

Nourish and Engage Your Teams with POW Food



Menu and prices to include postage and temperature controlled packaging

Designed by top London nutritionists

Contact us and we'll do the rest

hello@powfood.co.uk

Our Menu



FISH



HARRISA SALMON

Harissa Spiced baked British sourced fillet of Salmon served with rainbow Ratatouille and a Maris Piper Potato and Cauliflower Mash.

390g Per box | Kcal: 406

GF DF NF | Allergens: Fish-Salmon



BEST VERSIONS FISH PIE

Sustainable British sourced Fish and Vegetable Pie topped with Maris Piper Potato and Cauliflower Mash.

445g Per box | Kcal: 503

GF DF NF | Allergens: Fish-Salmon, Coley

MEAT



BEST VERSIONS ROAST CHICKEN

Classic Roasted Free-Range Chicken breast with Lemon and Thyme, Maris Piper Potato and Cauliflower Mash, Carrots and Peas, served with POW White Wine and Chicken Jus.

400g Per box | Kcal: 323

GF DF NF | Allergens: Sulphites-white wine



BEST VERSIONS COTTAGE PIE

Rare Breeds Beef mince in a rich tomato sauce topped with maris piper potato and cauliflower mash and peas.

650g Per box | Kcal: 622

GF DF NF | Allergens: Sulphites-Red Wine



CHICKEN TAPENADE

Free Range Chicken Breasts stuffed with an Olive and Red Pepper Tapenade, served with rainbow Ratatouille and Sweet Potato Mash.

430g Per Box | Kcal: 323

GF DF NF



BEST VERSIONS CHICKEN TIKKA MASALA

Free Range Chicken tikka masala served with black rice and mixed green vegetables.

538g | Kcal: 538

GF DF NF | Allergens: Sulphites

VEGAN



VEGAN MUSHROOM AND LENTIL PIE

Mushroom and Puy Lentil Pie topped with a Sweet Potato Mash.

500g Per box | Kcal: 400

VE GF DF NF | Allergens: Mustard



VEGAN AMAZONIAN CACAO AND THREE BEAN CHILLI

Three Bean Cacao Chilli with Black Rice, English Peas and Sweetcorn.

530g Per box | Kcal: 618

VE GF DF NF



SESAME CRUSTED TOFU TERIYAKI

Teriyaki Tofu skewers with a Sesame Crust served with Shiitake Mushroom and fermented Black Bean Brown Rice with Green Vegetables and Carrots.

375g Per box | Kcal: 500

VE GF DF NF | Allergens: Sesame, Soya



MEDITERRANEAN FALAFEL

Baked Chickpea Falafel served with a Butterbean rainbow Ratatouille.

379g Per box | Kcal: 252

VE GF DF NF | Allergens: Sulphites



CAULIFLOWER AND CHICKPEA TIKKA MASALA

Cauliflower and chickpea tikka masala served with black rice and mixed green vegetables.

450g Per box | Kcal: 461

VE GF DF NF | Allergens: Sulphites

Nutritional Snack Boxes



SIGNATURE SUPERFOOD SNACK BOX

A collection of our signature nutritional snacks including:

Vegan and raw "cheezy" kale chips
20g

Activated rosemary and chilli
mixed nuts 50g

Vegan raw beetroot flax crackers
30g

Organic gluten and dairy free
focus and balance brownies x2

Vegan oat truffle POW balls x2

V DF



BOX OF SIX MIXED OAT TRUFFLE POW BALLS

A selection of box of six mixed Matcha, Chocolate Protein and Berry Rose oat truffle POW Balls

VE DF



BOX OF MIXED BROWNIES

A selection Box of our signature Gluten & Dairy Free Focus and Balance brownies

Focus: enriched with Rosemary and Goji Berries drenched in Orange

V GF DF NF | Allergens: Eggs, sulphites

Balance: enriched with Chia Seeds and Sour Cherries

V GF DF NF | Allergens: Eggs

Prices



Price chart includes temperature controlled packaging and transport within 24 hours within the United Kingdom

FEED YOUR TEAMS MONTHLY | WEEKLY | DAILY FROZEN READY MEALS

1 READY MEAL PER PACK	£15.00	ADD A POW BROWNIE	£1.00
2 READY MEAL PER PACK	£22.50	SIGNATURE SUPERFOOD SNACK BOX	£17.50
3 READY MEAL PER PACK	£30.50	OAT TRUFFLE POW BALL BOX	£12.50
4 READY MEAL PER PACK	£36.50	POW BROWNIE BOX	4 x £12.50 12 x £22.50
5 READY MEAL PER PACK	£42.50	POW NUTRITIONAL TEAM QUIZZES- FOC WITH POW FOOD	