

# 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

- ☐ NUTELLA BAO WITH WAFER CRUMBLE 6€
- ☐ MANGO AND COCONUT SOUFFLÉ 6€
- ☐ SALTED CARAMEL SOUFFLÉ 6€
- ☐ MANGO MOCHI 🍚 5€
- ☐ COCOA MOCHI 🍚 (vanilla, strawberry cheesecake, cocoa mochi skewers) 5€
- ☐ MOCHI STICK MIX 🍚 6€

## Drinks



🌶️ SPICY    🍚 GLUTEN FREE    🌱 VEGETARIAN

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

# hello poke!

## Aloha Sando!

NEW

12€

- ☐ **KOA SANDO**> Crispy Pork Katsu Sando with Shredded Cabbage & BBQ Teriyaki Sauce
- ☐ **NALU SANDO**> Tempura Shrimp Katsu Sando with Avocado, Cherry Tomatoes, Citrus Mayo & Teriyaki Sauce

## Starters

- ☐ **SHRIMP TEMPURA [4PZ]** 6€
- ☐ **POTATO-WRAPPED SHRIMPS [4PZ]** 6€
- ☐ **TIKI SHRIMPS** Almond-crusted shrimp served with smoked bacon sauce 8€
- ☐ **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€
- ☐ **NAHAO** Shiitake mushrooms in tempura with truffle mayo and soy sauce 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€  
[2PZ]

## 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€  
[4PZ]

## 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 teriaky 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

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