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Menu 1

Proteins:

Nut free Chicken Satay (NF DF GF)

Free Range Chicken Breast with Nut Free Satay Marinade

Salmon Teriyaki (GF DF NF) (Allergens: Fish)

Sustainably sourced Salmon Fillet with Gluten Free Teriyaki Marinade

Tofu Teriyaki V GF DF NF

Organic frilled Tofu Skewers with Gluten Free London Raw Honey Teriyaki Marinade

ALL PROTEINS SERVED WITH POW ASIAN GINSENG DRESSING (VG DF GF NF)
(allergens: sesame)

Slow Burn Carb:

Shiitake Mushroom Rice VG GF DF NF (allergens: sesame)

Shiitake Mushroom Rice with Peppers and Fermented Black

Synergy Salad:

Detox Salad VG GF DF NF

Detox Salad with Hispi and White Cabbage, Spring Onion, Pea Shoots and Edamame (VG DF GF NF)

Menu 2

Proteins:

Chipotle Lime Chicken GF DF NF

Free Range Chicken Breast marinated in Chipotle Spices, lime zest and pith

Cajun Sea Bream GF DF NF

Sea Bream marinated in Cajun Spices (allergens : Fish)

Gluten Free Sweet Potato Wraps VG GF DF NF

Gluten Free Sweet Potato Wraps with Mexican Black Beans and coconut yoghurt

ALL PROTEINS SERVED WITH POW Lime MCT Mayo (V DF GF NF)

(allergens: Eggs, Mustard)

Slow Burn Carb:

Matcha Poached Quinoa VG GF DF NF

Matcha Poached Quinoa with Pineapple and Sweetcorn

Synergy Salad:

Balance Salad VG GF DF NF

Lettuce with Roasted Cauliflower and Broccoli with Cherry Tomatoes and Micro Basil

Menu 3

Proteins:

Coronation Chicken GF DF NF (Allergens: Mustard, Sulphur Dioxide)

Coronation Chicken with POW Turmeric Mayo, Apple and sultanas

Plaice with Lemon, Chilli and Extra Virgin Olive Oil (Allergens: Fish)

British Sourced Sustainable Plaice with Lemon, Chilli and Extra Virgin Olive Oil

Beetroot and Goats Cheese Terrine V GF NF (Allergens: Dairy, Mustard)

Heirloom Layered Beetroot and Goats Cheese Terrine

ALL PROTEINS SERVED WITH POW MCT Orange Vinaigrette VG GF DF NF

(allergens: mustard)

Slow Burn Carb:

Puy Lentils, Fennel and Orange Salad VG GF DF NF

Puy Lentils cooked in Kombu, with Fennel, Celeriac, carrot and Orange Segments

Synergy Salad:

Mixed Leaves with Butternut Squash VG DF F NF

Mixed Leaves with Butternut Squash and Omega Seeds

Menu 4

Proteins:

Rosemary Chicken with Grapefruit DF GF NF

Free Range Chicken Breast cooked in Rosemary with Pink Grapefruit Salsa

Pomegranate Glazed Salmon DF GF NF (Allergens : Fish)

Sustainably Sourced Salmon Fillet with Pomegranate Glaze

Aubergine Lasagne VG GF DF NF

Vegan Aubergine Lasagne with Plant Protein Boosted Sunflower Cheese and Basil

ALL PROTEINS SERVED WITH POW OMEGA VERDE (VG NF DF GF)

(allergens: sesame)

Slow Burn Carb:

Brown Rice Tabbouleh (VG DF NF GF)

Red Rice Tabbouleh with Parsley, Mint and Pomegranate

Synergy Salad:

Fennel and Orange Salad (VG NF DF GF)

Fennel and Courgette Salad with Orange Segments

Menu 5

Proteins:

24 Hour Marinated Turkey DF GF NF

24 Hour Marinated Turkey with Raw Cacao, Chipotle and Pumpkin Seeds

Salmon and Papaya DF GF NF (Allergens: Fish)

Sustainably Sourced Salmon Fillet with Papaya Salsa, fennel, ginger, lime juice and zest

Chermoula Quinoa Aubergine VG DF GF (Allergens: Nuts)

Chermoula Quinoa Aubergine with Rose Harissa, Green Olives, Almonds and Plant Protein

ALL PROTEINS SERVED WITH POW Beetroot MCT and Coconut Tzatziki

Slow Burn Carb:

red rice Tabouleh VG DF GF NF

Red rice cooked in Kombu with star anise, lemon, cucumber, tomatoes, mint and fresh herbs

Synergy Salad:

Fennel Slaw VG DF GF NF Allergens: mustard

Fennel Slaw with carrots, mint, red onion, kale, white cabbage, cider vinegar, dijon, MCT, hemp oil

