

## CLASSIC BRITISH



### Supreme Omega Salmon & Egg

Serves 6 • £29

Flaked salmon • egg green beans • cucumber quinoa • kale • peas • salsa verde vinaigrette dressing



### Marvellous Mixed Sandwiches

Serves 6 • £26

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



### Brilliantly British

Serves 6 • £27

Coronation chicken wraps ham & egg sandwiches • egg, Greek style cheese & smokey tomato bagels • Lemon prawn mayo & cucumber rolls



### Chicken Slow Burner Salad

Serves 6 • £28

British chicken • cucumber pistachios • quinoa kale • peas • salsa verde Greek-style cheese • chilli mint • sweet chilli dressing



### Slow Burner Salad

Serves 6 • £24

cucumber • pistachios • quinoa kale • peas • salsa verde Greek-style cheese • chilli mint • sweet chilli dressing

Last minute lunch? Order before 11am for same day delivery.

## MEDITERRANEAN



### Mixed Artisan Wraps

Serves 6 • £27

Hummus & falafel coronation chicken sriracha prawn & avocado Italian chicken



### Ultimate Chicken Salad

Serves 6 • £28

British chicken • mozzarella sunblush tomato • kale roast red peppers • quinoa peas • salsa verde • fresh basil vinaigrette dressing



### Chicken Tabbouleh

Serves 6 • £27

British chicken • avocado • pistachios pomegranate seeds • parsley • mint autumn seeds • quinoa • tomatoes choka sauce • kale • salsa verde cucumber • leafy salad mix vinaigrette dressing



### Mediterranean Mezze

Serves 6 • £24

Free range British eggs • multigrain tortilla • hummus • falafel • carrots mixed olives • peas • sunblushed tomatoes • kale • red cabbage • leeks parsley • mint • autumn seeds quinoa • tomatoes • choka sauce cucumber • salsa verde dressing



DELIVERY SLOTS START AT 11AM



CUTLERY INCLUDED



FULL ALLERGENS AVAILABLE ONLINE



SALAD TONGS INCLUDED

## HEALTHY EATING



### A Vegan Rainbow

Serves 6 • £24

Quinoa • kale • leek • peas • salsa verde • hummus • edamame beans carrot • beetroot salad • cucumber pickled cabbage • pumpkin seeds vinaigrette dressing



### Protein Power Pots

12 pots • £24

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



### Lighter Luxuries

Serves 6 • £29

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



### Plant Power Sandwiches

Serves 6 • £25

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



### Proper Roast Beef Salad

Serves 6 • £29

Premium rare roast beef beetroot • green beans • quinoa kale • peas • salsa verde • crispy onions • vinaigrette dressing



### Soho Baguettes

Serves 6 • £26

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



### Midtown Deli

Serves 6 • £26

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



### Fruity Yoghurt Pots

Serves 12 • £24

Mango quinoa • turmeric yoghurt • berry yoghurt



### 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

ORDER BEFORE 4PM FOR NEXT DAY DELIVERY

## BREAKFAST



### City Breakfast

Serves 6 • £25

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



### Fresh french Pastries

Serves 6 • £20

Almond croissants • pain au chocolats • apricot danishes



### Rise and Shine Croissants

Serves 6 • £15

Flakey buttery croissants with strawberry jam & marmalade



### Energiser Bagels

Serves 6 • £24

Egg, Greek style cheese & smokey tomato bagels • bacon & egg bagels



### Best Veggie Breakfast

Serves 6 • £24

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



### Vitaliser Veggie Bagels

Serves 6 • £22

Egg, Greek style cheese & smokey tomato • cucumber, chilli & cream cheese



BREAKFAST DELIVERY SLOTS START AT 7:00AM



FULL ALLERGENS AVAILABLE ONLINE



NAPKINS PROVIDED

## SNACKS & TREATS

## DRINKS



### Fruity Flapjacks

Serves 6 • £15

Oaty deliciousness



### Naughty Little Brownies

Serves 6 • £15

Decadent & delicious



### Sweet Potato Crisps

Serves 6 • £7



### Juices

250ml • £2.29

Orange Apple



### Ginger Aid

250ml • £2.19



### Dash Waters

330ml • £1.80

Cucumber Raspberry Lemon

See our full, delicious range of snacks, treats & drinks at [pod.co.uk](http://pod.co.uk)

# 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
<b>FRUITY YOGHURT POTS</b>	Mango Quinoa Pot with yoghurt, quinoa, mango, mango puree, agave, flaked almonds - Turmeric Yoghurt Pot with Yoghurt, turmeric powder (coconut milk, tapioca, turmeric, cinnamon, black pepper) sultanas, honey, pistachio, pomegranate seeds - Berry Yoghurt with Yoghurt, strawberry, blueberry, agave, pumpkin seeds, sesame seeds, linseeds, chia seeds.	Mango Quinoa Pot - Yoghurt ( <b>Milk</b> ), Flaked Almonds ( <b>Nuts</b> ) Turmeric Yoghurt Pot - Yoghurt ( <b>Milk</b> ), Pistachios - ( <b>Nuts</b> ) Berry Yoghurt - Yoghurt ( <b>Milk</b> ), Sesame Seeds ( <b>Sesame</b> )
<b>FRESH FRENCH PASTRIES</b>	Almond Croissant, Apricot Danish & Pain au choc	Almond Croissant ( <b>eggs, wheat, milk, nuts</b> ), Apricot Danish ( <b>eggs, wheat, milk</b> ), Pain au choc ( <b>eggs, wheat, milk, soybeans</b> ).
<b>RISE AND SHINE CROISSANTS</b>	Croissant; wheat flour, butter, water, yeast, eggs, salt, wheat gluten, flour treatment agent, strawberry jam & marmalade	Croissant ( <b>gluten: wheat, milk, egg</b> )
<b>CITY BREAKFAST</b>	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, Ham, Emmental cheese	Emmental 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> )
<b>BEST VEGGIE BREAKFAST</b>	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> )
	Veggie feast bagels	Greek style cheese ( <b>milk</b> ), bagel ( <b>wheat</b> ), boiled egg ( <b>egg</b> )
<b>ENERGISER BAGELS</b>	Veggie feast, salmon dill cream cheese, bacon & egg	Smoked salmon ( <b>fish</b> ), cream cheese ( <b>milk</b> ), egg ( <b>egg</b> ), bagel ( <b>gluten: wheat</b> ), Greek style cheese ( <b>milk</b> ), salmon ( <b>fish</b> )
<b>VITALISER VEGGIE BAGELS</b>	Veggie feast bagels, cucumber & cream cheese bagels	Egg Mayonnaise ( <b>egg, milk, mustard</b> ), bagel ( <b>wheat</b> ), cream cheese ( <b>milk</b> ), Greek style cheese ( <b>milk</b> ), boiled egg ( <b>egg</b> )
<b>BRILLIANTLY BRITISH</b>	Coronation chicken: Coronation Chicken and mixed leaf wrap	Coronation chicken ( <b>wheat, celery, eggs, milk, mustard</b> ), wrap ( <b>wheat, sesame</b> )
	Veggie feast bagels	Greek style cheese ( <b>milk</b> ), bagel ( <b>wheat</b> ), boiled egg ( <b>egg</b> )
	Ham & boiled egg sandwiches	Egg ( <b>egg</b> ), Mayo ( <b>eggs, mustard</b> ), rye ( <b>wheat, rye</b> )
	Lemon mayo prawns & cucumber rolls	Bread roll ( <b>wheat</b> ), cooked prawns ( <b>crustaceans</b> ), reduced fat mayo ( <b>Eggs, mustard</b> ), lemon juice ( <b>sulphur dioxide</b> )
<b>SUPREME OMEGA SALMON &amp; EGG</b>	Roast salmon, egg, green beans, cucumber, quinoa, kale, peas, salsa verde dressing. Served with vinaigrette pots.	Salmon ( <b>fish</b> ), boiled egg ( <b>egg</b> ), vinaigrette ( <b>mustard</b> )
<b>MARVELLOUS MIXED SANDWICHES</b>	Mozzarella, sunblush tomato & avocado: mozzarella, sunblush tomatoes, avocado, basil, bread	Malted bread ( <b>gluten: wheat, barley</b> ), mozzarella ( <b>milk</b> )
	Roast smoked salmon with cream cheese, spinach & cucumber	Malted bread ( <b>gluten: wheat, barley</b> ), roast salmon ( <b>fish</b> ), cream cheese ( <b>milk</b> )
	Roast beef, Gran Moravia cheese, rocket & mayo	Malted bread ( <b>gluten: wheat, barley</b> ), reduced fat mayo ( <b>eggs, mustard</b> ), Gran Moravia cheese ( <b>milk, eggs</b> )
	Coronation chicken with cucumber & green leaves	Malted bread ( <b>gluten: wheat, barley</b> ), coronation chicken ( <b>celery, eggs, gluten, milk, mustard</b> )
<b>SLOW BURNER SALAD</b>	Greek style cheese, pistachios, mint, red chilli, cucumber, quinoa, kale, peas, salsa verde dressing, cabbage, leafy salad mix, sweet chilli dressing.	Greek style cheese ( <b>milk</b> ), pistachios ( <b>nuts</b> ), sweet chilli dressing ( <b>sesame</b> ).
<b>CHICKEN SLOW BURNER SALAD</b>	Chargrilled British chicken, Greek style cheese, pistachios, mint, red chilli, cucumber, quinoa, kale, peas, salsa verde dressing, cabbage, leafy salad mix, sweet chilli dressing.	Greek style cheese ( <b>milk</b> ), pistachios ( <b>nuts</b> ), sweet chilli dressing ( <b>sesame</b> ).
<b>MIDTOWN DELI</b>	BLT: Complet roll, bacon, mayonnaise, tomatoes, lettuce, raddicchio, endive, swiss chard, spinach	Complet roll ( <b>gluten: wheat</b> ), mayo ( <b>egg, mustard</b> )
	Pastrami, cheese, gherkin and rye: Bread, pastrami	Bread ( <b>gluten: wheat, rye</b> ), pastrami ( <b>mustard</b> )
	Smoked salmon dill bagel	Bread ( <b>gluten: wheat</b> ), smoked salmon ( <b>fish</b> ), cream cheese ( <b>milk</b> )
	Cheese, tomato and mayo: Malted bread, tomatoes, Emmental cheese, mayonnaise, lettuce, radicchio, endive, swiss chard, spinach	Malted bread ( <b>wheat, barley</b> ), cheese ( <b>milk</b> ), mayo ( <b>egg, mustard</b> )
<b>PROPER ROAST BEEF SALAD</b>	Quinoa, kale, peas, salsa verde dressing, roast beef, green beans, edamame beans, beetroot salad, crispy onion. Served with a vinaigrette.	Beetroot salad ( <b>mustard</b> ), crispy onion ( <b>wheat</b> ), vinaigrette ( <b>mustard</b> ), edamame beans ( <b>soybeans</b> )

# PLATTER ALLERGENS

<b>SOHO BAGUETTES</b>	Mozzarella, tomatoes and avocado: Baguette, cheese, avocado, sunblushed tomatoes, basil	Baguette ( <b>gluten: wheat, sesame seeds</b> ), mozzarella ( <b>milk</b> )
	Chicken & bacon: Chargrilled chicken thigh, bacon, tomato, green leaves & mayo	Baguette ( <b>gluten: wheat, sesame seeds</b> ), mayo ( <b>eggs, mustard</b> ).
	Ham & cheese: Ham, Emmental cheese, green leaves, mustard & mayo.	Baguette ( <b>gluten: wheat, sesame</b> ), Emmental cheese ( <b>milk</b> ), reduced fat mayo ( <b>eggs, mustard</b> ), mustard ( <b>mustard</b> )
	Roast beef: Roast beef, Gran Moravia cheese, rocket & mayo.	Baguette ( <b>gluten: wheat, sesame</b> ), Gran Moravia cheese ( <b>milk</b> ), reduced fat mayo ( <b>eggs, mustard</b> )
<b>ULTIMATE CHICKEN SALAD</b>	Chargrilled British chicken, mozzarella, roast pepper & tomato, basil, quinoa, kale, leek, peas, salsa verde dressing. Served with a vinaigrette.	Mozzarella ( <b>milk</b> ), vinaigrette ( <b>mustard</b> ).
<b>A VEGAN RAINBOW</b>	Quinoa, kale, leek, peas, salsa verde dressing, hummus, edamame beans, carrot, beetroot salad, cucumber, pickled cabbage, pumpkin seeds. Served with a vinaigrette.	Hummus ( <b>sesame</b> ), edamame ( <b>soybeans</b> ), beetroot salad ( <b>mustard</b> ), vinaigrette ( <b>mustard</b> )
<b>MEDITERRANEAN MEZZE</b>	Free range British eggs, multigrain tortilla, hummus, falafel, carrots, mixed olives, peas, sunblushed tomatoes, kale, red cabbage, leeks, parsley, mint, autumn seeds (chia, flaxseed sesame seeds), quinoa, tomatoes, choka sauce, salsa verde dressing, cucumber.	Eggs ( <b>egg</b> ), multigrain tortilla ( <b>wheat</b> ), hummus ( <b>sesame</b> ), falafel ( <b>wheat</b> ), mixed olives ( <b>sulphur dioxide</b> ), sesame seeds ( <b>sesame</b> ), chia seeds, flaxseed
<b>TABBOULEH SALAD</b>	Avocado, pistachios, pomegranate seeds, parsley, mint, autumn seeds (chia, flaxseed, sesame seeds), quinoa, tomatoes, choka sauce, kale, salsa verde dressing, cucumber, leafy salad mix, vinaigrette dressing.	Pistachio ( <b>nuts</b> ), autumn seeds ( <b>sesame</b> ), vinaigrette ( <b>mustard</b> )
<b>CHICKEN TABBOULEH SALAD</b>	Chargrilled British chicken thigh, avocado, pistachios, pomegranate seeds, parsley, mint, autumn seeds (chia, flaxseed, sesame seeds), quinoa, tomatoes, choka sauce, kale, salsa verde dressing, cucumber, leafy salad mix, vinaigrette dressing.	Pistachio ( <b>nuts</b> ), autumn seeds ( <b>sesame</b> ), vinaigrette ( <b>mustard</b> )
<b>MIXED ARTISAN WRAPS</b>	Italian chicken wrap with mozzarella, sunblushed tomato, mayo & mixed leaves.	Khobez wrap ( <b>gluten: wheat</b> ), chicken breast ( <b>milk</b> ), mozzarella ( <b>milk</b> ), reduced fat mayo ( <b>eggs, mustard</b> )
	Hummus, falafel & veg slaw (Hummus, falafel, red cabbage, spring greens, carrot, edamame beans, khobez wrap).	Khobez wrap ( <b>gluten: wheat</b> ), hummus ( <b>sesame</b> ), falafel ( <b>wheat</b> )
	Coronation chicken wrap with cucumber and green leaves.	Khobez wrap ( <b>gluten: wheat</b> ), coronation chicken ( <b>wheat, celery, eggs, gluten, milk, mustard</b> )
	Sriracha prawn wrap with avocado, cucumber & spinach	Khobez wrap ( <b>gluten: wheat</b> ), cooked prawns ( <b>crustaceans</b> )
<b>PLANT POWER SANDWICHES</b>	Egg, mayo and avocado: Rye bread, egg mayo, avocado	Rye bread ( <b>gluten: rye, wheat</b> ), egg mayonnaise ( <b>egg, milk, mustard</b> )
	Mozzarella & sunblush tomato : Malted bread, mozzarella, tomatoes and basil	Malted bread ( <b>gluten: wheat, barley</b> ), mozzarella ( <b>milk</b> )
	Smashed pea, mint, and Greek style cheese: Khobez wrap, salad cheese, peas, lettuce, mint, endive, radicchio, spinach, chard	Khobez wrap ( <b>gluten: wheat, rye, oats</b> ), cheese ( <b>milk</b> )
	Hummus & peppers: Hummus, roasted peppers & coriander.	Compleat roll ( <b>gluten: wheat</b> ), hummus ( <b>sesame seeds</b> )
<b>PROTEIN POWER POTS</b>	Salmon, egg, cucumber & edamame beans	Roast salmon ( <b>fish</b> ), boiled egg ( <b>egg</b> ), edamame beans ( <b>soybeans</b> )
	Beetroot, crumbly cheese, edamame beans, cucumber & mint	Crumbly cheese ( <b>milk</b> ), beetroot salad ( <b>mustard</b> ), edamame beans ( <b>soybeans</b> )
	Hummus, falafel, broccoli & cucumber.	Hummus ( <b>sesame</b> ), falafel ( <b>gluten: wheat</b> )
<b>LIGHTER LUXURIES</b>	Asian noodles in chicory leaves: Chargrilled chicken thigh, sweet chilli dressing, rocket leaves, chicory, wasabi seeds, rice vermicelli, red chilli.	Chargrilled chicken thigh, sweet chilli dressing ( <b>soybeans, sesame</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	
<b>FRUITY FLAPJACKS</b>	Chia seed and Fruit flapjacks	
<b>NAUGHTY LITTLE BROWNIES</b>	Chocolate brownies	Brownie ( <b>eggs, milk, soybeans</b> )
<b>SWEET POTATO CRISPS</b>	Pan-fried sweet potato crisps	
<b>POPCORN</b>		Check packets for allergens
<b>MILLIONAIRE'S SHORTBREAD</b>	Crumbly base, caramel and milk chocolate millionaire shortbread	( <b>wheat</b> ), soybeans ( <b>soya</b> ), ( <b>milk</b> )

# INDIVIDUAL PORTIONS

<b>SLOW BURNER</b>	Greek style cheese, pistachios, mint, red chilli, cucumber, quinoa, kale, peas, salsa verde dressing, cabbage, leafy salad mix, sweet chilli dressing.	Greek style cheese ( <b>milk</b> ), pistachios ( <b>nuts</b> ), sweet chilli dressing ( <b>sesame</b> ).
<b>CHICKEN SLOW BURNER</b>	Chargrilled British chicken, Greek style cheese, pistachios, mint, red chilli, cucumber, quinoa, kale, peas, salsa verde dressing, cabbage, leafy salad mix, sweet chilli dressing.	Greek style cheese ( <b>milk</b> ), pistachios ( <b>nuts</b> ), sweet chilli dressing ( <b>sesame</b> ).
<b>TABBOULEH SALAD</b>	Avocado, pistachios, pomegranate seeds, parsley, mint, autumn seeds (chia, flaxseed, sesame seeds), quinoa, tomatoes, choka sauce, kale, salsa verde dressing, cucumber, leafy salad mix, vinaigrette dressing.	Pistachio ( <b>nuts</b> ), autumn seeds ( <b>sesame</b> ), vinaigrette ( <b>mustard</b> ).
<b>CHICKEN TABBOULEH SALAD</b>	Chargrilled British chicken, avocado, pistachios, pomegranate seeds, parsley, mint, autumn seeds (chia, flaxseed, sesame seeds), quinoa, tomatoes, choka sauce, kale, salsa verde dressing, cucumber, leafy salad mix, vinaigrette dressing.	Pistachio ( <b>nuts</b> ), autumn seeds ( <b>sesame</b> ), vinaigrette ( <b>mustard</b> ).
<b>AVOCADO &amp; CAPRESE BAGUETTE</b>	Multigrain Baguette: Wheat flour, water, sunflower seeds, poppy seeds, millet seeds, Sesame seeds, salt, yellow flax seeds, brown flax seeds, yeast, wheat, emulsifier, malted wheat flour, Mozzarella: Pasteurised Cow's Milk, Microbial Rennet, Salt, Acidity Regulator: Citric Acid, Nut Free Pesto: Basil Puree (Basil sunflower oil, salt), sunflower oil, Vegetarian cheese, Sunblushed Tomatoes: Slow Roasted Tomatoes, Rapeseed oil, Salt, Garlic, Oregano, Avocado, Wild Rocket.	Wheat flour ( <b>Gluten</b> ), sesame seeds ( <b>sesame</b> ), Pasteurised Cow's Milk ( <b>milk</b> ), Vegetarian cheese ( <b>milk</b> ).
<b>WILTSHIRE HAM &amp; EMMENTAL BAGUETTE</b>	Multigrain Baguette: Wheat flour, water, sunflower seeds, poppy seeds, millet seeds, Sesame seeds, salt, yellow flax seeds, brown flax seeds, yeast, wheat, malted wheat flour, Emental: Pasteurised Cow's Milk, Salt, Calcium Chloride, Microbial Rennet, Wiltshire Ham: Pork Salt, Demerara Sugar, Antioxidant, Preservatives, Dijon Mayo Mix: Mustard (water, mustard seeds, spirit vinegar, salt, citric acid, Reduced Fat Mayonnaise (Water, Rapeseed Oil, Modified Maize Starch, Pasteurised Egg Yolk, Sugar, Spirit Vinegar, Salt, Lemon Juice from concentrate, Stabiliser, Preservative, Mustard, Wild rocket	Wheat flour ( <b>Gluten</b> ), sesame seeds ( <b>sesame</b> ), Pasteurised Cow's Milk ( <b>milk</b> ), Mustard (water, mustard seeds ( <b>mustard</b> ), Pasteurised Egg Yolk ( <b>eggs</b> ), Mustard ( <b>mustard</b> ).
<b>HUMMUS, FALAFEL &amp; CRUNCHY VEG WRAP</b>	Khobez wrap, falafel, grated carrot, red cabbage, spring onion, edamame beans.	Falafel ( <b>gluten: wheat</b> ), tortilla wrap ( <b>gluten: wheat</b> ), edamame ( <b>soybeans</b> ), hummus ( <b>sesame</b> ).