



POW 15-Day Rotating Menu

With options that have been **designed by nutritionists and created by chefs**, our food is highly varied and made using only the best-sourced produce, carbon-neutral meats, organic super boosters, superior oils and cooking techniques designed to improve digestion and nutritional absorption.

“POW Food is a game-changer; it has been impossible to find such a delicious, varied and nutritious food offer for the workplace until now.”

- Head of Facilities, Omnicon

We supply companies across London with great-tasting, nutritionally-balanced food for breakfast, lunch, dinner and everything in between.

Our offering includes:

- Employee catering- ask us about our team treats!
- Performance-packaged meeting food – impress your clients and enhance your outputs.
- 30-minute food workshops – [email](mailto:hello@powfood.co.uk) us for details.

The following menus rotate over 15 days, providing highly varied and nutritionally designed hot food for either individual hot boxes or hot buffets.



POW Rotating Hot Food Menu

Available in Meal Boxes or as a Buffet

Nutritional Hot Meal Box - **£12.50 per person**

Includes

Lean protein of your choice, with allocated:

Slow-burn carb of the day

Synergy Salad of the day

Pow dressing

Nutritional hot buffets

5 dish - **£17.50 per person**

Includes

2 lean proteins

Slow-burn carb of the day

Synergy vegetable of the day

Dessert

6 dish - **£21.00 per person**

Includes

2 x protein

Slow burn carb of the day

Synergy vegetable of the day

Add-on synergy sharing salad

Dessert

7 dish - **£25.00 per person**

Includes

3 x protein

Slow burn carb of the day

Synergy vegetable of the day

Add on synergy sharing salad

Dessert



Week One

MONDAY

Thai Marinated Chicken

Poached chicken marinated in Thai spices.

GF DF NF

Thai Marinated Sea Bream

Poached sea bream marinated in Thai spices.

GF DF NF

Thai Marinated Mushroom

Fritters

Shiitake mushroom fritters marinated in Thai spices.

V GF DF NF

All served with POW Asian dressing: London Raw Honey, Ginseng, MCT and sesame seed oil.

Coconut Rice

Basmati brown rice with fermented beans and coconut milk.

Pak Choi

With ginger, garlic, tamari, lime and sesame oil.

TUESDAY

Lamb and Aubergine Moussaka

Lamb and aubergine moussaka with goat's curd crust

GF

Lemon and Olive Poached Hake

With rocket pesto and olives

GF DF NF

Portobello Mushrooms with Goat's Cheese

With confit of red onion, apple and walnut gratin

V

All served with POW Booster Pesto: parsley, omega seeds, capers, cornichons, MCT oil and hemp oil.

Anya Potatoes

Cooked in their skins and tossed with pesto and flaxseed oil

Grilled Mediterranean Vegetables

Grilled aubergine, courgette and fennel with rosemary, garlic and POW oil



WEDNESDAY

Whole Duck Leg

Slow-cooked whole duck leg with jus

GF NF DF

Red Pepper Sea Bass

Grilled sea bass marinated in lemon, thyme and red pepper salsa

GF NF DF

Stuffed Peppers

Red peppers stuffed with quinoa, feta, olives and cherry tomatoes and topped with sunflower cheese

GF NF

All served with POW Booster Omega Verde: dill, parsley, omega seeds, capers and hemp oil.

Brown Rice with Butternut Squash

Roasted butternut squash and brown rice with sage and pumpkin seeds

Citrus Greens

Fine green beans with broccoli florets and citrus with Mother Vinaigrette made with raw cider vinegar, MCT, hemp oil and mustard.

THURSDAY

Yakitori Chicken Skewers

With shiitake mushrooms, tamari, leek and ginger with wasabi mayo

GF DF

Yakitori Salmon Skewers

With orange, tamari, London Raw Honey and tarragon glaze

GF DF

Yakitori Tofu

With orange, tamari, London Raw Honey and tarragon glaze

GF DF

All served with POW Asian dressing: London Raw Honey, Ginseng, MCT and sesame seed oil.

Root Vegetable Mash

Root vegetable mash with ginger and sesame

Broccoli with Okra

Purple sprouting broccoli, okra and POW Asian ginseng dressing



FRIDAY

Smoked Beef Brisket

GF NF DF

18-hour hickory smoked beef brisket, Devil Dip Gravy and cucumber pickles

Maple Glazed Salmon

GF NF DF

Hot smoked maple-glazed salmon with cucumber pickles

Smoked Portobello Mushroom

V GF NF

Smoked portobello mushroom with apple jack cheddar and cucumber pickles

All served with POW Booster Mayo with cider vinegar, lime, MCT and hemp oil

Jenga Chips

Roasted in their skins and hemp oil

Hot Kimchi Slaw

Red cabbage, fennel and carrot kimchi slaw

Week Two

MONDAY

Chicken Tagine

GF DF

Chicken and apricot tagine with almonds

Prawn Tagine

GF NF DF

Prawn and red pepper tagine with green olives and preserved lemon

Chickpea Tagine

V GF NF DF

Chickpea and plum tomato tagine with aubergine and courgette

Moroccan Quinoa

Quinoa with coriander, parsley and POW oils

Tabbouleh Salad

Cucumber, tomato, mint, parsley and pomegranate seeds



TUESDAY

Chicken with Spinach and Goat's Cheese GF NF

Breast of chicken stuffed with lemon, spinach and goat's cheese

Seared Tuna GF NF DF

Tuna marinated in chilli, lemon, garlic and extra virgin olive oil

Creamy Butternut Squash V GF NF

Creamy butternut squash and lentils poached in kombu with goat's cheese

All served with POW Booster Pesto: parsley, pea protein, MCT oil and hemp oil

Potato Wedges

Skin-on potato wedges cooked in coconut oil, flax and rosemary

Slow-cooked Plum Tomatoes

Slow-cooked plum tomatoes and green olives with shredded steamed greens tossed in POW Mother dressing

WEDNESDAY

Chicken and Mango Skewers GF DF NF

Chicken and mango skewers marinated in lime and ginger

Salmon and Papaya Skewers GF DF NF

Salmon and papaya skewers marinated in lime and ginger

Tofu and Pineapple Skewers GF DF NF

Tofu and grilled pineapple skewers with teriyaki dressing

All served with POW Asian dressing: London Raw Honey, ginseng, MCT & sesame seed oil.

Fried Rice Noodles

Fried rice noodles with mushroom, coconut oil, chilli and spring onion

Broccoli Stir Fry

Stir fried broccoli, spinach and kale with tamari, ginger and spring onion



THURSDAY

Roast Duck Breast

Roast duck breast in salsa with blackberry jus

DF GF NF

Loin of Cod

Loin of cod roasted in cherry tomatoes and black olive

GF DF NF

Beetroot and Goat's Cheese Terrine

Heirloom beetroot, goat's cheese and thyme terrine

V GF

All served with POW Booster Pesto: parsley, pea protein, MCT oil and hemp oil

Vegetables Dauphinoise

Root vegetables dauphinoise with rosemary and garlic

POW Ratatouille

Courgette, aubergine, mixed pepper, tomato, red onion and basil

FRIDAY

Thai Red Chicken Curry

Thai red curry with chicken, mushrooms and plum tomatoes

GF DF

Goan Fish Curry

Goan curry with cod, green beans and plum tomatoes

DF GF

Spiced Daal

Spiced dahl topped with roasted sweet potato and spring onion

GF DF NF

All served with POW Booster Tzatziki: Greek yoghurt, pea collagen and mint

Jasmine Brown Rice

Jasmine brown rice with cinnamon and star anise

Indian Vegetables

Cauliflower, aubergine and spinach cooked with Indian spices



Week Three

MONDAY

Thai Marinated Seared Rump Steak DF GF NF

Seared rump steak dressed with fresh lime and a mild, fragrant chilli sauce

Tandoori Salmon GF NF

Salmon marinated in Greek yoghurt, turmeric, coriander, chilli and lime

Honey-Glazed Tofu V DF GF NF

Tofu glazed with honey and citrus

All served with POW Asian dressing: London Raw Honey, ginseng, MCT and sesame seed oil

Shiitake Mushroom Rice

Shiitake mushroom brown rice with fermented black beans & ginger

Morning Glory

Snap peas, mangetout, broccoli, ginger, sesame seeds and citrus

TUESDAY

Cider and Thyme Poached Chicken GF DF

Cider and thyme poached chicken with hot apple salsa

Tarragon Salmon Skewers GF DF

Salmon skewers with orange, London Raw Honey and tarragon glaze

Aubergine Lasagne V GF DF NF

Aubergine and roasted plum tomato layered with sunflower cheese

All served with POW Booster Pesto: parsley, omega seeds, capers, cornichon, MCT oil and hemp oil

Mixed Potatoes

Roasted potatoes and sweet potatoes with rosemary and garlic

Braised Red Cabbage

Braised red cabbage with apple and blackcurrant



WEDNESDAY

Maple Chicken

GF DF NF

Maple-marinated grilled chicken breast

POW Cod Fishcake

GF DF NF

POW cod and parsley fishcake made with plant protein

Sweet Potato Cake

V GF NF

POW sweet potato and feta cake

All served with POW Probiotic Ketchup with fresh tomato, paprika and raw cider vinegar

Crushed Potatoes

Crushed new potatoes in their skins with POW oils and parsley

Crushed Peas

Crushed green peas with steamed kale and fresh mint

THURSDAY

Chicken and Leek Gluten-Free Pie

GF DF

Chicken, leek and carrot pie

POW Salmon Fishcake

GF DF

Pow salmon and parsley fishcake made with plant protein

Wild Mushroom and Butternut Squash Lasagne

V GF DF

Butternut squash, wild mushroom and sage lasagne with pecorino

All served with POW Booster Omega Verde: dill, parsley, omega seeds, capers and hemp oil

Potato and Celeriac Mash

Whipped potatoes and celeriac mash with POW oils and parsley

Garden Peas, Broccoli and Dried Plum Tomatoes



FRIDAY

24-Hour Marinated Turkey

GF DF NF

Turkey marinated in MCT, raw cacao, sesame seeds, cloves and mexican chillies

Tandoori Prawns

GF NF

Prawns marinated in a Greek yoghurt tandoori

Chermoula Quinoa Aubergines

V GF DF

Chermoula and quinoa-filled aubergine with green olives, dates and roasted almonds

All served with POW Booster Tzatziki- coconut yoghurt, pea collagen and mint

Quinoa and Brown Rice Salad

Kombu poached quinoa and brown rice with steamed kale, parsley, lemon and sundried tomatoes

Roasted Root Vegetables

Butternut squash, beetroot, carrot and celeriac roasted with rosemary and hemp oil



Upgrade Salad Sharing Options

White and hispi cabbage, organic carrots, spring onions, pea shoots and edamame

Served with POW Asian ginseng dressing

Grilled cauliflower, broccoli and cherry tomato

Served with POW MCT Mayo

Summer leaves with roasted butternut squash, spring onion and pomegranate seeds

Served with POW goji and beet POW vinaigrette

Fennel and courgette with blanched kale and oranges

Served with POW MCT orange vinaigrette

Plum tomatoes with chopped cucumber and wild rocket

Dressed with POW MCT salsa verde dressing



Desserts

Banoffee Pie

Made with almonds, walnuts, dates, coconut oil, coconut cream, dates, banana, vanilla bean, maca tahini & Himalayan salt

DF GF VG G

Avocado and Choc Dessert

Made with avocado, maple syrup, coconut oil, puffed rice, hazelnuts, dessicated coconut, rolled oats, dates, raw cacao & strawberries

DF GF VG V

POW Chocolate Brownie Platter

POW Brownies- Focus with rosemary and orange-drenched goji; Buzz with espresso and ginseng, and Balance with chia and cranberries

GF V

POW Ball Platter

Selection of POW Balls including POW Mocha, POW Berry Rose, POW Matcha and POW Protein

V GF DF

POW Ball and Brownie Platter

Selection of our POW Brownies including Balance, Focus and Buzz and POW Balls including Protein, Matcha, Mocha and Berry Rose. Served with edible flowers

V DF

POW Pear Frangipani Platter

Made with gluten-free flour, goat butter, coconut oil, organic eggs, ground almond, cinnamon oil and conference pears. Contains nuts, milk and eggs

GF

POW Chia Pudding

Almond milk, chia seeds, vanilla and orange zest with super berry confit

DF

POW Sliced Fruit and Berry Platter

NF DF GF VG V

