

BREAKFAST – SERVED UNTIL 11AM

SCRAMBLED EGGS & TOAST

	REG / LRG
Protein feast eggs	5.99
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

GLUTEN FREE PORRIDGE

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

NEW

SPEEDY BAGELS

Bacon & egg	2.80
Veggie feast	2.50
Salmon & dill	2.95



ANY SANDWICH & A COFFEE
4.75



TOASTED

Avocado & chilli toast	3.50
Sausage / Bacon sandwich	3.50
Topped toast & bagels	1.99

LUNCH

NEW

VITALITY BOWLS

Scandinavian mackerel & beetroot	6.39
Mexican salmon & avocado	6.75
Chicken avocado protein punch	5.99
Falafel & beetroot hummus hippie	5.99
Tofu & turmeric yogi	5.99



NEW Falafel & beetroot hummus hippie bowl

CLASSIC POD SALADS

Tabbouleh / with chicken	4.99/5.99
Slow burner / with chicken	4.99/5.99
Gym box	4.99
Protein box	5.50

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
Asian Duck	5.75

SANDWICHES

Ham & Monterey jack baguette	2.99
Mozzarella, sunblush tomato & avocado baguette	3.65
Italian chicken wrap	3.25
Hummus falafel wrap	2.99
Asian chicken baguette	3.85



Persian beef meatballs

HOT PODS

REG 5.99 LRG 6.99

Thai red chicken curry	
Thai green chicken curry	
NEW Malaysian coconut chicken	
Smokey 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

GYM BOWLS

Green energy chicken	5.79
Vegan green energy	4.99

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



Hot wrap selection

HOT WRAPS

Chicken & chorizo melt	4.99
Falafel & smokey tomato	4.79
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