



POW
food
POWER OF WELLNESS

COMFORTING

Hot Buffets

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Menu 1

Proteins:

Lemon Grass Chicken (NF DF GF)

Lemon Grass Infused Chicken with Spring Onion Slaw and Micro Coriander
(allergens: sesame)

Chargrilled Bream (NF DF GF)

Chargrilled Sea Bream Fillet with Chilli, Lime Zest and Juices (allergens: sesame, fish)

Mushroom Fritters (VG NF DF GF)

Mushroom Fritters with Carrot, Ginger, Spring Onion and Plant Protein (allergens: sesame)

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

Slow Burn Carb:

Basmati Brown Rice with Black Sesame and Coconut Coriander Drizzle
(VG DF GF NF) (allergens: sesame)

Hot Vegetables of the Day:

Bok Choi and Green Beans with Ginger, Garlic, Tamari, Lime and Sesame Oil
(VG DF NF GF) (allergens: sesame)

Synergy Salad:

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

Dessert of the Day:

Vegan Banoffee Pie with Maca and Mango Coulis (VG GF DF) (allergens: nuts)

Menu 2

Proteins:

Grilled Lamb Kofta (NF DF GF)

Grilled Lamb Kofta with Parsley, Coriander, Mint and Lemon Zest

Grilled Hake (NF DF GF)

Grilled Hake with Lemon and Olives (allergens: fish)

Sweet Potato Falafel (VG NF DF GF)

Sweet Potato Falafel with Cumin, Garlic and Chilli

ALL PROTEINS SERVED WITH POW COCONUT PESTO CREAM (VG NF DF GF)

(allergens: sesame)

Slow Burn Carb:

Butter Beans and quinoa tossed with Parsley, Mint, Coriander, Cucumber, Tomato, Pumpkin Seeds with lots of Lemon Juice and Zest (VG DF NF GF)

Hot Vegetables of the Day:

Aubergine, Courgette, Leek and Fennel with Slow Roasted Red Onions with Rosemary, Garlic and POW Oil with Lemon Zest and Juices

(VG NF DF GF)

Synergy Salad:

Tomato and Red Onion Salad with Basil Leaves and Sunflower Seeds (VG NF DF GF)

Dessert of the Day:

Pear Frangipani (V DF GF) (allergens: egg, nuts)

Menu 3

Proteins:

Yakitori Chicken (NF GF DF)

Chicken Breast Cooked with Tamari, Leeks, Ginger and Wasabi (allergens: sesame)

Salmon Teriyaki (NF GF DF)

Salmon Fillet with a Sake and Tamari Infusion (allergens: sesame, fish)

Tofu and Shiitake Mushroom Skewers (VG NF GF DF)

Tofu Infused with Tamari and Orange (allergens: sesame, soy)

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

(allergens: sesame)

Slow Burn Carb:

Basmati Brown Rice with Edamame, Baby Sweetcorn, Spring Onion,
Tamari and Ginger (VG NF DF GF) (allergens: sesame)

Hot Vegetables of the Day:

Broccoli with Okra, Orange Peppers and POW Asian Ginseng Dressing
(VG NF DF GF) (allergens: sesame)

Synergy Salad:

Cucumber and Pickled Watermelon with Poppy Seeds and Lime Zest (VG NF DF GF)

Dessert of the Day:

Vegan Meringues with Strawberries and Coconut Cream (VG NF DF GF)

Menu 4

Proteins:

Fragrant Duck with Pickled Watermelon and Pomegranate
(NF DF GF)

Duck Cooked Slowly in Asian Spices with Pickled Watermelon and Pomegranate
Grilled Sea Bass (NF DF GF)

Sea Bass Marinated in Lemon, Thyme and Red Pepper Salsa (allergens: fish)

Rainbow Protein Towers (V DF GF)

Red Pepper, Quinoa, Feta, Kale, Slow Roasted Cherry Tomatoes
and Plant Protein Boosted Sunflower Cheese (allergens: Dairy, mustard, nuts)

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

(allergens: sesame)

Slow Burn Carb:

Brown Rice with Butternut Squash with Sage and Pumpkin Seeds (VG NF DF GF)

Hot Vegetables of the Day:

Citrus Greens with Mother Vinaigrette (VG DF NF GF) (allergens: mustard)

Synergy Salad:

Summer Leaf Selection with Chicory, Spring Onion, Orange Pepper and Apricot
(VG NF DF GF)

Dessert of the Day:

POW Focus Brownies with Summer Berry Coconut Cream (VG NF GF) (allergens: sulphites, egg, milk)

Menu 5

Proteins:

Maple Chicken Breast (DF GF NF)
Maple Chicken Breast with Smokey Devil Dip Jus with our Probiotic Ketchup,
Chipotle, Smoked Paprika and Fennel Seeds with Cucumber Pickles (allergens:mustard)
Maple Glazed Salmon (DF NF GF)
Hot Smoked Maple Glazed Salmon with Cucumber Pickles (allergens: fish)
Portobello Mushroom and Goats Cheese (V NF GF)
Smoked Portobello Mushroom with Goats Cheese, Paprika and
Cucumber Pickles (allergens: milk)

ALL PROTEINS SERVED WITH POW MOTHER VINAIGRETTE (VG NF DF GF)
(allergens: mustard)

Slow Burn Carb:

Maris Piper Jenga Chips cooked in POW Oils served with Rosemary and Sea Salt (VG NF DF GF)

Hot Vegetables of the Day:

Collard Greens with Mother Vinaigrette (VG NF GF DF) (allergens: mustard)

Synergy Salad:

Butter Lettuce with Avocado and Micro Parsley (VG NF DF GF)

Dessert of the Day:

Lemon and Basil Gluten Free Tarts (VG DF GF) (allergens: nuts)

Designed by Nutritionists, Created by Chefs

Menu 6

Proteins:

Chicken Stuffed with Apricots and Almonds (DF GF)

Roasted Chicken Breast stuffed with Apricots and Almonds (allergens: nuts)

Tiger Prawns (DF NF GF)

Tiger Prawns with Red Pepper, Green Olives and Preserved Lemons (allergens: crustaceans)

Aubergine and Courgette Tagine (VG NF GF DF)

Aubergines with Courgettes, Plum Tomatoes and Chickpeas cooked with Moroccan Herbs and Spices

ALL PROTEINS SERVED WITH POW RED PEPPER AND ROSE WATER HARISSA (VGFDFNF)
(allergens: mustard, egg)

Slow Burn Carb:

Moroccan Quinoa with Pureed Carrot, Fresh Mint, Pomegranate and POW Oils
(VG NF DF GF)

Hot Vegetables of the Day:

Broad Beans, Garden Peas and Courgette tossed with POW Omega Pesto (VG NF DF GF)
(allergens: sesame)

Synergy Salad:

Tomato, Radish, Rocket, Parsley and Omega Seeds (VG NF DF GF)

Dessert of the Day:

Raw Cacao and Raspberry Vegan Tart (VG DF GF) (allergens: sesame, nuts)

Menu 7

Proteins:

Chicken Tapenade (NF DF GF)

Breast of Chicken stuffed and baked with Kalamata Olives, Reduced Red Peppers and Oregano
Seared Tuna (GF NF DF)

Seared Tuna marinated in Lemon, Chilli, Garlic and Extra Virgin Olive Oil (allergens: fish)

Butternut Squash Towers (VG GF NF)

Butternut Squash Towers with Plant Protein, Chestnut Mushrooms, Thyme
and Feta (allergens: milk)

ALL PROTEINS SERVED WITH POW BOOSTER PESTO (VG NF DF GF)
(allergens: sesame)

Slow Burn Carb:

Roasted New Potatoes with Slow Roasted Plum Tomatoes, Chopped Basil and Olives
(VG NF DF GF)

Hot Vegetables of the Day:

Warm Grilled Mediterranean Vegetables with Wild Rocket with Lemon
Zest and Pine Nuts (VG DF GF) (allergens: nuts)

Synergy Salad:

Caesar Salad with Pecorino Cheese, Gluten Free Sourdough Crostini and
POW Dairy Free Caesar Dressing (V DF NF) (allergens: egg, mustard)

Dessert of the Day:

Avocado and Chocolate Mousse with a Nut & Seed Base, with Super Berry Coulis
(VG DF GF)(allergens: nuts, sulphites)

Menu 8

Proteins:

Chicken with Lime and Ginger (NF DF GF)

Chicken marinated in Lime and Ginger with Asian Fruit Salsa (allergens: sesame)

Salmon Skewers with Papaya Salsa (NF DF GF)

Salmon marinated in Lime and Ginger with Asian Fruit Salsa (allergens: sesame, fish)

Asian Seed Roast (VG NF DF GF)

Spicy seed, lentil and beetroot roast with mushrooms (allergens: celery)

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

(allergens: sesame)

Slow Burn Carb:

Rice Noodles with Mushrooms, Peppers, Coconut Oil, Chilli and Spring Onion

(VG NF DF GF)

Hot Vegetables of the Day:

Power Green Vegetables with Tamari, Ginger and Spring Onion

(VG NF DF GF) (allergens: sesame)

Synergy Salad:

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

Dessert of the Day:

Vegan Raw Strawberry Cheesecake (VG DF GF) (allergens: nuts and sulphites)

Menu 9

Proteins:

Roast Duck Breast with Star Anise (NF DF GF)

Roast Duck Breast with Star Anise in a Sour Cherry Jus (allergens: sulphites)

Loin of Cod (NF DF GF)

Loin of Cod roasted with Cherry Tomatoes and Black Olives (allergens: fish)

POW Beetroot Towers (VG DF GF)

Heritage Beetroot Towers with Sunflower Cheese, POW Verde, Pickled Cucumber and Caramelised Hazelnuts

(allergens: nuts, mustard)

ALL PROTEINS SERVED WITH POW BOOSTER PESTO (VG NF DF GF)

(allergens: sesame)

Slow Burn Carb:

Root Vegetable Dauphinoise with Rosemary and Garlic (VG DF GF NF)

Hot Vegetables of the Day:

POW Ratatouille with Courgette, Aubergine, Mixed Pepper, Tomatoes, Red Onion and Basil (VG NF DF GF)

Synergy Salad:

Sprouted Seeds and Pulses, Micro Greens, Purples, Diced Carrots, Fennel and Green Leaves (VG NF DF GF)

Dessert of the Day:

POW Balance Brownie with Coconut and Passionfruit Cream

(V NF GF) (allergens: egg, milk, sulphites)

Menu 10

Proteins:

Fragrant Thai Chicken Breast (NF DF GF)

Fragrant Thai Chicken Breast marinated in Thai Red Curry with Mushrooms and Plum Tomatoes

Goan Fish Curry (NF DF GF)

Goan Fish Curry with Green Beans and Plum Tomatoes (allergens: fish)

Sweet Potato and Red Pepper Daal (VG NF DF GF)

Roasted Sweet Potato and Spring Onion Daal

ALL PROTEINS SERVED WITH POW BOOSTER TZATZIKI (V NF GF)

(allergens: milk)

Slow Burn Carb:

Jasmine Brown Rice with Cinnamon and Star Anise (VG NF DF GF)

Hot Vegetables of the Day:

Spiced Vegetables with Cauliflower, Romanesca, Aubergine and Spinach

(VG NF DF GF)

Synergy Salad:

Spiralling Cucumber, Daikon, Carrots and Leeks with Pumpkin Seeds and All of the Lime

(VG NF DF GF)

Dessert of the Day:

Chocolate and Ginger Crunch with Orange (VG DF GF) (allergens: nuts)

Menu 11

Proteins:

Chicken Breast with Mushrooms (NF DF)

Chicken Breast Stuffed with Mushrooms Cooked in Oat Cream and Thyme

Tarragon Salmon (NF DF GF)

Salmon Fillet with an Orange and Tarragon Glaze (allergens: fish)

Aubergine Bake (VG NF DF GF)

Aubergine and Roasted Plum Tomato Bake stacked with Sunflower Cheese with Basil

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

(allergens: sesame)

Slow Burn Carb:

Roasted Potatoes and Sweet Potatoes with Rosemary and Garlic (VG NF DF GF)

Hot Vegetables of the Day:

Roasted Rainbow Roots with Beetroot, Carrot, Butternut Squash, Leeks with Whole Garlic and Rosemary (VG NF DF GF)

Synergy Salad:

Butter Lettuce with Chives, Cherry Tomatoes and Omega Seeds (VG NF DF GF)

Dessert of the Day:

POW Mess - Vegan Meringue with Strawberry Coconut Cream and Cacao Nibs (VG NF DF GF)

Menu 12

Proteins:

Bavette Steak (NF DF GF)

Seared Bavette Steak with a Fragrant Lime, Chilli Sauce

Tandoori Salmon (NF GF)

Salmon Marinated in Greek Yogurt, Turmeric, Coriander, Chilli and Lime (allergens: milk, fish)

Honey Glazed Halloumi (V NF GF)

Honey glazed Halloumi with red grape salsa (allergens: Dairy)

ALL PROTEINS SERVED WITH POW ASHWAGANDHA TAHINI MANGO DRESSING (VG NF DF GF) (allergens: sesame)

Slow Burn Carb:

Shiitake Mushroom Rice with Peppers, Fermented Black Beans and Ginger (VG NF DF GF) (allergens: sesame)

Hot Vegetables of the Day:

Morning Glory with Sesame Seeds and Citrus (VG NF DF GF) (allergens: sesame)

Synergy Salad:

Plum Tomato and Red Onion Salad with Coriander and Roasted Sesame Seeds (VG NF DF GF) (allergens: sesame)

Dessert of the Day:

Vegan Banoffee Pie with Maca and Mango Coulis (VG DF GF) (allergens: nuts)

Menu 13

Proteins:

Chicken in White Wine (NF DF GF)

Chicken Cooked in a White Wine Sauce with Lemon and Thyme (allergens: mustard)

Hake and Parsley Sauce (NF DF GF)

Steamed Hake with a Fresh Dairy Free Parsley Sauce (allergens: fish)
Wild Mushroom and Butternut Squash Lasagne (V NF GF)
Wild Mushroom and Butternut Squash Lasagne with Sage and Pecorino (allergens: milk)

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

Slow Burn Carb:

Quinoa, Brown Rice and Purple Potatoes with Chives, Garlic and Rosemary
(VG NF DF GF)

Hot Vegetables of the Day:

Garden Peas with Chanterelle Carrots and Fresh Mint with Toasted Pumpkin Seeds
(V NF DF GF)

Synergy Salad:

Chicory, Orange Segments and Yellow Pepper with Micro Herbs (VG NF DF GF)

Dessert of the Day:

Avocado and Chocolate Mousse with a Nut & Seed Base, with Super Berry Coulis
(VG DF GF)
(allergens: nuts, sulphites)

Menu 14

Proteins:

Lamb Meatballs in Tomato Sauce (NF DF GF)
Lamb Mince and Fresh Herbs and Spices cooked in a Fresh Tomato and Basil Sauce
Moroccan Pomegranate Salmon Fillet (NF DF GF)
Moroccan Pomegranate Glazed Salmon Fillet (allergens: fish)
Artichoke Heart Falafel (V DF NF GF)
Artichoke Heart, Broad Bean and Chickpea Falafel with Black Olives

ALL PROTEINS SERVED WITH POW TZATZIKI WITH BEET BOOSTER (V NF GF)
(allergens: milk)

Slow Burn Carb:

Whipped Potato and Celeriac Mash with POW Oils and Parsley (VG NF DF GF)
(allergens: celery)

Hot Vegetables of the Day:

POWER Green - Broccoli, Fine Green Beans, Steamed Kale and Fresh Mint (VG NF DF GF)

Synergy Salad:

Grilled Fennel, Cauliflower and Roasted Plum Tomatoes with Lemon Zest and Oregano (VG NF DF GF)

Dessert of the Day:

Summer Fruit Vegan Mousse (VG NF DF GF) Designed by Nutritionists, Created by Chefs

Menu 15

Proteins:

24 Hour Marinated Boneless Chicken Thigh Mole (NF DF GF)

24 Hour Marinated Boneless Chicken Thighs in MCT Oil,

Raw Cacao, Sesame Seeds and Mexican Chillies (allergens: sesame)

Tandoori Prawns (NF GF)

Tandoori Prawns Marinated in Greek Yogurt Tandoori (allergens: crustaceans, milk)

Chermoula Quinoa Aubergine (VG DF GF)

Chermoula and Quinoa Stuffed Aubergine with Green Olives,

Dates and Almonds (allergens: nuts)

ALL PROTEINS SERVED WITH POW BOOSTER TZATZIKI (V NF GF)

(allergens: milk)

Slow Burn Carb:

Poached Quinoa and Brown Rice with Steamed Kale, Parsley, Sundried Tomatoes and Lemon (VG NF DF GF)

Hot Vegetables of the Day:

Roasted Root Vegetables with Butternut Squash, Beetroot, Carrot and Celeriac with Rosemary and Hemp Oil (VG NF DF GF) (allergens: celery)

Synergy Salad:

Red Cabbage, Yellow Pepper, Red Onion, Kale, Basil and Lemon Zest and Pith (VG NF DF GF)

Dessert of the Day:

Apricot Frangipani (V GF) (allergens: nuts, egg, milk)