

EAT

7 HEDDON COURT PARADE,
COCKFOSTERS ROAD, BARNET EN4 0DB
TEL: 020 8440 4618
INSTA @POWEROFHEALTHCAFE
POWEROFHEALTH.CO.UK



All our dishes are free from gluten, wheat and yeast. Our dishes are also dairy and egg free unless stated (D) (E) next to the dish. Our Only dishes that contain allergens are showed next to dish name so please be attentive when choosing your meal. Please ask a member of staff for further allergen information and we will provide this for you.

The majority of our menu is also plant-based unless optional protein added. We aim to give you a wide variety and choice while following the PH concept. Our name says it all. We put our hearts into the dishes we

make and ensure what you are eating is as healthy, clean and when possible organically sourced. You are what you eat after all. Please note our macros are estimated as close as we can. We use plant-based butter at all times and rapeseed oil when cooking however, we aim to oven bake dishes, to ensure that no unnecessary fats are added. Please also trust we follow food safety regulations to keep cross contamination to a minimum, however this is not always guaranteed. Our food is fresh and made every day in house and we do not believe in waste, only if you do not finish your plate! Did you know our PH beans require a special homemade sauce that take us 2 days to make?



ALL DAY BREAKFAST

ALL OUR BREAD WE USE IS COMPLETELY ALLERGEN FRIENDLY.



FULL POWER BREAKFAST (SP) (E)£11.95

Organic, heritage scrambled/poached/ fried eggs served with turkey-bacon, homemade chicken frankfurter, Slow cooked homemade PH Beans, confit tomatoes, 1/4 avocado, portobello mushroom, sweet potato and a slice of toast

Kcal 570 Protein 51 Carb 53 Fat 23

POWER FULL VEGAN (S) (PB)£11.95

Marinated pan-seared tofu, grilled tomato, portobello mushroom, our famous PH beans, sautéed kale, sweet potato, smashed avocado, served with a slice of sourdough toast

Kcal 423 Protein 24 Carb 48 Fat 20

EGGS ROYALE (E) (D) (F)£11.00

Toasted sourdough muffin topped with sautéed kale, wild smoked salmon, organic poached eggs, avocado, served with homemade creamy hollandaise

Kcal 598 Protein 30.6 Carb 16.1 Fat 26.1

EGGS BENNY (E) (D) (SP)£11.00

Toasted Sourdough muffin topped with sautéed kale, crispy turkey-bacon, portobello mushroom and organic poached eggs served with homemade creamy hollandaise

Kcal 337 Protein 27 Carb 18 Fat 30

SCREAM ME SCRAMBLE (E)£9.25

Creamy organic, scrambled whole egg or egg whites, served with spinach and sourdough muffin. Option of either smoked salmon, crisp bacon (SP), chicken frankfurter or sautéed mushroom

Kcal 279 Protein 28g Carb 24 Fat 10

AVO PLEASE (PB)£9.25

Organic whole homemade smashed avocado topped on our sourdough cooked garlic bread decorated with lemon gel, dressed cherry tomatoes, beetroot mousse, pickled cucumber, dehydrated chilli, chives and pomegranate. Add poached/fried/scrambled eggs if you fancy it!

Kcal 198 Protein 4 Carb 28 Fat 12

PH PORRIDGE (N) (PB)£7.55

Nutty GF oats served with berry compote banana and toasted pumpkin and sunflower seeds drizzled with cashew butter and agave

Kcal 211 Protein 7 Carb 30 Fat 10

GRANOLA GOALS (N) (PB)£8.99

Overnight roasted granola mixed with a selection of nuts, poached pear, berry compote and coconut yogurt drizzled with cashew butter and agave garnished with edible flowers

Kcal 256 Protein 9 Carb 28 Fat 20

PEACHES 'N' CREAM (PB)£9.25

Two slices of thick and crispy allergen friendly French toast, served with warm sticky peaches, passion fruit puree, coconut whipped cream and a coconut oat crumb

Kcal 396 Protein 14g Carb 56 Fat 18

WAFFLES (PB)

Select your base then select your toppings

SWEET£9.25

Homemade banoffee-caramel sauce, caramelised bananas, drizzled vegan chocolate sauce, pecans and homemade vanilla ice-cream, syrup all served on top of our allergen friendly fresh waffle mix (n) (pb)

Kcal 368 Protein 6.8 Carb 60 Fat 15

b) Berry compote & ice-cream selection (pb)

Kcal 337 Protein 7 Carb 55 Fat 13

SAVOURY£12.50

a) Crispy Turkey-bacon. (sp), Southern-Shallow fried Chicken, one poached or fried egg. Topped with maple syrup.

Kcal 410 Protein 35 Carb 38 Fat 18

.....£10.75

b) Crispy turkey-bacon (sp) and scrambled/poached/fried eggs, maple Syrup (e)

Kcal 319 Protein 28.9 Carb 28 Fat 14

.....£10.25

c) Tofu (pb) (s), sweetcorn and maple syrup

Kcal 238 Protein 16 Carb 28 Fat 9

PANCAKES (PB)

MATCHA£9.25

Thick and fluffy green matcha allergen friendly pancakes, layered between your choice of toppings:

a) Cashew butter (n), coconut yogurt, berry compote, syrup

Kcal 300 Protein 6 Carb 50 Fat 13

b) Chocolate spread (s), banana, berry compote, syrup

Kcal 299 Protein 5 Carb 52 Fat 10

STRIP BACK£9.25

Thick and fluffy allergen friendly pancakes layered between your choice of toppings:

Same macros as above

a) Chocolate spread(s), banana, berry compote, syrup

b) Cashew butter (n), coconut yogurt, berry compote, syrup

EXTRAS

ADD SCOOP ICE CREAM (PB)£2.00

ALL ADDITIONAL TOPPING£1.00

CHOCOLATE SPREAD (S), SYRUP, CASHEW BUTTER (N), BANANA, COMPOTE, COCONUT YOGURT, BERRIES, NUTS (N)

BURGERS

All burgers are served with our completely allergen friendly burger buns, house salad, sweet potato fries or baked wedges drizzled with chilli, lime and sesame garnish. Fancy a clean cheat meal? Yes please!

BOSS CHICKEN (D) (M) (S) (SP) £13.20

Southern shallow fried chicken, Turkey baconise, choice of vegan or Monterey Jack cheese, iceberg lettuce, beef tomato, crispy Cajun onions

Kcal 408 protein 23 Carb. 58. Fat. 9.7

BOSS SHROOM (PB) (S) (N) (M)£13.20

Wild mushroom Pattie, roasted portobello mushroom, truffle aioli, crispy cajun onions, iceberg lettuce

Kcal 288 Protein 8g Carb 47 Fat 9.2

BOSS TO-FU (PB) (S) (M)£13.20

Southernfried Tofu, peppered mayo, vegan mozzarella, iceberg lettuce, beef tomato, crispy cajun onions

Kcal 373 Protein 18 Carb 54 Fat 11

BOSS BBQ JACKFRUIT (PB) (S)£13.20

Jackfruit marinated in our homemade BBQ sauce, house slaw, avocado puree, vegan mozzarella, crispy cajun onion

Kcal 350 Protein 16 Carb 53 fat 8.8

BUDDHA BOWLS

SATAY (N) (PE) (S) (SE) (PB)£13.50

Panko Tofu OR Chicken, Sticky coconut rice, Asian remoulade, roasted broccoli, pickled ginger, crispy peanuts, toasted sesame, coriander, Asian infused peanut sauce topped with dehydrated chilies. (plant based if tofu)

Kcal 562 Protein 37 Carb 66 Fat 22

THAI (SE) (PB)£13.50

Green curry broth with a choice of braised Tofu (s) or Chicken, sticky coconut rice, fresh mango gel, homemade coconut paratha flatbread, baby corn, bamboo shoots and coriander. (plant based if tofu)

Kcal 390 Protein 18g Carb 60 Fat 9g

SHREDDING (PB) (M) (SP)£10.99

Our famous colorful everyday salad mixed with quinoa, baked sweet potato, kale, radish, beetroot, pickled cucumber, avocado, pomegranate, peas, house slaw,, toasted sunflower seeds served with our homemade French dressing

Kcal 337 Protein 12 Carb 50 Fat 13

MEDI (PB) (SE)£11.95

Roquette salad mixed with baked sweet potato, roasted bell peppers, courgetti and red onion, crispy chickpeas, pomegranate, pumpkin seeds, diced watermelon dressed with a balsamic sauce. Based with our fresh humous and homemade tzatziki dressing

Kcal 403 Protein 15.5 Carb 64.6 Fat 9.5

THE DELI

Our deli section comes with a selection of our allergen friendly sourdough toasted bread either sliced, baguette, or bagel. Garnished with a side of house mix leaf salad (m) and veggie crisps.

THE ORIGINAL£7.99

Organic chicken breast, avocado puree, roquette and chilli

Kcal 212 Protein 8 Carb 28 Fat 11

TBLT (SP)£7.99

Turkey-bacon, lettuce, tomato

Kcal 175 Protein 10 Carb 23 Fat 6

POWER CLUB (E) (SP)£7.99

Organic chicken, turkey-bacon, lettuce, tomato, mayonnaise

Kcal 223 Protein 13.2 Carb 25 Fat 11.5

THE CLASSIC (D) (F)£7.99

Wild smoked salmon, cream cheese,

lemon, dill, rocket

Kcal 193 Protein 8 Carb 24 Fat 10.4

THE VEGGIE (PB)£7.99

BBQ Pulled jackfruit, slaw, lettuce,

guacamole

Kcal 178 Protein 8.5 Carb 25 Fat 6

BIT ON THE SIDE

All our sauces are homemade.

Humus (se).....£4.00

Sweet potato truffle fries (VG)£4.50

Fried in rapeseed oil at a lower temperature than normal

Baked Smoked Cajun Sweet

potato wedges (se)£4.00

Crispy kale & Tahini (se)£4.00

1/2 Avocado£1.50

Roasted Mushrooms£3.00

Roast Tomatoes£3.00

Homemade Ph Beans£4.00

House slaw (m)£3.00

Coronation potato salad (m) (se) ...£4.50

Crispy Cajun onions£4.00

Truffle aioli (m)£2.00

Baconise (m) (sp)£2.00

BBQ Sauce£1.50

Vegan Mayonnaise (m)£2.50

Vegan Cheese£2.50

Avocado Puree£2.50

Hollandaise (e) (d)£2.00

Monterey jack cheese (d).....£1.50

ADD ON PROTEIN TO ALL DISHES £2.99

MARINATED TOFU, CHICKEN, SMOKED SALMON, TURKEY BACON, CHICKEN FRANKFURTER OR CHOICE OF EGGS



(pb) plant based (s) contains soy (n) contains nuts (m) contains mustard (sp) contains sulphites (pe) contains peanut (f) contains fish (d) contains dairy (e) contains eggs VAT is included in our prices.

DRINK.....

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WE ARE PROUD

OUR POWER YOUR HEALTH



JUICES

ALL JUICES (VG)(GF)

DE-TOX£5.85
Spinach, Kale, Matcha, Cucumber, Apple,
Ginger, Pineapple, Dates, Coconut Milk
Kcal 230 Protein 7.3g Fat 5g Carb 40g

HEART-BEET£5.55
Acai, Watermelon, Pineapple, Mint,
Beetroot, Agave
Kcal 160 Protein 2g Fat 1g Carb 35g

THICK-SKIN£5.55
Strawberry, Lime, Zest, Mint, Dates
Kcal 230 Protein 2g Fat 0.4 Carb 55g

ANTI-INFLAMMATORY£5.85
Carrot, Turmeric, Orange, Pineapple, Ginger,
Dates, Lucuma, Agave
Kcal 195 Protein 3g Fat 2g Carb 40g

DIY£5.55
Choice of three fruits & two veg:
Please ask staff for daily ingredients



SHAKES

ALL SHAKES (VG)(GF)

PICK ME UP£6.55
Pineapple, Spinach, Spirulina,
Banana, Coconut Oil
Kcal 230 Protein 9g Fat 9g Carb 40g

BERRY BASH (n)£6.55
Mixed Berries, Maca, Cashew Butter,
Banana, Dates, Agave
Kcal 260 Protein 5g Fat 8g Carb 40g

MUSCLE MAN (n)£6.55
Banana, Cashew Butter, Cacao, Carob,
Maca, Vanilla, Agave
Kcal 200 Protein 5g Fat 5.5g Carb 30g

SWEET TOOTH (n)£6.55
Strawberries, Bananas, Peanut Butter,
Agave
Kcal 320 Protein 7.9 Fat 15 Carb 39

CHARGE UP£4.99
25g Vegan Protein and choice of milk
Kcal 190 Protein 25g Fat 6g Carb 5g



COFFEE

CHOICE OF SYRUPS: CARAMEL,
VANILLA, HAZELNUT

ESPRESSO£2.45

AMERICANO£2.45

MACCHIATO£2.55

FLAT WHITE£3.00

LATTE£3.00

CAPPUCCINO£3.00

MOCHA£3.45

HOT COCO£3.25
Cacao, Agave, choice of milk.
Vegan marshmallows and choice of vegan
whipped cream

COFFEE ICE£4.00
Coffee, choice of milk

FRAPPE ICE£4.25
Iced frothed coffee with choice of milk and
vegan whipped cream

MATCHA ICE£4.50
Matcha, Agave, choice of milk

**RAINBOW
LATTES (VG)**£4.50

LATTE BLACK
Activated Charcoal, Vanilla, Agave, Oat Milk

LATTE GREEN
Matcha, Agave, Oat Milk

LATTE GOLD
Turmeric, Maca, Agave, Oat Milk

LATTE PINK
Beetroot Powder, Cacao, Syrup, Oat Milk



TEA

BUBBLE TEAS£4.00
TARO, COCONUT, MATCHA

Choice of popping bubbles:
LYCHEE, MANGO

SELECTION OF TEAS£3.00

Chamomile
Ginger & Lemon
Green
Mint
Passionfruit & Rose

PLEASE BE AWARE, OUR BUBBLE TEAS
CONTAIN SODIUM CASEINATE, A MILK
PROTEIN. SUITABLE FOR VEGETARIANS,
NOT VEGANS.



EXTRAS

CHOICE OF PLANT BASED MILKS: OAT, COCONUT, SOYA, ALMOND*
VEGAN PROTEIN (25G): VANILLA OR CHOCOLATE — 65P
NUT BUTTERS: PEANUT, ALMOND, CASHEW — 50P
SYRUPS: HAZELNUT, VANILLA, CARAMEL — 45P VEGAN WHIPPED CREAM — 50P

*Please note that all plant based milk will include a 30p surcharge to coffee and tea.

WE DELIVER!
FIND US ON:

Uber
Eats

*(VG) vegan (GF) gluten free (DF) dairy free (EF) egg free (YF) yeast free (WF) wheat free (S) contains soy (N) contains nuts (M) contains mustard *