

hello poke!®

Make your poke bowl!

11.90€

base **MAX 1**

- SUSHI RICE 🍴
- BLACK RICE 🍴
- SUSHI + BLACK RICE COMBO 🍴
- SALAD (SPINACH, ICEBERG LETTUCE, ROCKET) 🍴
- CURCUMA COUS COUS
- BASMATI RICE 🍴

proteins **MAX 1 - EXTRA +1,50€**

- RAW SALMON 🍴
- RAW TUNA 🍴
- RAW SHRIMPS 🍴
- SEARED SALMON +1€ 🍴
- SEARED TUNA +1€ 🍴
- SEARED SHRIMPS +1€ 🍴
- GRILLED AND MARINATED CHICKEN
- TEMPURA CHICKEN +1€
- GRILLED AND MARINATED BEEF
- GRILLED AND MARINATED TOFU 🌱
- SOY STRIPS 🌱
- FETA 🍴
- BOILED EGG 🍴

topping **MAX 3 - EXTRA + 1€ - DOUBLE +1€**

- CUCUMBER 🍴
- RED TOMATOES 🍴
- YELLOW TOMATOES 🍴
- RED ONIONS 🍴
- RED CABBAGE 🍴
- SAUTÉED SPINACH
- SAUTÉED ZUCCHINI & CARROTS 🍴
- SWEET POTATOES
- CORN NUTS WITH PAPRIKA 🍴
- SAUTÉED SNOWPEAS
- CARROTS 🍴
- DRY TOMATOES 🍴
- AVOCADO 🍴
- EDAMAME 🍴
- WAKAME
- MARINATED GINGER 🍴
- CHICKPEAS 🍴
- PINEAPPLE 🍴
- MANGO 🍴
- GREEN APPLE 🍴

crunchy **MAX 1 - EXTRA +0,50€**

- SESAME SEEDS 🍴
- CRISPY ONION
- NORI SEAWEED 🍴
- WALNUTS 🍴
- CASHEW NUTS 🍴
- PISTACHIO 🍴
- ALMONDS 🍴
- TENKASU (TEMPURA FLAKES)

marination **MAX 1 - EXTRA +0,50€**

- HOMEMADE SOY
- HOMEMADE TERIYAKI
- GLUTEN FREE TERIYAKI 🍴
- GLUTEN FREE SOY 🍴
- PONZU
- HELLO POKE
- EVO OIL 🍴

dressing **MAX 1 - EXTRA +0,50€**

- MAYO
- SPICY MAYO 🌶️
- CIRTUS MAYO
- VEG MAYO 🍴 🌱
- PHILADELPHIA CHEESE 🍴
- HERBS PHILADELPHIA CHEESE 🍴
- YOGURT SAUCE
- SRIRACHA 🌶️ 🌶️ 🌶️ 🍴
- SWEET CHILI 🌶️

Desserts

- MANGO AND COCONUT SOUFLÈ 6€
- SALTED CARAMEL SOUFLÈ 6€
- MANGO MOCHI 🍴 5€
- COCOA MOCHI 🍴 5€
- MOCHI STICK MIX 🍴 6€

(vanilla, strawberry cheesecake, cocoa mochi skewers)



Drinks



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🌶️ SPICY 🍴 GLUTEN FREE 🌱 VEGETARIAN

TURN TO CHOOSE STARTERS & SPECIAL BOWLS!



IF YOU HAVE ALLERGIES OR INTOLERANCES, PLEASE CALL ON THE STAFF

hello poke!®

NAHAO

Shiitake mushrooms in tempura served with truffle mayo and soy sauce

6€

NEW

GAMBERI TIKI

Almond-crusted shrimp served with smoked bacon sauce

8€

NEW

Starters

- SHRIMP TEMPURA [4PZ] 6€
- POTATO-WRAPPED SHRIMPS [4PZ] 6€
- EDAMAME 🍱 4€
- WAKAME 5€
- SAMOSA [4] Spinach Rolls with vegetables 6€
- MANIOCA STICKS Fried sweet potato with mayo & teriyaki 6€
- HELLO BOBS [4] Octopus patty with hawaiian bbq sauce and mayo 6€



Bao

- PIGGY BAO > PORK, GREEN CHILLIES, CRISPY ONIONS, ICEBERG, MAYO
- CRISPY BAO > CRISPY CHICKEN, SALAD, YOGURT SAUCE
- SEA BAO > MARINATED SALMON, TEMPURA WAKAME AND MAYO

9€
[2PC]

Hello Gyoza

- CHICKEN GYOZA > STEAMED RAVIOLI FILLED WITH CHICKEN, VEGETABLES AND SPICES served with almonds, nori seaweed and mayo
- SEA GYOZA > STEAMED RAVIOLI FILLED WITH SHRIMPS, VEGETABLES AND SPICES served with almonds, nori seaweed and mayo
- BEEF GYOZA > STEAMED RAVIOLI FILLED WITH BEEF, VEGETABLES AND SPICES topped with toasted pine nuts and katsuobushi

8€
[4PC]

Choose your special bowl!

13.90€

- koro poke!**
Sushi rice, black Venus rice, grilled octopus, sweet potato, sautéed spinach, cherry tomatoes, crispy flanged zucchini, pine nuts and sesame seeds, herb Philadelphia, spicy mayo and ponzu sauce
- loko poke!**
Black rice, sushi rice, pan-seared beef tenderloin, kamote, tempura egg, yellow tomatoes, salad mix, crispy onions and citrus mayo.
- moa poke!**
Large wheat noodles, chicken curry, zucchini, carrots, mustard, shiso leaves and sesame seeds.
- kauai poke!**
Udon with shiitake mushrooms, vegetables, pancetta, shrimp, katsuobushi and crispy nori
- bay poke!**
Sushi rice, pan-seared tuna with sesame seeds, carrots and zucchini in teriyaki sauce, tomatoes, mango, crispy onion and mayo.
- hui poke!**
Sushi rice, shrimp tempura, salmon tartare, edamame, cucumber, avocado, nori seaweed, chopped pistachios, teriyaki sauce and citrus mayo.
- popi poke!**
Sushi rice, pan-seared salmon with poppy seeds, wakame, edamame, nori seaweed, tomatoes, chopped pistachios and citrus mayo.

SPICY

GLUTEN FREE

VEGETARIAN

URN TO MAKE YOUR OWN BOWL AND CHOOSE A DRINK & A DESSERT!



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