supreme omega salmon & egg

Serves 6 • £28

Flaked salmon • egg • green beans • greeny grains • lemon dressing

PRE-PORTIONED SERVINGS AVAILABLE



NEW FILLINGS

Marvellous mixed sandwiches

Serves 6 • £25

Mozzarella, sunblush tomato & avocado • coronation chicken • rare roast beef & cheese • flaked salmon & cream cheese



Brilliantly british

Serves 6 • £26

Coronation chicken wraps • ham & egg sandwiches • cheese & cherry tomato chutney bagels • Lemon prawn mayo & cucumber rolls



Chicken slow burner salad

Serves 6 • £27

Chicken breast • barley • lentils • fresh veggies • Greek cheese • chilli • mint • sweet chilli dressing

PRE-PORTIONED SERVINGS AVAILABLE



Slow burner salad

Serves 6 • £22

Barley • lentils • fresh veggies • mint • Greek cheese • chilli • sweet chilli dressing

PRE-PORTIONED SERVINGS AVAILABLE

Last minute lunch? Order before 10am for same day delivery

MEDITERRANEAN



NEW FILLINGS

Mixed artisan wraps

Serves 6 • £25

Hummus & falafel • coronation chicken • sriracha prawn & avocado • Italian chicken



NEW

Ultimate chicken salad

Serves 6 • £28

Chicken • mozzarella • sunblush tomato • red roast peppers • grainy greens • fresh basil • lemon dressing

PRE-PORTIONED SERVINGS AVAILABLE



Chicken tabbouleh

Serves 6 • £27

Chicken breast • quinoa • tomato • cucumber • avocado • mint • pistachio • pomegranate seeds • lemon dressing

PRE-PORTIONED SERVINGS AVAILABLE



Mediterranean mezze

Serves 6 • £24

Tabbouleh salad • eggs • falafel • wholemeal wraps • sunblush tomatoes • veggie salad pots



DELIVERY SLOTS START AT 11AM



CUTLERY INCLUDED



FULL ALLERGENS AVAILABLE ONLINE



SALAD TONGS INCLUDED

HEALTHY EATING



NEW

A vegan rainbow

Serves 6 • £22

Hummus • edamame • beetroot • pickled cabbage • carrot • greeny grains • lemon dressing

PRE-PORTIONED SERVINGS AVAILABLE



NEW POTS

Protein power pots

12 pots • £22

Flaked salmon, egg & edamame • Falafel & hummus • Greek cheese, beetroot & cucumber



Lighter luxuries

Serves 6 • £28

Avocado bowls with Greek cheese & sunblush tomato • salmon nori wraps • chicory leaves with chicken, rice noodles & chilli



Plant power sandwiches

Serves 6 • £24

Hummus & roasted peppers rolls • smashed pea, mint & Greek style cheese wraps • egg & avo on rye • mozzarella & sunblush tomato sandwiches

All orders are handmade by our chefs on the day of your delivery

NEW YORK CLASSICS

FRUIT



NEW

Proper roast beef salad

Serves 6 • £28

Premium rare roast beef • beetroot • green beans • greeny grains • crispy onions • lemon dressing

PRE-PORTIONED SERVINGS AVAILABLE



NEW FILLINGS

Soho baguettes

Serves 6 • £24

Mozzarella, sunblush tomatoes & avo • chicken, bacon & salad • ham & cheese • rare roast beef, cheese & rocket



Midtown deli

Serves 6 • £26

Pastrami, cheese & gherkin on rye • salmon & cream cheese bagels • BLT rolls • cheese & tomato sandwiches



Fruity yoghurt pots

Serves 12 • £22

Turmeric, sultanas & pistachio • acai berry, mixed berries & agave syrup • mango quinoa & almonds



Fabulous fresh fruit

Serves 12 • £20

Fabulous fresh fruit bananas • apples • grapes • satsumas



DELIVERY SLOTS START AT 11AM



CUTLERY INCLUDED



FULL ALLERGENS AVAILABLE ONLINE



SALAD TONGS INCLUDED

BREAKFAST

ORDER BEFORE 4PM FOR NEXT DAY DELIVERY



City breakfast

Serves 6 • £24

Ham & cheese mini croissants • bacon & egg wraps • salmon & cream cheese bagels



Fresh french pastries

Serves 6 • £18

Almond croissants • pain au chocolats • apricot danishes



Rise and shine croissants

Serves 6 • £14

Flakey buttery croissants with strawberry jam & marmalade



Energiser bagels

Serves 6 • £22

Bacon & egg bagels • salmon & cream cheese bagels



Best veggie breakfast

Serves 6 • £24

Cheese & sunblush tomato mini croissants • avocado, cream cheese & chilli on rye bread • egg & tomato chutney bagels



Vitaliser veggie bagels

Serves 6 • £20

Egg & tomato chutney • cucumber, chilli & cream cheese



BREAKFAST DELIVERY SLOTS START AT 7:30AM



FULL ALLERGENS AVAILABLE ONLINE



NAPKINS PROVIDED

SNACKS & TREATS

DRINKS



Fruity flapjacks

Serves 6 • £14

Gluten free oat deliciousness



Naughty little brownies

Serves 6 • £14

Decadent & gluten free



Roasted vegetable crisps

Serves 6 • £7



Juices

250ml • £2.29

Orange Apple Watermelon & strawberry



Fruit aids

250ml • £2.19

Ginger Raspberry



Fruit waters

500ml • £2.19

Mango Lime

See our full, delicious range of snacks, treats & drinks at pod.co.uk