



POWER-KITCHEN

POWER BOXMEAL

MINI £4.95 MIDI £6.95 MAXI £8.95

CHOOSE FROM
CHICKEN, STEAK, KING PRAWN, COD
TOFU, TEMPEH, HALLOUMI, MUSHROOM

STEAK, KING PRAWN, TEMPEH ADD £1.50

OR ONE OF OUR WEEKLY SPECIALS THAT CHANGE EVERY WEEK

- BOLOGNAISE - MILD CHICKEN CURRY**
- KUNG PAO - PALED MEATBALLS**
- THAI GREEN CURRY - SWEET CHILLI STEAK**

VEGAN OPTIONS

- COCONUT DAHL - VEGAN STIR FRY**
- THREE BEAN CHILLI - RED LENTIL ARRABIATA**

FILL YOUR BOX WITH
RICE, SWEET POTATO MASH, ROOT VEGETABLES, QUINOA
BROCCOLI, GREEN BEANS, KALE, LEAFY GREENS, SALAD
ADD EXTRA TOPPINGS TO YOUR BOX FROM JUST £1 EXTRA

SWEET POTATO WRAP £3.95 WITH A SIDE £4.95
FILLED WITH CHICKEN, STEAK OR HALLOUMI SWEET POTATO WEDGES
VEGGIES/RICE OR SALAD

HOME MADE BONE BROTH £3.50
A DELICIOUS, NUTRIENT DENSE HOT DRINK

ALL OF OUR SAUCES ARE GLUTEN & REFINED SUGAR FREE & ARE ALL MADE IN OUR RESTAURANT



POWER-KITCHEN

REFINED SUGAR FREE DESSERTS

POWER BOMBS (PROTEIN BALLS)

CHOC ORANGE, SALTED CARAMEL, VANILLA, MINT, V

FOR 2 £1.50 FOR 6 £3.50



KETO CHEESECAKE £3.50

VANILLA CHOC, BERRY, LEMON, MINT, SALTED CARAMEL



PEANUT CHOC SLICE £3.00 V

KRISPIE SLICES £2.50 V

VARIOUS CAKES £3.50



DRINKS



POWER PROTEIN SHAKES

MOCHA, BERRY, BANILLA, PEANUT, KETO (ADD 50P)

£3.00

BULLETPROOF COFFEE

A PK SPECIALITY- COFFEE, GRASS FED BUTTER & MCT OIL

£3.50

CHOICE OF RIJO COFFEES

LATTE, CAPPUCINO, MACCHIATTO

£2.50

FILTER COFFEE

FAIR TRADE QUALITY COFFEE, BLACK OR WITH A CHOICE OF MILKS

£2.00

KEFIR WATER OR MILK/KOMBUCHA

OUR OWN HOME FERMENTED ULTRA PROBIOTIC DRINKS

£2.50

CARBONATED DRINKS/BCAA'S

APPLE, TROPICAL, ORANGE, CAFFEINE FREE BRANCH CHAIN AMINOS

FROM £1.50

FRUIT JUICES

APPLE, ORANGE AND A WHOLE CHOICE OF DIFFERENT FLAVOURS

£2.00

TEA

A CHOICE OF BLACK, GREEN AND FRUIT TEAS

£1.25

GREENS/REDS DRINK

MICRONUTRIENT DRINK WITH RED OR GREEN SUPERFOODS

£1.50

