



Power Kitchen Macros and Allergens















We cannot guarantee that any items on our menu are nut free due to food preparation procedures

Menu Item	Macros					Vegan Vegetarian														
	Kcal	Carbs	Net carbs	Protein	Fat		Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
POWER BOX INGREDIENTS (based on average portion for midi box)																				
White Rice (Steamed)	103	22	21.7	2.2	0.2	Vegan									M	M			X	
Sweet potato	57	14	12	1	0	Vegan									M	M				
Broccoli	16	3	1.8	1.3	0.2	Vegan	X								M	M			X	
Kale	17	3.3	2.5	1.1	0.2	Vegan	X								M	M			X	
Green beans	17	3.9	2	1	0.07	Vegan	X								M	M			X	
Roast root veggies	50	23.9	17.4	1.6	0.4	Vegan									M	M				
Spicy Rice	111	23.4	22.6	2.3	0.4	Vegan									M	M			X	
Roast Chicken 80g	131	0	0	24.6	2.8										M	M				
Steak 80g	164	0	0	24.2	6.7							X			M	M				
Prawns 6	80	0.7	0.7	16	0.8							X			M	M				
Tofu 80g	60.8	1	0.9	6.4	3.8	Vegan									M	M			X	
Tempeh 80g	154.4	7.2	5.4	15.2	8.2	Vegan	X								M	M			X	
Halloumi 80g	253	1.3	1.3	16.7	19.7	Vegetarian	X					X			M	M				
Mushroom (pan fried)	105	0.7	0.5	0.7	10.3	Vegan									M	M				
Cod in butter 1 fillet	115.5	0	0	14.4	6.5						X		X		M	M				
SAUCES (based on an average 2 tbsp serving)																				
South West Sauce	80	2	2	0	8	Vegetarian				X					M	M				X
Pesto Sauce	134	2.2	0.9	0.2	14.8	Vegan									X - pine	M				
Sweet Chilli Sauce	24.2	6.7	6.1	0	0	Vegetarian									M	M				X
Satay Sauce	65	1.8	1.2	1.3	6.6	Vegan									M	X	X			
Apple Cider Vinaigrette	119	0	0	0	13.5	Vegan									M	M				X
Garlic mayo	77	2	2	0	8	Vegetarian	X			X					M	M				
Peri Peri	70	2	1.5	0	7	Vegan									M	M				X
Barbecue	72	4.8	4.5	0	6	Vegan	X							X	M	M				X
SPECIALS and VEGAN SPECIALS (based on average portion to top a midi box)																				
Beef Bourguignon	442.4	16.1	15.3	39.8	17.3										M	M				X
Chicken Kung Pao	430	23.4	22.9	34	22.3										X - cashew	M	X			X
Turkey Chilli	371	8	6.9	30.6	22							X			M	M				
Three Pepper Bolognese	320.3	9.91	8.2	12.3	23.8							X			M	M				
Paleo Meatballs	312	8.2	7.8	11.8	22.2							X			M	M				



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








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Paleo Cottage Pie	318	9.2	7.9	12	23.1							X			M	M		X	X	
Mild Chicken Curry	576	25	16.9	25.8	32.5										M	M			X	
Thai Green Curry	559	26.8	17.1	22	31.8										M	M	X		X	
Korean Beef	648	6	5.8	41.75	50.9										M	M	X		X	
Chicken Arrabiatta	298	8	6.9	26.7	3.1										M	M				
Satay Chicken	577	6.1	4.8	39.4	43.5										M	X	X	X		
Sweet Chilli Beef	390	34	32.2	24	17										M	M			X	
Three bean chilli	264.8	41.3	29.3	11.6	4.3	Vegan									M	M				
Coconut Dahl	465	58.5	31.5	21.5	17.4	Vegan									M	M			X	
Tempeh Stir Fry	492	27.2	21.5	20.2	40.2	Vegan	X								M	M		X		
Red Lentil Arrabiatta	428	59.9	34.5	22.9	11.5	Vegan									M	M				
Pesto Pasta	475	81	66.2	13	13.4	Vegan									X - pine	M			X	
DESSERTS																ALMOND				
Power Bombs (pack 2)	120	10.2	4.6	8.3	7.8	Vegan									X	X		X	X	
Keto fudge	222	3.7	2.2	3.4	22	Vegan									X	X				
Krispie slice	196.3	17.3	10.1	3.5	13.3	Vegetarian									X	X				
Keto Cheesecake	538	4.2	neg	8.8	54.6	Vegetarian						X			X	M				
SCD Brownie	264	19.4	16.5	15.9	10.5	Vegetarian				X					X	X				
Snicks	360	19.3	14.6	8.6	36.9	Vegan									X	X			X	
Snickerella	390	21.3	18.1	9.1	37.9	Vegetarian						X			X	X			X	
Fruit & Nut	373	34.8	31.2	2.9	31.1	Vegetarian						X			X	X			X	
Cabana	391	7.64	4.2	7.2	38.1	Vegetarian						X				M			X	
Cakes (sponge base only)	227.8	8.2	5.7	6.7	18.9	Vegetarian				X		X			X	M			X	
POWER SHAKES																				
Peanut shake	315	22.7	21.9	29.6	13	*Vegan options available on all shakes						X			M	X		M		
Berry shake	274	18.7	17.2	28.4	10								X			M	M		M	
Mocha shake	176	8	8	24.1	5.8								X			M	M		M	
Banilla shake	284	21.7	20.9	28.6	10								X			M	M		M	
Keto shake (4/30/66)	536	7.1	3.1	22.9	50.81								X			M	M		M	
PROBIOTICS																				



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Probiotic Yoghurt 200g	110	1.8	1.8	9	8	Vegetarian						X			M	M				

X - contains

M - May contain