



# BREAKFAST

# SWEETS & TREATS

# AVAILABLE ALL DAY

ORDER BY 4PM EVERY DAY



### CITY BREAKFAST

Serves 6 • £24

Kickstart your day with the breakfast classics. Ham & cheese mini croissants; crispy bacon & egg wrap; smoked salmon and cream cheese bagel.



### FRESH FRENCH PASTRIES

Serves 6 • £18

A freshly baked delicious selection of; Almond croissants, apricot danishes and pain au chocolats, served with a scattering of strawberries. Ooh la la! (V)



### FABULOUS FRESH FRUIT

Serves 12 • £20

Sweetly simple. Enjoy a selection of fresh; apples, bananas, oranges and grapes.

(GF)(WF)(LF)(DF)(V)(V)



### EXOTIC SLICED FRUIT

Serves 10 • £30

Tuck into our refreshing rainbow of exotic fruits including; melon, kiwi, pineapple and strawberries.

(GF)(WF)(LF)(DF)(V)(V)



### SUPER DUPER STICKS

Serves 6 • £8

Perfect snacking treats, handmade for pod here in London.

SEEDS: (V)(DF)(V)



### MINI MIGHTY MUFFINS

Serves 6 • £14

A selection of our favourite, gourmet muffins.

(V)



### RISE AND SHINE CROISSANTS

Serves 6 • £14

Baked to perfection; our flakey butter croissants are served with strawberry jam and marmalade. (V)



### ENERGISER BAGELS

Serves 6 • £22

Wholesome multi-grain bagels loaded with; crispy bacon & free range boiled egg and smoked salmon & cream cheese SEEDS!



### DELIGHTFUL SCONES

Serves 6 • £18

A proper British classic. Freshly baked scones, both plain and fruity, served with strawberry jam and clotted cream.

(V)



### FRUITY FLAPJACKS

Serves 6 • £14

A fruity gluten free treat. Made with all natural ingredients and filled with antioxidants; choose between chia or chia & mulberry.

(GF)(WF)(V)



### NAUGHTY LITTLE BROWNIES

Serves 6 • £14

6 decadent little gluten free brownies. (GF)(WF)(V)



### CHUNKY COOKIES

Serves 6 • £18

Irresistible giant cookies! Enjoy; pecan & oatmeal, and chocolate chip cookies. (V)



### VITALISER VEGGIE BAGELS

Serves 6 • £20

Wholesome multi-grain bagels filled with; Free range boiled egg & tomato chutney; fresh chilli, cucumber & cream cheese. (V)(GF)



### BEST VEGGIE BREAKFAST

Serves 6 • £24

Find your veggie favourite! Cheese & sunblush tomato mini croissants; avocado, cream cheese & chilli on rye; egg & tomato chutney filled multi-grain bagels. (V)



### FRUITY YOGHURT POTS

Serves 6 • £22

A selection of our favourites; mango superfood; granola topped yoghurt and the classic berry boost. (V)

\*Available all day



### ROASTED VEGETABLE CRISPS

Serves 6 • £7

For a meeting munch, enjoy our roasted vegetable crisps. Perfect for sharing. (GF)(WF)(DF)(V)(V)



### SALTED CARAMEL POPCORN

Serves 4 • £5

Luxurious salted caramel popcorn for sharing. (GF)(WF)(V)



# CREATIVE CATERING



# CHEF MADE RECIPES

# WORLDY FLAVOURS

# CREATIVE CATERING

# CLASSIC BRITISH



## MARVELLOUS MIXED SANDWICHES

Serves 6 • £25  
Impress guests with luxurious fillings; mozzarella, sun blush tomato & avocado; salmon & cream cheese; chicken, pesto & avocado; super club.



## PICNIC PLATTER

Serves 6 • £24  
A delicious mix for your meeting; prawn cocktail pots with lemon dressing; sliced ham; fresh pod garden salad, tomato chutney and soft bread rolls.  
Ⓛⓕ Ⓞⓕ

# MEDITERRANEAN



## CHICKEN TABBOULEH SALAD

Serves 6 • £27  
Succulent chicken breast on a bed of pod tabbouleh.  
SEEDS! NUTS! ⓄⓕⓌⓕ



## MEDITERRANEAN MEZZE

Serves 6 • £24  
Wholemeal wraps, falafel, hummus, olives, free range boiled eggs and sun blush tomatoes, all served alongside the pod favourite tabbouleh salad. SEEDS! NUTS! Ⓧ

# NEW YORK



## NEW YORK CIABATTA

Serves 6 • £26  
Dig in to our fresh ciabatta, filled with; Pastrami, cheese, mustard mayo and sliced gherkins and topped with mixed leaf salad.



## MIDTOWN DELI

Serves 6 • £26  
Grab a taste of midtown delis! Pastrami, cheese & gherkin rye sandwiches; smoked salmon & cream cheese bagels; cheese, tomato & mayo sandwiches; and the favourite BLT soft roll.

# HEALTHY EATING



## PLANT POWER SANDWICHES

Serves 6 • £24  
A fresh selection of; Mozzarella, sunblush tomato & avocado; smashed pea, mint & Greek style cheese; egg mayo & avocado; roasted veg with chilli & coriander.  
NUTS! Ⓧ



## PROTEIN POWER POTS

Serves 6 • £22  
A delicious selection of chicken slow burner pots, crunchy Asian salad topped with salmon and boiled egg pots with sunblush tomatoes, spinach and seeds.  
SEEDS! NUTS!

## BRILLIANTLY BRITISH

Serves 6-8 • £26  
Impress guests from far and wide with our selection of British sandwich and wrap fillings; coronation chicken; egg mayo & tomato chutney; ham, cheese & mustard; tuna mayo & salad.



## ROSEMARY FOCACCIA

Serves 6 • £28  
All meetings go better with focaccia! Flavoursome rosemary focaccia packed with prosciutto, mozzarella, sunblush tomatoes, pesto, micro basil and rocket leaves.



# SAME DAY CATERING

Just a few clicks away.  
Lunch orders can be placed up until 10am Monday - Friday

## LIGHTER LUXURIES

Serves 6 • £28  
Virtuous food that tastes amazing. Try our signature salmon nori wraps; avocado & crumbly cheese stuffed avocado bowls and chicken with Asian noodles in lettuce leaves.  
ⓄⓕⓌⓕ



## CHICKEN SLOW BURNER

Serves 6 • £27  
The classic pod salad with a generous topping of succulent chicken breast for that extra protein hit. SEEDS! NUTS! Ⓦⓕ



## SLOW BURNER SALAD

Serves 6 • £22  
This classic pod salad has pearl barley, lentils, nuts, veggies, Greek style cheese, lettuce, sliced chilli and sweet chilli dressing.  
SEEDS! NUTS! Ⓦⓕ Ⓧ



## TABBOULEH SALAD

Serves 6 • £22  
Pod's twist on tabbouleh. Swapping cous cous for quinoa offers a protein boost in this low carb, low fat salad packed with nutrients.  
SEEDS! NUTS! ⓄⓕⓌⓕ



## MIXED ARTISAN WRAPS

Serves 6 • £24  
In our soft multigrain wraps; hummus & falafel; Lebanese red pepper chicken & salad; bacon, egg mayo & sunblush tomato; tuna & roasted veg. NUTS!



## SOHO BAGUETTES

Serves 6 • £24  
In freshly baked seeded baguettes; Mozzarella, sun blush tomato & avocado; chicken mayo & mixed leaves; sweet chilli pulled pork & pod slaw; ham & free range boiled egg.  
SEEDS! NUTS!



## CENTRAL PARK HAMPER

Serves 6 • £26  
Impress your guests with our chicken Caesar on chicory leaves, avocado slaw pots, sweet chilli pork & pod slaw pots. Enjoy with fresh Jalapeno cornbread for a little kick! SEEDS!

## TRY OUR **NEW** RANGE OF DELIVERED PLATTERS

Hello, Welcome to our supreme new catering menu. Inspired from around the world and created by our skilled chefs, especially for you. Delivery is free (if you're nearby and spend £25) and ordering is easy peasy - just go to.



**DELIVERED**

pod.co.uk

# PLATTER ALLERGENS

PLATTER	INGREDIENTS	ALLERGENS
FRUITY YOGHURT POTS	Berry boost yoghurt, Mango superfood pot and Agave granola yoghurt	Berry boost ( <b>milk, sesame seeds</b> ), Mango quinoa ( <b>milk, nuts</b> ) and Agave granola yoghurt ( <b>wheat, oats, nut, milk</b> ).
FRESH FRENCH PASTRIES	Almond Croissant, Apricot Danish, Pain au choc and strawberries	Almond Croissant ( <b>eggs, wheat, milk, nuts</b> ), Apricot Danish ( <b>eggs, wheat, milk</b> ), Pain au choc ( <b>eggs, wheat, milk, soybeans</b> ) and strawberries
RISE AND SHINE CROISSANTS	Croissant; wheat flour, butter, water, yeast, eggs, salt, wheat gluten, flour treatment agent and strawberries	Croissant ( <b>gluten: wheat, milk</b> )
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 ( <b>wheat, oats, barley, rye, eggs, milk, mustard</b> )
	Ham and cheese croissant: Croissant Mini, Ham, Monterey jack Cheese	Monterey jack cheese ( <b>milk</b> ), croissant ( <b>eggs, wheat, milk</b> )
	Smoked salmon and cream cheese bagel	Bagel ( <b>wheat</b> ), Smoked Salmon ( <b>fish</b> ), Soft cheese ( <b>milk</b> )
BEST VEGGIE BREAKFAST	Avocado, cheese and chilli on rye: Avocado, cream cheese, rye bread	Cream cheese ( <b>milk</b> ), rye bread ( <b>rye, wheat</b> )
	Cheese and tomato mini croissants: Cheese and tomato croissants	Cheese ( <b>milk</b> ), tomato croissant ( <b>eggs, wheat</b> )
	Egg and tomato bagels: Egg and tomato chutney bagels	Egg Mayonnaise ( <b>egg, milk, mustard</b> ), bagel ( <b>wheat</b> )
ENERGISER BAGELS	Smoked salmon and cream cheese bagels and bacon & egg bagels with mayonnaise	Smoked salmon ( <b>fish</b> ), cream cheese ( <b>milk</b> ), egg ( <b>egg</b> ), mayonnaise ( <b>egg, mustard</b> ), bagel ( <b>gluten:wheat</b> )
VITALISER VEGGIE BAGELS	Egg & Tomato Chutney bagels and Chilli, cucumber & cream cheese bagels	Egg Mayonnaise ( <b>egg, milk, mustard</b> ), bagel ( <b>wheat</b> ), cream cheese ( <b>milk</b> ),
BRILLIANTLY BRITISH	Coronation chicken: Coronation Chicken and mixed leaf wrap	Coronation chicken ( <b>wheat, celery, eggs, milk, mustard</b> ), wrap ( <b>wheat</b> )
	Egg mayo and tomato chutney: Egg mayonnaise and tomato chutney bagel	Egg Mayo ( <b>egg, mustard, milk</b> ), bagel ( <b>wheat</b> )
	Ham, cheese and mustard: Ham, cheese and mustard sandwiches on rye	Cheese ( <b>milk</b> ), Mustard ( <b>mustard</b> ), rye ( <b>wheat, rye</b> )
	Tuna mayo and salad: Tuna mayonnaise and leaf complet roll	Tuna mayo ( <b>fish, eggs, mustard</b> ), complet roll ( <b>wheat</b> )
PICNIC PLATTER	Bread Complet, ham, prawns, tomato chutney, cucumber, tomatoes, lemon dressing, beetroot, lettuce, carrots, lemons, radicchio, endive, spinach, chard	Prawn ( <b>crustaceans</b> ), complet roll ( <b>wheat</b> ), lemon dressing ( <b>soybeans, sulphur dioxide</b> )
MARVELLOUS MIXED SANDWICHES	Super club: bread, chicken, bacon, tomatoes, mayonnaise, lettuce. Salmon & cream cheese: bread, salmon, cream cheese, mixed leaves. Italian chicken: bread, chicken, pesto, avocado, sunblush tomatoes, mixed leaves. Mozzarella, sunblush tomato & avocado: mozzarella, sunblush tomatoes, avocado, basil, nut free pesto, bread	Bread ( <b>gluten</b> ), chicken ( <b>dairy</b> ), mayonnaise ( <b>egg, mustard</b> ), salmon ( <b>fish</b> ), cream cheese ( <b>dairy</b> ), egg ( <b>mustard, egg</b> )
SLOW BURNER SALAD	Greek style cheese, cucumber, peas, pearl barley, lentils, shredded red and green cabbage, carrot, spring onion, dalmuth, peanuts, mixed leaves, pistachio, mint & red chilli with a sweet chilli & sesame dressing	Greek style cheese ( <b>milk</b> ), pearl barley ( <b>gluten</b> ), lentils ( <b>wheat</b> ), pistachio ( <b>nuts</b> ), sweet chilli dressing ( <b>sulphites, sesame</b> )

# PLATTER ALLERGENS

<b>CHICKEN SLOW BURNER SALAD</b>	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	Chicken ( <b>dairy</b> ), Greek style cheese ( <b>milk</b> ), pearl barley ( <b>gluten</b> ), lentils ( <b>wheat</b> ), pistachio ( <b>nuts</b> ), sweet chilli dressing ( <b>sulphites, sesame</b> )
<b>NEW YORK CIA-BATTA</b>	Ciabatta, pastrami, monteray Jack Cheese, gerkins, mayonnaise, lettuce, mustard, endive, radicchio, spinach, chard	Ciabatta ( <b>wheat</b> ), Pastrami, Montrey jack cheese ( <b>milk</b> ), gherkins ( <b>sulphur dioxide</b> ), mayonnaise, ( <b>eggs, mustard</b> ), lettuce, mustard smooth ( <b>mustard</b> ), emdive, raddicchio, spinach, chard
<b>MIDTOWN DELI</b>	BLT: Complet roll, bacon, mayonniase, tomatoes, lettuce, raddicchio, endive, swiss cahrd, spinach	Complet roll ( <b>wheat</b> ), mayo ( <b>egg, mustard</b> )
	Pastrami, cheese, gherkin and rye: Bread, pastrami	Bread ( <b>wheat, rye</b> ), pastrami ( <b>mustard</b> )
	Smoked salmon and cream cheese bagel: Bread, smoked salmon, cream cheese	Bread ( <b>wheat</b> ), smoked salmon ( <b>fish</b> ), cream cheese ( <b>milk</b> )
	Cheese, tomato and mayo: Malted bread, tomatoes, monteray jack cheese, mayonnaise, lettuce, radicchio, endive, swiss chard, spinach	Malted bread ( <b>wheat, barley</b> ), cheese ( <b>milk</b> ), mayo ( <b>egg, mustard</b> )
<b>CENTRAL PARK HAMPER</b>	Japapeno cornbread, Chicken breast, carrots, peas, malted bread, mayo chicory, olive oil, beetroot, shaved gran maravia, rocket leave, pulled pork, kale, leeks, cabbage, avocado, mustard, sesame seeds, chia seeds, flaxseed	Japapeno cornbread ( <b>eggs, wheat, milk</b> ), Chicken breast ( <b>milk</b> ), malted bread( <b>wheat, barley</b> ), mayo ( <b>eggs, mustard</b> ), olive oil, shaved gran maravia ( <b>eggs, milk</b> )
<b>SOHO BAGUETTES</b>	Chicken mayo: Baguette, pulled chicken, mayonnaise, lettuce, endive, raddicchio, spinach, swiss chard, sesame seeds, chia seeds, flaxseed	Baguette ( <b>wheat, sesame seeds</b> ), chicken ( <b>milk</b> ), mayo ( <b>eggs, mustard</b> ).
	Ham and egg: Baguette, ham, egg, mayonnaise, lettuce, endive, raddicchio, spinach, swiss chard, sesame seeds, chia seeds, flaxseed	Baguette ( <b>wheat, sesame seeds</b> ), mayo ( <b>eggs, mustard</b> ), egg ( <b>egg</b> )
	Mozzarella, tomatoes and avocado: Baguette, cheese, avocado, sunblushed toamtoes, pesto, basil	Baguette ( <b>wheat, sesame seeds</b> ), pesto ( <b>sulphur dioxide</b> )
	Sweet chilli, pulled pork and pod slaw: Baguette, pulled pork, thai sweet chilli sauce, carrots, peas, beetroot, curly kale, cabbage red, leeks	Baguette ( <b>wheat, sesame seeds</b> )
<b>ROSEMARY FOCACCIA</b>	Rosemary Foccacia, prosciutto crudo, mozzarella cheese, rocket leaves, sunblushed tomatoes, basil, pesto	Foccacia ( <b>wheat</b> ), mozzarella ( <b>milk</b> ), pesto ( <b>sulphur dioxide</b> )
<b>MEDITERRANEAN MEZZE</b>	Eggs, multigrain tortilla, houmous, quinoa, falafel, tomatoes, carrots, mixed olives, peas, sunblushed toamtoes, beetroot, cabbage, muhamara, cucumber, kale, red cabbage, leeks, parsley, mint, sultanas, sesame seeds, chia seeds, flaxseed	Eggs ( <b>egg</b> ), multigrain tortilla ( <b>wheat</b> ), houmous, quinoa, falafel ( <b>wheat</b> ),mixed olives ( <b>sulphur dioxide</b> ), muhamara ( <b>nuts, sulphur dioxide</b> ), sesame seeds ( <b>seeds</b> ), chia seeds, flaxseed
<b>TABBOULEH SALAD</b>	Cucumber, tomatoes, avocado, leek & kale mix, quinoa, pomegranate seeds, pistachio, mint, parsley, lemon juice and lemon dressing	Pistachio ( <b>nuts</b> ), lemon dressing ( <b>sulphites, soya</b> )
<b>CHICKEN TABBOULEH SALAD</b>	Chicken, Cucumber, tomatoes, avocado, leek & kale mix, quinoa, pomegranate seeds, pistachio, mint, parsley, lemon juice and lemon dressing	Pistachio ( <b>nuts</b> ), lemon dressing ( <b>sulphites, soya</b> ), chicken ( <b>dairy</b> )
<b>MIXED ARTISAN WRAPS</b>	Lebanese Red Pepper Chicken: chicken in spiced red pepper paste, mixed leaves, cucumber & multigrain wrap.	Tortilla wrap ( <b>gluten</b> ), lebanese red pepper dip ( <b>nuts</b> )
	Hummus, falafel & pod slaw: falafel, hummus, peas, beetroot, carrot, leeks, cabbage in multigrain wrap.	Tortilla wrap ( <b>gluten</b> ), hummus ( <b>sesame</b> ), falafel ( <b>gluten, egg</b> )
	Bacon, egg mayo & sunblush tomato: boiled egg, mayo, bacon, roast tomatoes, salad, wrap	Tortilla wrap ( <b>gluten</b> ), mayo ( <b>mustard, egg</b> ), boiled egg ( <b>egg</b> )
	Tuna & roasted vegetable: tuna mayo, roast pepper, sweet potato, spinach, nut free pesto, sunblush tomatoes, wrap	Tortilla wrap ( <b>gluten</b> ), mayo ( <b>egg, mustard</b> ), pesto ( <b>sulphites</b> ), tuna ( <b>fish</b> )

# PLATTER ALLERGENS

<b>PLANT POWER SANDWICHES</b>	Egg, mayo and avocado: Rye bread, egg mayo, avocado	Rye bread ( <b>rye, wheat</b> ), egg mayo ( <b>egg, milk, mustard</b> )
	Mozzarella, sunblush tomato and avocado: Malted bread, mozzarella, tomatoes and basil	Malted bread ( <b>wheat barley</b> ), mozzarella ( <b>milk</b> )
	Smashed pea, mint, and Greek style cheese: Multigrain tortilla, salad cheese, peas, lettuce, mint, endive, radicchio, spinach, chard	Multigrain tortilla ( <b>wheat, rye, oats</b> ), cheese ( <b>milk</b> )
	Roasted veg, chilli, and coriander: Complet roll, soft cheese, red pepper, sweet potato, coriander, chilli	Complet roll ( <b>wheat</b> ), cheese ( <b>milk</b> ), sweet potato ( <b>celery, soybeans, sulphur dioxide</b> )
<b>LIGHTER LUXURIES</b>	Asian noodles in chicory leaves: Chicken breast, asian dressing, rocket leaves, chicory, wasabi seeds, rice vermicelli, chilli red	Chicken ( <b>dairy</b> ), asian dressing ( <b>soybeans</b> )
	Avocado cups: Salad cheese, avocado, roasted tomatoes, coriander, lime juice, basil	Cheese ( <b>milk</b> ), lime juice ( <b>sulphur dioxide</b> )
	Salmon nori wraps: Smoked salmon, red cabbage, cucumber, spinach, pickled ginger, seaweed nori	Smoked salmon ( <b>fish</b> )
<b>FABULOUS FRESH FRUIT</b>	Bananas, Apples, Oranges, Grapes	none
<b>EXOTIC SLICED FRUIT</b>	Cantaloupe, Meon, Pineapple, kiwi, strawberries, blueberries	none
<b>SUPER DUPER STICKS</b>	Booster bar, pumpkin seeds	Pumpkin seeds ( <b>seeds</b> ), booster bar ( <b>wheat</b> )
<b>FRUITY FLAPJACKS</b>	Chia seed and Fruit flapjacks with strawberries	Flpjacks ( <b>milk</b> )
<b>DELIGHTFUL SCONES</b>	Fruit and Plain scones, clotted cream, strawberry jam	Scones ( <b>eggs, wheat, milk</b> ), clotted cream ( <b>milk</b> )
<b>NAUGHTY LITTLE BROWNIES</b>	Pod brownies and strawberries	Brownie ( <b>eggs, milk, soybeans</b> )
<b>MINI MIGHTY MUFFINS</b>	Blueberry, Carrot, Chocolate, Raspberry muffins and strawberries	Mini muffins ( <b>eggs, wheat milk, soybeans</b> )
<b>CHUNKY COOKIES</b>	Chocolate chip and oatmeal cookies	Chocolate chip ( <b>wheat, eggs, milk, soybeans</b> ), oatmeal cookies ( <b>oat, wheat, eggs, milk, nuts</b> )
<b>ROASTED VEGETABLE CRISPS</b>	Pan fried Vegetable crisps	bread ( <b>gluten</b> ), chicken ( <b>dairy</b> ), mayonnaise ( <b>egg, mustard</b> )
<b>SALTED CARAMEL POPCORN</b>	Salted Caramel popcorn	Popcorn caramel seasalt ( <b>milk</b> )