



Our Poke Bowls

CLASSIC 12 €



CARBS

- White rice (Sushi or Basmati)
- Wholegrain red rice



PROTEIN

- Norway salmon* (Sashimi)
- Yellowtail tuna* (Sashimi)



FRUIT/SALAD/VEGETABLES

- Carote • Edamame* (soy beans)
- Goma wakame* seaweed
- Cherry tomatoes • Sweetcorn



TOPPING/DRESSING

- Sesame seeds • Shrimp chips
- Choose 2 dressings for your bowl

VEGGY 12,50 €



CARBS

- White rice (Sushi or Basmati)
- Quinoa mix



PROTEIN

- Smoked tofu
- Philadelphia ball



FRUIT/SALAD/VEGETABLES

- Goma wakame* seaweed • Cucumber
- Avocado • Edamame* (soy beans)



TOPPING/DRESSING

- Chopped hazelnuts
- Choose 2 dressings for your bowl

CHICKEN 12 €



CARBS

- Wholegrain red rice
- Pearled spelt



PROTEIN

- Curry chicken nuggets



FRUIT/SALAD/VEGETABLES

- Avocado • Edamame* (soy beans)
- jalapeño • Cherry tomatoes



TOPPING/DRESSING

- Almond flakes • Sesame seeds
- Choose 2 dressings for your bowl

SMOKED 13 €



CARBS

- White rice (Sushi or Basmati)
- Wholegrain red rice



PROTEIN

- Special smoked salmon*
- Special smoked tuna*



FRUIT/SALAD/VEGETABLES

- Carrots • Mixed salad • Tropea onion
- Avocado • Diced Beet



TOPPING/DRESSING

- Spicy sesame* • Shrimp chips
- Choose 2 dressings for your bowl

TOP 16,90 €



CARBS

- White rice (Sushi or Basmati)
- Wholegrain red rice • Pearled spelt



PROTEIN

- Mazara red prawns*/** (Sashimi)
- Norway salmon* (Sashimi)
- Seabass* (Sashimi)



FRUIT/SALAD/VEGETABLES

- Goma wakame* seaweed • Avocado • Pink ginger
- Pineapple • Cherry tomatoes



TOPPING/DRESSING

- Grated coconut • Wasabi sesame
- Choose 2 dressings for your bowl

Create your bowl, follow the steps

1
SIZE

2
CARBS

3
FRUIT
SALAD
VEGETABLES

4
PROTEIN

5
DRESSING

6
TOPPING

7,50 €

POKETTINO

1 carb
2 fruit and vegetables
1 protein
1 topping
1 dressing

11 €

REGULAR

2 carbs
4 fruit and vegetables
1 protein
2 topping
2 dressings

11,90 €

REGULAR+

2 carbs
5 fruit and vegetables
2 proteins
2 topping
2 dressings

14,90 €

LARGE

3 carbs
5 fruit and vegetables
3 proteins
2 topping
2 dressings

•White rice (Sushi or Basmati)
•Quinoa mix

•Wholegrain red rice
•Sardinian Fregola

•Pearled spelt
•Mixed salad

•Avocado (+0,50€)
•Beet
•Black cabbage
•Broccoli rabe (seasonal)
•Carrots
•Cherry tomatoes
•Chickpeas
•Cucumber

•Daikon (seasonal)
•Edamame* (soy beans)
•Jalapeño
•Mango (+0,50€)
•Melon (seasonal)
•Pineapple
•Pink ginger
•Pomegranate (+0,50€)

•Puntarelle (seasonal)
•Red cabbage
•Sauteed pumpkin
•Sweetcorn
•Tropea onion
•Goma wakame seaweed* (+0,50€)
•Zucchini julienne

RAW (Sashimi)
•Norway salmon*
•Yellowtail tuna*
•White fish* (Amberjack, Seabass or Seabrim according to availability)
•Special smoked salmon*
•The Red King (Mazara red prawn*) (+2,00€)

COOKED
•Argentinian prawns*
•White fish* (Amberjack, Seabass or Seabrim according to availability) cooked with grapefruit and mustard
•Norway salmon* cooked with lime and white wine
•Yellowtail tuna* cooked with orange and ginger
•Cooked octopus*(+2,00€)
•Steamed squid*
•Curry chicken
•Beef strips in teriyaki sauce

MORE PROTEINS
•Smoked TOFU
•Philadelphia ball
•Greek Feta cubes
•Stracciatella cheese

•One more protein?
Choose it adding 2,00€

•Soy sauce
•Miso sauce
•Sweet'n sour sauce
•Oyster sauce
•Wasabi soy sauce

•Poke sauce
•Teriyaki sauce
•Sesame sauce
•Kabayaki sauce
•Guacamole

•Sriracha hot chili sauce
•Yogurt and lemon sauce
•Honey mustard
•Spicy mayo

•Tobiko*
•Wasabi sesame seeds
•Spicy sesame seeds
•Mixed seeds

•Chopped hazelnuts
•Crispy seaweeds mix
•Crunchy onion
•Grated coconut

•Shrimp chips
•Almond flakes

*For your own safety, as required by the current legislation these products are subjected by us or at the source to rapid reduction of temperature using professional chillers. Allergens. Cover charge 1,50€.

**Subject to availability, as an alternative Steamed octopus.



Centrifuges 5€

- 1 Apple, celery, lemon
- 2 Cucumber, celery, apple, ginger
- 3 Carot, orange, lemon, pineapple
- 4 cucumber, aple, orange
- 5 Strawberry, apple, lemon
- 6 Apple, kiwi, celery,
- 7 Red cabbage, pineapple, carot
- 8 Tomato, celery

Marinati 10€

Tuna tartar* yellowfin

Salmon tartar* Norwegian

Fish tartar* white fish

Choose the MARINATING:

Orange & ginger

Ceviche (lime, red spring onion, coriander)-

Classic (oil, lemon, sale, pepper)

Basil vinagrete

Lemon vinagrete

Fruit salad

Diced pineapples € 4,00

Fresh fruit salad € 4,00

berries € 5,00

Drink

Mineral water € 1,00

Juice (orange, lemon, grapefruit) € 4,00

Pomegranate juice € 5,00

Smoothie € 4,00

Soft drink (Coca cola - Coca Cola zero) € 3,00

Beer (33cl) € 3,50