



WELCOME TO YOUR HOUSE

Click your choice

CREATE YOUR OWN BOWL

POKE BOWLS



GREEN BOWLS

SIDE & AVO TOAST



SWEETS



CREATE YOUR OWN BOWL

1. SIZE IT

REGULAR: 11.90€ LARGE: 14.90€

2. BASE IT

UP TO 2 BASES

GRAIN

WHITE RICE
BROWN RICE
BASMATI RICE

COCONUT BASMATI
BLACK RICE
BICOLOUR QUINOA

SALADS

BABY SPINACH WITH
LEMON FLAVOURED
WINTER MIXED SALAD

3. GREEN IT

REGULAR: 4 GREEN LARGE: 5 GREEN

COOKED

ROASTED SWEET POTATOES
WITH ROSEMARY
CHILLI AND LIME BROCCOLI*

PREMIUM

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

NATURAL

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

4. PROTEIN IT

REGULAR: 2 PROTEIN LARGE: 3 PROTEIN

WARM

GRILLED SALMON FILLET* + 0.50€
CHICKEN*
VIETNAMESE 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
CREAMY CAESAR
SPICY PEANUTS 
HONEY DRIZZLE

MAYO BASED

SPICY MAYO 
WASABI MAYO*** 
HOUSE MAYO
CHIPOTLE SMOKY 

OIL BASED

LEMON FLAVOURED EVO OIL
MINT & BASIL OIL
BALSAMIC VINAIGRETTE

SOY BASED

GLUTEN-FREE SOY
TERIYAKI
PONZU
SPECIAL
SRIRACHA DRIZZLE  

6. CRISPY

CHOOSE 1 TOPPING, ADDITIONAL TO SESAME SEEDS

BACON
ALMONDS
CRISPY ONION
FRESH LIME

CRISPY SWEET POTATO
ALGA NORI
CROUTONS

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®

REGULAR 11.90€ | LARGE 14.90€

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

SPICY TUNA

REGULAR 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

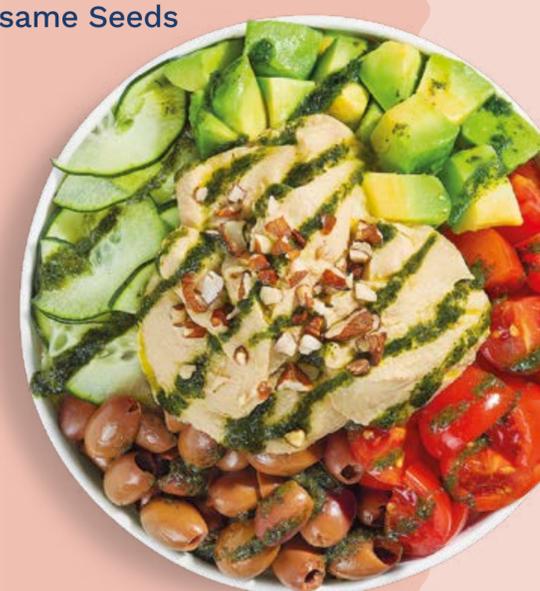
REGULAR 10.90€ | LARGE 13.90€

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

✓ VEGETARIAN

REGULAR 10.90€ | LARGE 13.90€

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



HOT & SPICY

REGULAR 11.90€ | LARGE 14.90€

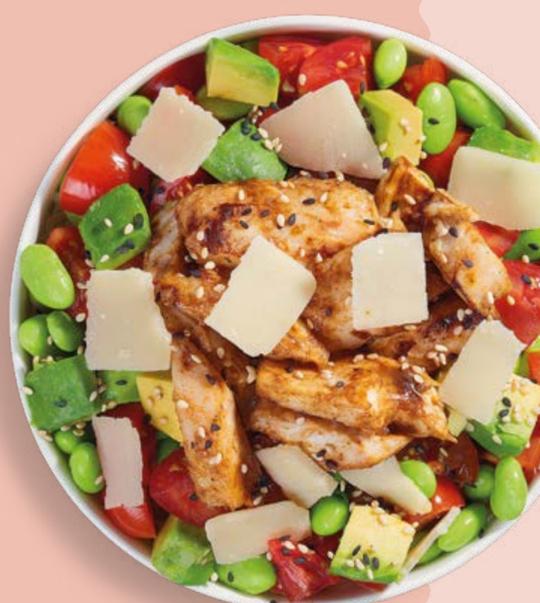
White Rice, Sriracha Salmon, Hass Avocado, Edamame*, Green Chilli, Sriracha Drizzle, Crispy Onion, Sesame Seeds, Fresh Lime

HIGH PROTEIN

SUPER PROTEIN

REGULAR 12.90€ | LARGE 15.90€
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



BRAIN BOOSTER ✓

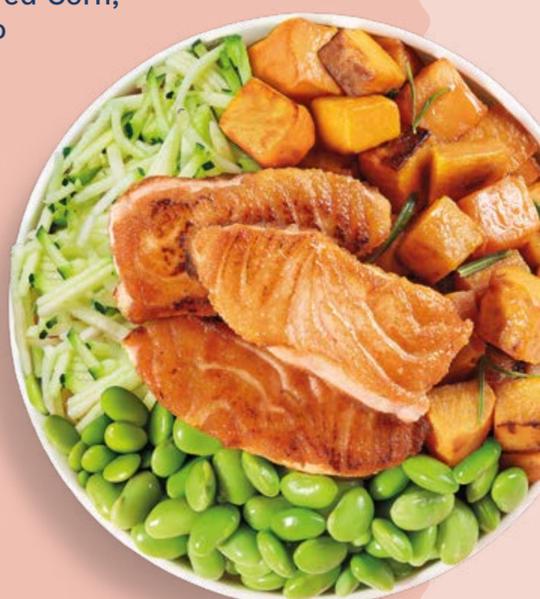
REGULAR 10.90€ | LARGE 13.90€
Proteine 30g | Proteine 38g

Spinach, Black Rice, Boiled Egg, Crumbled Feta, Hass Avocado, Cherry Tomatoes, Charred Corn, Lemon Flavoured EVO Oil, House Mayo

BEAUTY BOWL

REGULAR 12.90€ | LARGE 15.90€
Proteine 48g | Proteine 65g

Spinach, Brown Rice, Grilled Salmon Fillet*, Edamame*, Roasted Sweet Potatoes with Rosemary, Courgettes, Mint and Basil Oil



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

Greenbowls

Bowls made from salad and grains,
enriched with vegetables and protein cooked in House



EXOTIC SALMON 13.90€

Baby Spinach with Lemon Flavoured Oil, Coconut Basmati, Hass Avocado, Chili and Lime Broccoli*, Roasted Sweet Potatoes, Grilled Salmon Fillet*, Wasabi Mayo*** 🌶️



THE CAESAR 12.90 €

Winter Mix Salad with Vinaigrette, Grana Padano Shavings, Cherry Tomatoes, Chicken*, Bacon, Croutons, Creamy Caesar Dressing, Fresh Lime



COZY CHICKEN 13.90€

Baby Spinach with with Lemon Flavoured Oil, Coconut Basmati, Chili and Lime Broccoli*, Roasted Sweet Potatoes, Red Cabbage, Courgettes, Vietnamese Chicken, Gluten Free Soye

Extra: Green 1.00€; Proteins 2.00€; Dressing 0.30€; Crispy 0.30€

AVOCADO TOAST

Crispy, tasty, perfect at any time

AVOCADO TOAST SIMPLE 6.00€

Toasted Bread*, Avocado Hass, Sesame Seeds

AVOCADO HOUSE TOAST 7.00€

Toasted Bread*, Avocado Hass, Feta Crumble, Chilli Flakes, Sesame Seeds

AVO & SALMON TOAST 9.00€

Toasted Bread*, Cream Cheese, Avocado Hass, Norwegian Salmon, Sesame Seeds

AVO & EGG TOAST 8.00€

Toasted Bread*, Avocado Hass, Boiled Egg, Mint and Basil Sauce



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

SWEET POTATOES & MAYO 3.50€

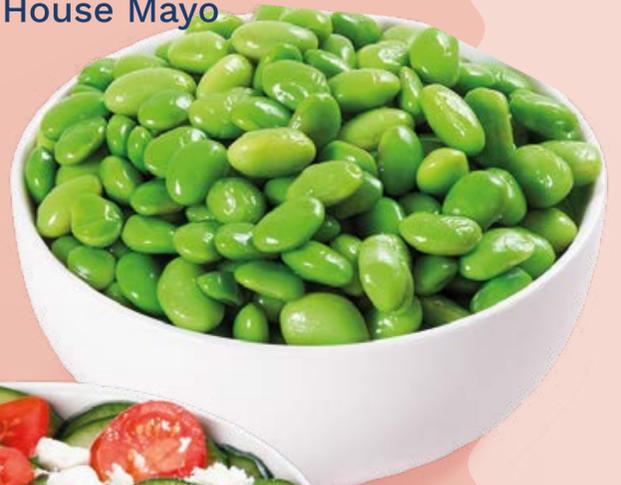
Roasted Sweet Potatoes with Rosemary and House Mayo

PROTEIN KICK 3.50€

Broccoli Chili e Lime*, Chickpeas, Evo Oil

EDAMAME 3.50€

GOMA WAKAME 3.50€



SMOOTHIES*

Extra: Vanilla Proteins 1€

AÇAÍ GUARANÀ 5.50€

Açaí, Banana, Guarana Syrup, Lactose-Free Milk

GREEN MIX 5.50€

Spinach, Broccoli, Mango, Avocado, Spirulina, Lactose-Free Milk

TROPICAL 5.50€

Mango, Pineapple, Coconut Milk, Passion Fruit, Lactose-Free Milk



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 2.50€ 2 Pieces 4.00€ 3 Pieces 5.00€

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*