

# FAST

SERVED  
BEFORE  
11AM



Welcome to our  
Winter 2014 menu,  
packed with hot,  
energising recipes!

My personal favourite is the brand new  
**CHICKEN SUPERFOOD ENERGY POT** - filled with  
protein and supergrains, containing  
everything you need to stay healthy  
and energised during these  
cold months!

We've also created some  
**BRAND NEW HOT PODS** - there's a  
winter-tastic West Country Venison  
Stew in a slow cooked bacon and  
mushroom sauce or a sweet & spicy  
Vietnamese Shredded Duck over  
low-GI mixed rice and topped with  
freshly chopped herbs. Both packed  
with flavour and a healthy balance of  
protein, carbohydrate and vegetables.

Everything we cook is freshly  
prepared and we never add  
preservatives, additives or salt  
to our recipes.

Please do get in touch any time  
whether by email or via twitter  
@podlondon

Enjoy the menu and I hope  
to see you soon.

*Tim Hall*

Founder

away

3.75

basil. V ★ 340 KCAL 76 SATFAT

3.75

asted seeds. V ★ SEEDS 367KCAL 97G SATFAT

3.99

ood (try it, it's delicious!). ★ SEEDS 287KCAL 4G SATFAT

1.99 / 2.40

aisins, agave nectar or date syrup

2.50

cranberries and pomegranate

1.50 / 1.80

l with:

utter, honey or cream cheese

3.50

3.50

sage

organic muesli & organic

2.99

ya milk & agave nectar

2.99

CE + 50P

POD KITCHENS ARE NOT 100% GLUTEN  
AND WHEAT FREE ENVIRONMENTS

TAKE AWAY PRICES SHOWN

# ENERGY POT

SERVED  
FROM  
11AM

OUR ENERGY POT'S ARE PACKED WITH HIGH FIBRE SUPERGRAINS AND  
LEAN PROTEIN TO KEEP YOU FULL WHILST CONTROLLING ENERGY RELEASE.  
ADD GUARANA FOR EXTRA ENERGY +50P



**Superfood chicken**

NEW!

4.99

with lean chicken, quinoa, green lentils, pearl barley, Peruvian corn, peas,  
edamame beans, spirulina and spring onions, topped with freshly chopped  
parsley. ★ ♥ DF 320KCAL 1G SATFAT

**Barbecue chicken**

4.50

with pearl barley, green lentils, quinoa, veg & beans in our barbecue sauce  
and garnished with freshly chopped coriander. ★ ♥ DF 364KCAL 0.6G SATFAT

**Pork sausage & herb**

4.50

with green lentils, pearl barley, quinoa & pork sausage chunks in a rich  
tomato sauce garnished with freshly chopped parsley. DF 523KCAL 73G SATFAT

**Prawn chana masala**

4.99

with green lentils, pearl barley, quinoa & prawns in a chana masala sauce  
garnished with freshly chopped coriander. ♥ DF 373KCAL 0.7G SATFAT

**Supergrain chana masala**

4.50

with green lentils, pearl barley & quinoa in a chana masala sauce garnished  
with freshly chopped coriander. V ♥ DF ♥ 402KCAL 0.9G SATFAT