

## BREAKFAST – SERVED UNTIL 11AM

### SCRAMBLED EGGS & TOAST

	REG / LRG
Omega 3 Booster Eggs	4.99/5.99
Chorizo Power Eggs	4.50/5.50
Energiser Scrambled Eggs	4.50/5.50
Superb Scrambled Eggs	4.50/5.50
Protein Feast Eggs	5.99
Plain Scrambled Eggs	3.50/4.50

**NEW**

### BANANA BREADS

Peanut Butter & Cacao	3.99
Pistachio & Blueberry	
Tropical Mango Glow	

### PORRIDGE

	REG / LRG
Peanut Butter Power Porridge	2.49/2.79
Berry Boost Porridge	2.49/2.79
Forest Berry & Peanut Butter	2.49/2.79
Plain Porridge	1.99/2.29

**ANY SANDWICH  
OR WRAP &  
A COFFEE**  
4.99



### TOASTED SANDWICHES

Avocado & Chilli Toast	3.75
Bacon or Sausage Sandwich	3.75
Topped Toast & Bagels	2.09

**NEW**

### HOT BREAKFAST WRAPS

Bacon & Egg in smoky tomato sauce	3.59
Egg, Cheese & Spinach	3.59

## LUNCH

### SALADS

#### VITALITY BOWLS

Wholewheat Pesto Pasta	4.99
Naked Burrito Bowl	5.99
Almond & Sesame Chicken	5.99
Chicken Avocado Protein Punch	5.99
Falafel & Beetroot Hummus Hippie	5.99

#### POD CLASSICS

Tabbouleh / with Chicken	5.49/6.49
Slow Burner / with Chicken	5.49/6.49
Gym Box	5.25
Protein Box	5.75

#### GREENY GRAIN SALADS

British Chicken & Mozzarella	5.75
Heart Boosting Beets	4.99
Roast Smoked Salmon & Egg	5.95

#### GYM BOWLS

Green Energy Chicken	5.99
Vegan Green Energy	4.99

#### NUTRI PODS

Salmon & Egg Protein	3.60
Free Range Eggs	1.60
Vegan Falafel Mezze	2.60
British Chargrilled Chicken	2.50

For nutritional info, see [pod.co.uk](http://pod.co.uk)  
Menus can vary from pod to pod

### HOT FOOD

#### HOT PODS

Reg 6.39 Lrg 6.99

Thai Red Chicken Curry	
Thai Green Chicken Curry	
Chicken, Chorizo & Butter Bean	
Malaysian Coconut Chicken	
Smoky Three Bean Chilli	
<b>NEW</b> Naked Chicken Katsu Curry	

**NEW**

#### HOT PODS

3.99

Organic Tofu	
King Prawn	
Vegetable Gyoza Topped	
British Chicken	

#### PHO (MILD) & BUÑ HUE (SPICY) 3.99

King Prawn	
British Chicken	
Organic Tofu	
Vegetable Gyoza Topped	

#### STEAMED GYOZA

2.99

6 Vegetable Gyozas	
6 Chicken Gyozas	

**NEW**

#### HOT WRAPS

Grilled Chicken & Chorizo	4.99
Sweet Potato & Crumbled Cheese	4.89
Pesto Chicken & Emmental	4.99

### SANDWICHES & WRAPS

**NEW**

#### RAINBOW WRAPS

Beetroot & Goats Cheese Wrap	3.79
Roasted Sesame Chicken Wrap	3.99
Omega Salmon & Spinach Wrap	3.99

**NEW**

#### BAGUETTES

Chicken Caesar & Bacon	4.25
Wiltshire Ham & Emmental	4.25
Avocado & Caprese	3.75

### DRINKS

#### COFFEE

Reg / Lrg

Flat White	2.45
Latte/Cappuccino/Mocha	2.45/2.75
Americano	1.99/2.29
Golden Turmeric Latte	2.95/3.25
Mind Boost Matcha Latte	2.95/3.25
Iced Americano	2.29/2.79
Iced Latte	2.25/2.75

#### SMOOTHIES

3.99

Plant Powered Protein Shake	
Lean Green Bean	
Breakfast Super Shake	
Berry Cooler	

We also offer full catering services.



Order online at

[pod.co.uk](http://pod.co.uk)