

PLATTER ALLERGENS

At Pod we're always striving to source the best ingredients possible for our recipes. As such, we now use a delicious British chargrilled chicken thigh in our catering recipes. We would like to inform our customers that this chicken is not halal certified

PLATTER	INGREDIENTS	ALLERGENS
FRUITY YOGHURT POTS	Turmeric yoghurt, Acai Berry yoghurt and Mango quinoa yoghurt.	Mango quinoa (milk, nuts), Turmeric Yoghurt (milk, nuts), Acai Berry Yoghurt (milk, nuts)
FRESH FRENCH PASTRIES	Almond Croissant, Apricot Danish, Pain au choc and strawberries	Almond Croissant (eggs, wheat, milk, nuts), Apricot Danish (eggs, wheat, milk), Pain au choc (eggs, wheat, milk, soybeans) and strawberries
RISE AND SHINE CROISSANTS	Croissant; wheat flour, butter, water, yeast, eggs, salt, wheat gluten, flour treatment agent and strawberries	Croissant (gluten: wheat, milk)
CITY BREAKFAST	Egg, mayo and bacon wrap: Multigrain tortilla, Wheat, Egg Mayo, Back Bacon, Rye flour, Oat flour, Pearl barley, Wheat flour	Egg mayo bacon wrap (wheat, oats, barley, rye, eggs, milk, mustard)
	Ham and cheese croissant: Croissant, Ham, Monterey Jack Cheese	Monterey Jack cheese (milk), croissant (eggs, wheat, milk)
	Smoked salmon and cream cheese bagel	Bagel (wheat), Smoked Salmon (fish), Soft cheese (milk)
BEST VEGGIE BREAKFAST	Avocado, cheese and chilli on rye: Avocado, cream cheese, rye bread	Cream cheese (milk), rye bread (rye, wheat)
	Cheese and tomato mini croissants: Cheese and tomato croissants	Cheese (milk), tomato croissant (eggs, wheat)
	Egg and tomato bagels: Egg and tomato chutney bagels	Egg Mayonnaise (egg, milk, mustard), bagel (wheat)
ENERGISER BAGELS	Smoked salmon and cream cheese bagels and bacon & egg bagels with mayonnaise	Smoked salmon (fish), cream cheese (milk), egg (egg), mayonnaise (egg, mustard), bagel (gluten: wheat)
VITALISER VEGGIE BAGELS	Egg & Tomato Chutney bagels and Chilli, cucumber & cream cheese bagels	Egg Mayonnaise (egg, milk, mustard), bagel (wheat), cream cheese (milk)
BRILLIANTLY BRITISH	Coronation chicken: Coronation Chicken and mixed leaf wrap	Coronation chicken (wheat, celery, eggs, milk, mustard), wrap (wheat, sesame seed)
	Monterey Jack cheese and tomato chutney bagels with rocket	Multiseed bagel (gluten, sesame seeds), Monterey Jack cheese (milk), tomato chutney, reduced fat mayo (Eggs, mustard), rocket leaves
	Ham & boiled egg sandwiches	Egg (egg), Mayo (eggs, mustard), rye (wheat, rye)
	Lemon mayo prawns & cucumber rolls	Bread roll (wheat), cooked prawns (crustaceans), reduced fat mayo (Eggs, mustard), lemon juice (sulphur dioxide)
SUPREME OMEGA SALMON & EGG	Roast salmon, egg, green beans, cucumber, quinoa, kale, leek, peas, lentil, barley. Served with lemon dressing pots.	Salmon (fish), boiled egg (egg), Pearl barley (gluten), lemon dressing (soybeans, sulphites)
MARVELLOUS MIXED SANDWICHES	Mozzarella, sunblush tomato & avocado: mozzarella, sunblush tomatoes, avocado, basil, bread	Malted bread (gluten: wheat, barley), mozzarella (milk)
	Roast smoked salmon with cream cheese, spinach & cucumber	Malted bread (gluten: wheat, barley), roast salmon (fish), cream cheese (milk)
	Roast beef, Gran Moravia cheese, rocket & mayo	Malted bread (gluten: wheat, barley), reduced fat mayo (eggs, mustard), Gran Moravia cheese (milk, eggs)
	Coronation chicken with cucumber & green leaves	Malted bread (gluten: wheat, barley), coronation chicken (celery, eggs, gluten, milk, mustard)
SLOW BURNER SALAD	Greek style cheese, cucumber, peas, pearl barley, lentils, shredded red and green cabbage, carrot, spring onion, dal muth, peanuts, mixed leaves, pistachio, mint & red chilli with a sweet chilli & sesame dressing.	Greek style cheese (milk), pearl barley (gluten), lentils (wheat), pistachio (nuts), sweet chilli dressing (sulphites, sesame)
CHICKEN SLOW BURNER SALAD	Chickem, Greek style cheese, cucumber, peas, pearl barley, lentils, shredded red and green cabbage, carrot, spring onion, dal muth, peanuts, mixed leaves, pistachio, mint & red chilli with a sweet chilli and sesame dressing	Chargrilled chicken thigh, Greek style cheese (milk), pearl barley (gluten), lentils (wheat), pistachio (nuts), sweet chilli dressing (sulphites, sesame)
MIDTOWN DELI	BLT: Complet roll, bacon, mayonnaise, tomatoes, lettuce, raddicchio, endive, swiss cahrd, spinach	Complet roll (gluten: wheat), mayo (egg, mustard)
	Pastrami, cheese, gherkin and rye: Bread, pastrami	Bread (gluten: wheat, rye), pastrami (mustard)
	Smoked salmon and cream cheese bagel: Bread, smoked salmon, cream cheese	Bread (gluten: wheat), smoked salmon (fish), cream cheese (milk)
	Cheese, tomato and mayo: Malted bread, tomatoes, monteray jack cheese, mayonnaise, lettuce, radicchio, endive, swiss chard, spinach	Malted bread (wheat, barley), cheese (milk), mayo (egg, mustard)
PROPER ROAST BEEF SALAD	Quinoa, kale, leek, peas, lentils, barley, roast beef, green beans, edamame beans, beetroot salad, crispy onion. Served with a lemon dressing.	Pearl barley (gluten), beetroot salad (mustard), crispy onion (wheat), lemon dressing (soybeans, sulphites), edamame beans (soybeans)
SOHO BAGUETTES	Mozzerella, tomatoes and avocado: Baguette, cheese, avocado, sunblushed toamtoes, pesto, basil	Baguette (gluten: wheat, sesame seeds), mozzarella (milk)
	Chicken & bacon: Chargrilled chicken thigh, bacon, tomato, green leaves & mayo	Baguette (gluten: wheat, sesame seeds), mayo (eggs, mustard), Chargrilled chicken thigh,

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SOHO BAGUETTES (CONT...)	Ham & cheese: Ham, Monterey Jack cheese, green leaves, mustard & mayo.	Baguette (gluten: wheat, sesame seeds), Monterey Jack cheese (milk), reduced fat mayo (eggs, mustard), mustard (mustard)
	Roast beef: Roast beef, Gran Moravia cheese, rocket & mayo.	Baguette (gluten: wheat, sesame seeds), Gran Moravia cheese (milk), reduced fat mayo (eggs, mustard)
ULTIMATE CHICKEN SALAD	Chargrilled chicken thigh, mozzarella, roast pepper & tomato, basil, quinoa, kale, leek, peas, lentil, barley. Served with a lemon dressing.	Chargrilled chicken thigh, barley, mozzarella (milk), lemon dressing (soybeans, sulphites), Barley (gluten)
A VEGAN RAINBOW	Quinoa, kale, leek, peas, lentil, barley, hummus, edamame beans, carrot, beetroot salad, cucumber, pickled cabbage, pumpkin seeds. Served with a lemon dressing.	Hummus (sesame seeds), pearl barley (gluten), edamame (soybeans), beetroot salad (mustard), lemon dressing (soybeans, sulphites)
MEDITERRANEAN MEZZE	Eggs, multigrain tortilla, hummus, quinoa, falafel, tomatoes, carrots, mixed olives, peas, sunblushed tomatoes, beetroot, cabbage, muhamara, cucumber, kale, red cabbage, leeks, parsley, mint, sultanas, sesame seeds, chia seeds, flaxseed	Eggs (egg), multigrain tortilla (wheat), hummus, quinoa, falafel (wheat), mixed olives (sulphur dioxide), muhamara (nuts, sulphur dioxide), sesame seeds (sesame seeds), chia seeds, flaxseed
TABBOULEH SALAD	Cucumber, tomatoes, avocado, leek & kale mix, quinoa, pomegranate seeds, pistachio, mint, parsley, lemon juice and lemon dressing	Pistachio (nuts), lemon dressing (sulphites, soya)
CHICKEN TABBOULEH SALAD	Chargrilled chicken thigh, cucumber, tomatoes, avocado, leek & kale mix, quinoa, pomegranate seeds, pistachio, mint, parsley, lemon juice and lemon dressing	Pistachio (nuts), lemon dressing (sulphites, soya), Chargrilled chicken thigh
MIXED ARTISAN WRAPS	Italian chicken wrap with mozzarella, sunblushed tomato, mayo & mixed leaves.	Tortilla wrap (gluten: wheat), chicken breast (milk), mozzarella (milk), reduced fat mayo (eggs, mustard)
	Hummus, falafel & veg slaw (spring onion, carrot, red cabbage, broccoli) .	Tortilla wrap (gluten: wheat), hummus (sesame), falafel (wheat)
	Coronation chicken wrap with cucumber and green leaves.	Tortilla wrap (gluten: wheat), coronation chicken (wheat, celery, eggs, gluten, milk, mustard)
	Sriracha prawn wrap with avocado, cucumber & spinach	Tortilla wrap (gluten: wheat), cooked prawns (crustaceans)
PLANT POWER SANDWICHES	Egg, mayo and avocado: Rye bread, egg mayo, avocado	Rye bread (gluten: rye, wheat), egg mayonnaise (egg, milk, mustard)
	Mozzarella, sunblush tomato and avocado: Malted bread, mozzarella, tomatoes and basil	Malted bread (gluten: wheat, barley), mozzarella (milk)
	Smashed pea, mint, and Greek style cheese: Multigrain tortilla, salad cheese, peas, lettuce, mint, endive, radicchio, spinach, chard	Multigrain tortilla (gluten: wheat, rye, oats), cheese (milk)
	Hummus & peppers: Hummus, roasted peppers & coriander.	Compleat roll (gluten: wehat), hummus (sesame seeds)
PROTEIN POWER POTS	Salmon, egg, cucumber & edamame beans	Roast salmon (fish), boiled egg (egg), edamame beans (soybeans)
	Beetroot, crumbly cheese, edamame beans, cucumber & mint	Crumbly cheese (milk), beetroot salad (mustard), edamame beans (soybeans)
	Hummus, falafel, broccoli & cucumber.	Hummus (sesame seeds), falafel (gluten: wheat)
LIGHTER LUXURIES	Asian noodles in chicory leaves: Chargrilled chicken thigh, asian dressing, rocket leaves, chicory, wasabi seeds, rice vermicelli, chilli red	Chargrilled chicken thigh, asian dressing (soybeans)
	Avocado cups: Salad cheese, avocado, roasted tomatoes, coriander, lime juice, basil	Cheese (milk), lime juice (sulphur dioxide)
	Salmon nori wraps: Smoked salmon, red cabbage, cucumber, spinach, pickled ginger, seaweed nori	Smoked salmon (fish)
FABULOUS FRESH FRUIT	Bananas, Apples, Oranges, Grapes	none
FRUITY FLAPJACKS	Chia seed and Fruit flapjacks with strawberries	Flapjacks (milk)
NAUGHTY LITTLE BROWNIES	Pod brownies and strawberries	Brownie (eggs, milk, soybeans)
ROASTED VEGETABLE CRISPS	Pan fried Vegetable crisps	none
JO & SEPH'S SALTED CARAMEL POPCORN	Salted Caramel popcorn	Popcorn caramel seasalt (milk)
MILLIONAIRE'S SHORTBREAD	Crumbly base, caramel and milk chocolate millionaire shortbread	Wheat, soybeans, (milk)