



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	4.50/5.50
Energiser scrambled eggs	4.50/5.50
Superb scrambled eggs	4.50/5.50

PORRIDGE

	REG / LRG
Peanut butter power porridge	2.49/2.79
Berry boost porridge	2.49/2.79
NEW Forest berry & peanut butter	2.49/2.79
Plain porridge	1.99/2.29



TOASTED

Avocado & chilli toast	3.75
Sausage / Bacon sandwich	3.75
Topped toast & bagels	2.09

ANY SANDWICH & A COFFEE
4.99



LUNCH

NEW VITALITY BOWLS

Wholewheat pesto pasta	4.99
Zingy prawn noodle salad	5.99
Naked burrito bowl	5.99
Persian aubergine & pomegranate	5.49
Almond & sesame chicken	5.99
Chicken avocado protein punch	5.99
Falafel & beetroot hummus hippie	5.99



Persian aubergine & pomegranate vitality bowl

CLASSIC POD SALADS

Tabbouleh / with chicken	4.99/5.99
Slow burner / with chicken	4.99/5.99
Gym box	5.25
Protein box	5.75

GREENY GRAIN SALADS

Hawaiian tuna poké	6.75
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

HOT PODS

REG 5.99 LRG 6.99

Thai red chicken curry	
Thai green chicken curry	
NEW Chicken, chorizo & butter bean	
Malaysian coconut chicken	
Smoky three bean chilli	
Persian beef meatballs	

PHO (MILD) & BUÑ HUE (SPICY)

NEW King prawn	3.99
British chicken	3.99
Organic tofu	3.79
Asian beef meatballs	3.99
NEW Vegetable gyoza topped	3.79

STEAMED GYOZA

6 Vegetable gyozas	2.99
6 Chicken gyozas	2.99

NUTRI PODS

Salmon & egg protein	3.60
Lean tuna poké	3.99
Free range eggs	1.60
Vegan falafel mezze	2.60
British chargrilled chicken	2.50

SANDWICHES

Ham & emmental cheese baguette	3.25
Mozzarella, sunblush tomato & avocado baguette	3.75
Italian chicken wrap	3.49
Hummus falafel wrap	3.25
Asian chicken baguette	3.95



HOT WRAPS

Chicken & chorizo melt	4.99
Falafel & smoky tomato	4.89
Thai beef meatballs	4.99

COFFEE

REG / LRG

Flat white	2.40
Latte/Cappuccino/Mocha	2.40/2.70
Americano	1.90/2.20
Golden turmeric latte	2.95/3.25
Mind boost matcha latte	2.95/3.25
Iced americano/latte	2.20/2.70

NEW SMOOTHIES

Plant powered protein shake	3.99
Lean green bean	3.99
Iced coffee cacao	3.99
Breakfast super shake	3.99
Berry cooler	3.99

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