



# Our Poke Bowls

## CLASSIC 13 € / LARGE 16 €



### CARBS

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



### PROTEIN

- Norway salmon\* (sashimi)
- Yellowtail tuna\* (sashimi)



### FRUIT/SALAD/VEGETABLES

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



### TOPPING/DRESSING

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

## VEGGY 13,50 € / LARGE 16,50 €



### 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 13 € / LARGE 16 €



### 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 14 € / LARGE 17 €



### 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 € / LARGE 19 €



### CARBS

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



### PROTEIN

- Steamed octopus\*
- 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

	 <p><b>8,50 €</b></p>	 <p><b>12 €</b></p>	 <p><b>12,90 €</b></p>	 <p><b>15,90 €</b></p>
<p><b>1</b></p>  <p><b>SIZE</b></p>	<p><b>POKETTINO</b></p> <p>1 carb 2 fruit and vegetables 1 protein 1 topping 1 dressing</p>	<p><b>REGULAR</b></p> <p>2 carbs 4 fruit and vegetables 1 protein 2 topping 2 dressings</p>	<p><b>REGULAR+</b></p> <p>2 carbs 5 fruit and vegetables 2 proteins 2 topping 2 dressings</p>	<p><b>LARGE</b></p> <p>3 carbs 5 fruit and vegetables 3 proteins 2 topping 2 dressings</p>
<p><b>2</b></p>  <p><b>CARBS</b></p>	<p>• White rice (Sushi or Basmati) • Wholegrain red rice • Pearled spelt • Quinoa mix • Cous cous • Mixed salad</p>			
<p><b>3</b></p>  <p><b>FRUIT SALAD VEGETABLES</b></p>	<ul style="list-style-type: none"> <li>• Avocado (+0,50€)</li> <li>• Beet</li> <li>• Black cabbage</li> <li>• Broccoli rabe (+0,50€)</li> <li>• Carrots</li> <li>• Cherry tomatoes</li> <li>• Chickpeas</li> <li>• Cucumbers</li> </ul>	<ul style="list-style-type: none"> <li>• Daikon (seasonal)</li> <li>• Edamame* (soy beans)</li> <li>• Goma wakame seaweed* (+0,50€)</li> <li>• Jalapeño</li> <li>• Mango (+0,50€)</li> <li>• Melon (seasonal)</li> <li>• Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>• Pink ginger</li> <li>• Pomegranate (+0,50€)</li> <li>• Puntarelle (seasonal)</li> <li>• Red cabbage</li> <li>• Sauteed pumpkin (seasonal)</li> <li>• Sweetcorn</li> <li>• Tropea onion</li> <li>• Zucchini julienne</li> </ul>	
<p><b>4</b></p>  <p><b>PROTEIN</b></p>	<p><b>RAW (Sashimi)</b></p> <ul style="list-style-type: none"> <li>• Norway salmon*</li> <li>• Norway smoked salmon* (+1,00€)</li> <li>• Yellowtail tuna*</li> <li>• Special smoked tuna* (+1,00€)</li> <li>• Seabass*</li> </ul> <p><b>MARINATED</b></p> <ul style="list-style-type: none"> <li>• Spicy tuna*</li> <li>• Spicy salmon*</li> <li>• California salmon*</li> <li>• Seabass* tartare with mango cream</li> </ul>	<p><b>COOKED</b></p> <ul style="list-style-type: none"> <li>• Argentinian prawns*</li> <li>• Seabass* cooked with grapefruit and mustard</li> <li>• Norway salmon* cooked with lime and white wine</li> <li>• Yellowtail tuna* cooked with orange and ginger</li> <li>• Cooked octopus* (+2,00€)</li> <li>• Curry chicken</li> <li>• Beef strips in teriyaki sauce</li> <li>• Salmon* teriyaki croquettes</li> </ul>	<p><b>MORE PROTEINS</b></p> <ul style="list-style-type: none"> <li>• Smoked TOFU</li> <li>• Philadelphia ball</li> <li>• Greek Feta cubes</li> <li>• Stracciatella cheese</li> </ul> <p><b>One more protein? Choose it adding 2,00€</b></p>	
<p><b>5</b></p>  <p><b>DRESSING</b></p>	<ul style="list-style-type: none"> <li>• Soy sauce</li> <li>• Miso sauce</li> <li>• Sweet'n sour sauce</li> <li>• Oyster sauce</li> <li>• Wasabi soy sauce</li> <li>• Poke sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Teriyaki sauce</li> <li>• Sesame sauce</li> <li>• Kabayaki sauce</li> <li>• Guacamole</li> <li>• Sriracha hot chili sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt and basil sauce</li> <li>• Yogurt and lemon sauce</li> <li>• Honey mustard</li> <li>• Spicy mayo</li> </ul>	
<p><b>6</b></p>  <p><b>TOPPING</b></p>	<ul style="list-style-type: none"> <li>• Wasabi sesame seeds</li> <li>• Spicy sesame seeds</li> <li>• Mixed seeds</li> <li>• Chopped hazelnuts</li> </ul>	<ul style="list-style-type: none"> <li>• Crispy seaweeds mix</li> <li>• Crunchy onion</li> <li>• Grated coconut</li> </ul>	<ul style="list-style-type: none"> <li>• Shrimp chips</li> <li>• Almond flakes</li> </ul>	

Cover charge 1,50 €

\*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.