



hello@powfood.co.uk www.powfood.co.uk

POW Wake Up Breakfast

£8.75 pp

A selection of pastries and POW guarana banana bread

Guarana Banana Bread (V DF GF)

POW guarana and flax banana bread with figs, sunflower seeds, hazelnuts, chia seeds and linseeds (allergens: nuts, egg, sulphites)

Mini Pastry Selection (V NF) (allergens: egg, milk, gluten)

A selection of yogurts and bircher pots Greek Yogurt (V GF NF)

Greek yogurt with raw London honey and omega seeds (allergens: milk)

Raspberry and Cacao Bircher (VG DF NF)

Oat and chia bircher with raspberry and raw cacao (allergens: gluten)

Includes all 4 of the following options:

Avocado with Plant Protein (VG NF DF GF)

Avocado with Plant Protein, Lemon Juice and Edible Flowers
Fruit Plate (VG GF DF NF)

Eat The Rainbow Breakfast

£10.00 pp

Choice of:

Blueberry Spirulina Bircher (VG DF NF)

Oats, coconut milk, chia, blue spirulina and blueberries (allergens: gluten)

OR

Raspberry Matcha Granola Yogurt (V GF NF)

Greek yogurt infused with raspberries and matcha granola (allergens: milk)

Includes all 4 of the following options:

Beetroot Gravlax (NF DF GF)

Beetroot cured gravlax served with cucumber turmeric pickles and coconut tzatziki (allergens: fish)

Avocado Mousse (V NF DF GF)

Avocado Mousse with plant protein, organic boiled eggs, feta and cherry tomatoes (allergens: egg)

Sliced Fruit Platter (VG DF NF GF)

Protein Power Breakfast

£12.00 pp

Supercharged Egg and Bacon (NF DF GF)

Supercharged organic egg mayo and Rare Breeds bacon (allergens: egg)

Avocado and Cherry Tomatoes (VG NF DF GF)

Plant protein boosted avocado with cherry tomatoes

BOTH SERVED WITH SOURDOUGH CROSTINI (VG DF NF)

(allergens: gluten)

Protein Chocolate POW Balls (VG DF GF)

(allergens: sulphites, nuts)

Greek Yogurt Omega Honey Pot (V NF GF)

Greek Yogurt pot with raw London honey and omega seeds (allergens: milk)

Melon and Papaya Fruit Pots (VG DF GF NF)

Melon, papaya and apricot with lime zest and juices

Design your own breakfast

Min spend £8.50 pp

BREAKFAST SANDWICHES WITH POW PROBIOTIC KETCHUP

- GF BREAD ON REQUEST

Smoked Rare Breeds Bacon Bap (DF NF) - £4.50

Organic Fried Egg Bap (DF NF) - £4.00

Smoked Rare Breeds Bacon and Organic Fried Egg Bap (DF NF) - £5.50

Rare Breeds Cumberland Sausage Bap with Caramelised Red Onion (DF NF) - £5.50

Veggie Sausage Bap (VG NF DF) - £4.50

POW POTS

Super Protein Avocado, Cherry Tomato and Organic Egg (GF NF DF) - £4.50 Beetroot Gravlax with

Cucumber, Turmeric Pickles and Coconut Tzatziki (GF NF DF) - £4.50

Supercharged Rare Breeds Bacon and Organic Egg Mayo (GF NF DF) - £5.00

ALL SERVED WITH SOURDOUGH CROSTINI

Greek Yogurt with Raw London Honey and Omega Seeds (GF NF) - £3.50 Greek Yogurt with Matcha Granola and Raspberry - £3.50

Vegan Raspberry and Cacao Bircher (VG NF DF) - £3.75

Vegan Blueberry and Spirulina Bircher (VG NF DF) - £3.75

POW PLATTERS - MIN ORDER 8

Smashed Avocado, Chilli and Basil on Sourdough with Organic Poached Eggs and Feta - £7.50pp (V NF)

Watercress, Cucumber, pickles, Capers and Beetroot Tzatziki with Sourdough Crostini - £8.50pp (V NF)

A selection of excellent Cheeses with Oat Cakes, Goats Butter, homemade Superfood Chutney and Grapes - £8.50pp (V NF GF)