



**WELCOME TO
YOUR HOUSE**



MILAN

ROME

TURIN

BARCELONA

MADRID

LISBON

LONDON

PARIS

MIAMI

AND MANY MORE...❤️

@pokehouse_official

HOUSE BOWLS

SUNNY SALMON® Medium

SMALL 9.90€ REGULAR 10.90€ LARGE 13.90€

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

SMALL	REGULAR	LARGE
Kcal 615 / 345g	Kcal 800 / 440g	Kcal 1190 / 650g

ICONIC



SPICY TUNA Small/Regular: Low Large: Medium

SMALL 10.90€ REGULAR 12.90€ LARGE 15.90€

White Rice, Tuna**, Goma Wakame*, Red Cabbage, Carrots, Cucumbers, Ponzu Dressing, Spicy Peanuts Dressing, Jalapeño, Crispy Onion, Tobiko***, Sesame Seeds.

SMALL	REGULAR	LARGE
Kcal 519 / 335g	Kcal 658 / 425g	Kcal 935 / 615g

ROAST BEEF High

SMALL 10.90€ REGULAR 12.90€ LARGE 15.90€

Brown Rice, English Style Roast Beef, Cherry Tomatoes, Avocado, Soybean Sprouts, Feta Cheese, Aromatic Ginger Oil, House Tartar, Almonds, Sesame Seeds.

SMALL	REGULAR	LARGE
Kcal 771 / 350g	Kcal 892 / 425g	Kcal 1208 / 610g



CHICKEN Small/Regular: Low Large: Medium

SMALL 9.90€ REGULAR 10.90€ LARGE 13.90€

White Rice, Teriyaki and Ginger Chicken, Zucchini, Cherry Tomatoes, Red Cabbage, Teriyaki Dressing, Spicy Mayo, Spring Onion, Almonds, Sesame Seeds.

SMALL	REGULAR	LARGE
Kcal 634 / 330g	Kcal 852 / 430g	Kcal 1203 / 630g

VEGAN Low

SMALL 10.90€ REGULAR 12.90€ LARGE 15.90€

Quinoa, Organic Grilled Tofu, Chickpeas, Carrots, Avocado, Teriyaki Dressing, Crispy Sweet Potato, Sesame Seeds.

SMALL	REGULAR	LARGE
Kcal 585 / 300g	Kcal 625 / 380g	Kcal 891 / 555g



Extra ingredients: Protein 1.50 €;
Green 1.00€; Dressing 0.30€; Crispy 0.30€

GO VEGAN!

CREATE YOUR OWN BOWL

1. SIZE IT

CHOOSE THE SIZE

SMALL **10.90€** REGULAR **11.90€** LARGE **14.90€**



2. BASE IT

SMALL: 1 BASE REGULAR / LARGE: UP TO 2 BASE

WHITE RICE	BASMATI RICE	QUINOA
BROWN RICE	BLACK RICE	FRESH SALAD

3. PROTEIN IT

SMALL: 1 PROTEINS REGULAR: 2 PROTEINS LARGE: 3 PROTEINS

SALMON	ENGLISH STYLE ROAST BEEF
HOUSE SALMON	SLOW COOKED CHICKEN
JUICY SALMON	TERIYAKI AND GINGER CHICKEN
TUNA**	VEGAN TUNA*
JUICY TUNA**	VEGAN NUGGETS*
SHRIMPS*	ORGANIC GRILLED TOFU

4. GREEN IT

SMALL / REGULAR: 4 GREEN LARGE: 5 GREEN

AVOCADO	+ 0.50€	CHERRY TOMATOES	FETA CHEESE
GOMA WAKAME*	+ 0.50€	RED CABBAGE	SOYBEAN SPROUTS
MANGO	+ 0.50€	ZUCCHINI	RED ONION
PHILADELPHIA	+ 0.50€	CARROTS	SPRING ONION
PINEAPPLE		CUCUMBER	PICKLED GINGER
EDAMAME*		CHICKPEAS	JALAPEÑO

5. DRESS IT

CHOOSE 1 DRESSING

GLUTEN-FREE SOY	WASABI MAYO*** 🌶️
TERIYAKI	HOUSE MAYO
PONZU	HOUSE TARTAR
SPECIAL	SPICY RED PEPPER 🌶️🌶️
EVO OIL	MUSTARD AND HONEY
AROMATIC GINGER OIL	SPICY PEANUTS 🌶️
AVOCADO CREAM	HAWAII 🌶️
SPICY MAYO 🌶️	YUZU WASABI*** 🌶️🌶️

6. CRISP IT

CHOOSE 1 TOPPING, ADDITIONAL TO SESAME SEEDS

CRISPY ONION	ALMONDS
CRISPY SWEET POTATO	TOBIKO*,***
NORI SEAWEED	

Extra ingredients: Protein 1.50 €; Green 0.50€; Dressing 0.30€; Crispy 0.30€

CHOOSE A BEVERAGE

BEVERAGES

WATER - 50cl Natural / Sparkling	1.50€
COCA COLA - 33cl Original / Zero	2.50€
LIMONADA MATHÉ - 27,5cl Organic Iced Tea	3.50€
KOMBUCHA - 33cl	3.50€
Sunny: Pear, Quince, Orange Blossom / Tropical: Rooibos, Mango, Rose Petals	
ORGANIC COCONUT WATER - 33cl	3.50€

COLD PRESSED

RED - 15cl Pomegranate and Lime	4.00€
YELLOW - 15cl Mango, Pineapple and Lime	3.50€
ORANGE - 15cl Pineapple, Carrot, Papaya and Lime	3.50€
BOMB SHOT - 6cl Lime, Ginger and Turmeric	2.00€

BEERS

ICHNUSA - 33cl Unfiltered Lager	4.00€
MENABREA - 33cl The 150 th Blonde, Premium Lager	4.00€

FINISH WITH...

MINI FRUIT BOWLS

With Fresh Fruit Hand-cut daily in our Houses

MANGO AND LIME	4.00€
PINEAPPLE	3.00€

DESSERTS*

TIRAMISÙ	4.00€
CHEESECAKE	4.00€
VEGAN CHOCO COCO MOUSSE	4.00€

SWEETS*

BROWNIES	3.50€
COOKIE PEANUT BUTTER AND CHOCOLATE	3.00€

HAWAIIAN MOCHI*

CHOCOLATE, MANGO, VANILLA, GREEN TEA, COCONUT	
1 PIECE	2.00€
2 PIECES	3.00€
3 PIECES	4.00€

COFFEE

ESPRESSO	1.00€
MACCHIATO	1.00€
DOUBLE ESPRESSO	2.00€
DECAF	1.20€
AMERICAN COFFEE	1.20€
CAPPUCCINO	1.50€
HOT GREEN TEA	1.50€



Don't you love waste?
Neither do we!
Ask for a Take Away bag!

The food served may contain substances that may cause allergies or intolerances. For further information, consult the documentation available on our website in the dedicated section or in our restaurants.

*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

 Carbon footprint

HEALTHY BREAK

Freshly prepared, with the best ingredients

ACAI BOWLS

AÇAÍ HOUSE BOWL Açaí*, Banana, Raspberries, Almonds, Chocolate Chips, Nut Butter	7.50€
AÇAÍ TROPICAL BOWL Açaí*, Strawberries, Pineapple, Granola, Honey	7.50€

TOAST

AVOCADO TOAST SIMPLE Toasted Bread*, Avocado, Sesame Seeds	4.50€
AVOCADO HOUSE TOAST Toasted Bread*, Avocado, Feta Cheese, Chilli Flakes, Sesame Seeds	5.50€

SMOOTHIES

SWEET PINK - 30cl Milk, Banana, Strawberry	5.50€
INTO THE SUN - 30cl Coconut Milk, Mango, Pineapple, Banana	5.50€
SO GREEN - 30cl Apple Juice, Avocado, Spinach, Cucumbers, Fresh Ginger, Lime	5.50€
CHOCO BOOST - 30cl Coconut Milk, Vegan Chocolate Protein, Banana, Chocolate, Peanut Butter	6.00€



DON'T FORGET
TO SNACK