



WELCOME TO YOUR HOUSE

Click your choice

CREATE YOUR OWN BOWL

POKE BOWLS



SWEETS



CREATE YOUR OWN BOWL

1. SIZE IT

SMALL: 10.90€ MEDIUM: 11.90€ LARGE: 14.90€

2. BASE IT

UP TO 2 BASES

GRAIN

WHITE RICE
BASMATI RICE

BLACK RICE
BICOLOUR QUINOA

SALADS

BABY SPINACH WITH
LEMON FLAVOURED

3. GREEN IT

S/M: 4 GREEN L: 5 GREEN

PREMIUM

HASS AVOCADO + 0.50€
HUMMUS* + 0.50€
FRESH MANGO + 0.50€
CREAM CHEESE + 0.50€
GOMA WAKAME* + 0.50€
GRANA PADANO SHAVINGS + 0.50€

NATURAL

EDAMAME*
CHERRY TOMATOES

RED CABBAGE
CUCUMBER
CARROT
COURGETTE
RIVIERA OLIVES
CHICKPEAS
CHARRED CORN
PICKLED RED ONION
CRUMBLLED FETA
GREEN CHILLI

4. PROTEIN IT

S: 1 PROTEIN M: 2 PROTEIN L: 3 PROTEIN

WARM



CHICKEN*
TERIYAKI AND GINGER CHICKEN*

MARINATED

JUICY SALMON
SRIRACHA SALMON 🌶️🌶️

NATURAL

BOILED EGG
COOKED TUNA WITH OIL
NORWEGIAN SALMON
SALMON TARTARE
SHRIMPS*
TUNA**

VEGAN

ORGANIC GRILLED TOFU

5. DRESS IT

CHOOSE 1 DRESSING

HOUSE DRESSING

AVOCADO CREAM
SPICY PEANUTS 🌶️

MAYO BASED

SPICY MAYO 🌶️
WASABI MAYO*** 🌶️
HOUSE MAYO

OIL BASED

LEMON FLAVOURED EVO OIL

SOY BASED

GLUTEN-FREE SOY
TERIYAKI
PONZU
SPECIAL
SRIRACHA DRIZZLE 🌶️🌶️

6. CRISPY

CHOOSE 1 TOPPING, ADDITIONAL TO SESAME SEEDS

ALMONDS
CRISPY ONION
FRESH LIME

CRISPY SWEET POTATO
ALGA NORI

Extra: Green 0.50€; Protein 2.00€;
Dressing 0.50€; Crispy 0.50€



POKE BOWLS

Our iconic Poke Bowls,
an explosion of fresh, irresistible flavors



SUNNY SALMON®

SMALL 10.90€ MEDIUM 11.90€ LARGE 14.90€

White Rice, Juicy Salmon, Hass Avocado, Edamame*, Red Cabbage, Special Dressing, Avocado Cream, Sesame Seeds

SPICY TUNA

SMALL 10.90€ MEDIUM 12.90€ LARGE 15.90€

White Rice, Tuna**, Goma Wakame*, Red Cabbage, Carrots, Cucumber, Ponzu Dressing, Spicy Peanuts Dressing, Green Chilli, Crispy Onion, Sesame Seeds



CHICKEN

SMALL 9.90€ MEDIUM 10.90€ LARGE 13.90€

White Rice, Teriyaki and Ginger Chicken*, Courgette, Cherry Tomatoes, Red Cabbage, Teriyaki Dressing, Spicy Mayo Dressing, Almonds, Sesame Seeds

✓ VEGETARIAN

SMALL 9.90€ MEDIUM 10.90€ LARGE 13.90€

Basmati Rice, Hass Avocado, Cherry Tomatoes, Cucumber, Riviera Olives, Hummus*, Mint and Basil Oil, Almonds



HOT & SPICY

SMALL 10.90€ MEDIUM 11.90€ LARGE 14.90€

White Rice, Sriracha Salmon, Hass Avocado, Edamame*, Green Chilli, Sriracha Drizzle, Crispy Onion, Sesame Seeds, Fresh Lime

SUPER PROTEIN

SMALL 10.90€ | MEDIUM 12.90€ | LARGE 15.90€
Proteine 43g | Proteine 52g | Proteine 69g

Spinach, Quinoa Bicolour, Teriyaki and Ginger Chicken*, Edamame*, Hass Avocado, Cherry Tomatoes, Lemon Flavoured EVO Oil, Grana Padano Shavings, Almonds, Sesame Seeds



Extra: Green 1.00€; Proteine 2.00€; Salse 0.50€; Crispy 0.50€

SIDES

For an even tastier and more complete Meal

HUMMUS* & CHICKPEAS AND EVO OIL 3.50€

Hummus*, Ceci and EVO Oil

EGGS & SPINACH 3.50€

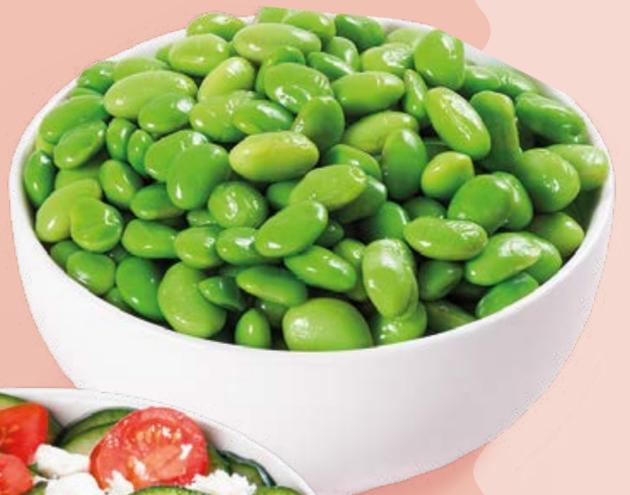
Boiled Eggs with Baby Spinach and EVO Oil

MEDITERRANEA 3.50€

Cherry Tomatoes, Cucumber, Feta Crumble, EVO Oil

EDAMAME 3.50€

GOMA WAKAME 3.50€



DESSERTS

FRANUÌ 4.50€

Raspberries covered with two layers of chocolate of your choice of: white & dark or white & milk chocolate

BROWNIE 3.50€

Chocolate Brownies with Pecan Nuts

MINI FRUIT BOWL 4.00€

Fresh Mango with a slice of Lime

MOCHI* 1 Piece 2.00€ 2 Pieces 3.00€ 3 Pieces 4.00€

Ice cream covered in a delicate Rice Paste, flavours: CHOCOLATE, MANGO, VANILLA, GREEN TEA, COCONUT



Vegetarian



Vegan



Degree of spiciness



Warm ingredients

The food served may contain substances that may cause allergies or intolerances. Despite the preventive measures taken, there is a possibility of cross-contamination between different foods during preparation and handling, and some products may contain traces of other allergens. Anyone with food allergies is advised to carefully consult the list of ingredients available on our website www.poke-house.com in the dedicated section or ask our staff for the allergen table. The calories listed on the menu are provided for informational purposes only and are not certified.

*Frozen product **Product blast chilled for preventive reclamation

***Warning E129, E110, E102: may adversely affect the activity and attention of children.

The image of the product is purely illustrative.

*Some products may be frozen depending on availability