



# The FRESH POKE



SMALL ..... **7,90€** (500ml.)  
 MEDIUM ..... **9,90€** (750ml.)  
 LARGE ..... **12,90€** (1.000ml.)

## OUR BOWLS

**SALMON POKE** ..... **7,90€ / 9,90€ / 12,90€**

*Sushi rice, norwegian salmon, fresh sauce, carrot, cucumber, onion, avocado, fruit salad and sesame seeds*

**MUSCLE POKE** ..... **7,90€ / 9,90€ / 12,90€**

*Sushi rice, quinoa, premium tuna, norwegian salmon, octopus, chef sauce, edamame and tomatoes, carrot, cucumber, onion and crispy onion*

**CALIFORNIA POKE** ..... **7,90€ / 9,90€ / 12,90€**

*Sushi rice, quinoa, crab, norwegian salmon, sweetsauce, avocado, diced apple, wakame and sesame seeds*

**VOLCANO POKE** ..... **7,90€ / 9,90€ / 12,90€**

*Sushi rice, quinoa, premium tuna, spicy mayo, edamame and tomatoes, jalapeños, carrot, cucumber, onion and crispy onion*

**VEGAN POKE** ..... **7,90€ / 9,90€ / 12,90€**

*Quinoa, lettuce, tofu, classic salsa, carrot, cucumber, onion, fruit salad, edamame and tomatoes, avocado and sesame seeds*

**PREMIUM POKE** ..... **8,90€ / 10,90€ / 13,90€**

*Sushi rice, premium shrimp, mango and coconut, coriander, sesame sauce and teriyaki sauce.*

## CREATE YOUR BOWL

### 1 BASE

For S choose 1  
For M and L choose 2

Sushi rice  
Brown rice  
Quinoa  
Lettuce

### 3 TOPPINGS

For S choose 2  
For M choose 3  
For L choose 4

Carrot  
Cucumber  
Onion  
Edamame  
Tomatoes  
Avocado  
Fruit salad\*  
Jalapeños  
Coconut  
Wakame  
Mango (+0,75 €)

### EXTRAS

Base ..... 1,00€  
Protein ..... 2,50€  
Sauce ..... 0,75€  
Topping ..... 0,75€  
Avocado ..... 1,00€

\*Pineapple, orange and apple

### 2 PROTEIN

For S choose 2  
For M choose 3  
For L choose 4

Norwegian Salmon  
Premium Tuna  
Crab  
Octopus  
Tofu  
Premium shrimp (+1,50 €)

### 4 SAUCE

Choose 1 or 2

Soy  
Fresh  
Classic  
Sweet  
Chef's sauce "citrus"  
Spicy Mayo  
Teriyaki  
Sweet chili  
Sesam & peanut (+ 0,75 €)  
Extra spicy (+ 0,75 €)

### 5 ADD A LITTLE OF...

Choose 2

Coriander  
Crispy onion  
Furikake  
Sesame seeds  
Wasabi seeds  
Algae nori



# The FRESH POKE

## DESSERTS

**FRUIT BOWL** ..... 3,50€

**HANDMADE DESSERTS** ..... 3,50€

Caramel Cheesecake, Berry Cheesecake and Oreo Dream

**MOCHI** (minimum 2 units) ..... 3,50€

Mango, coconut, raspberry, chocolate or cheesecake

## MENU MIDDAY

### DRINK

Water, sodas, beers (except IPA) or Corona +1€

### POKE BOWL M

Choose our poke bowls or create yours

### TO CHOOSE

Miso soup, GYOZAS (3 uts.) Or dessert (coffee, fruit bowl or homemade desserts + 1 €)

### EXPAND YOUR MENU

with miso soup or gyozas for + € 2

**12,95€**

## BEERS

Corona ..... 3,00€  
Stella Artois (barrel) ..... 2,20€  
IPA ..... 3,50€  
Becks without alcohol ..... 2,20€  
Budweiser ..... 2,20€

## POKE BURRITOS

**CRUNCHY SALMON** ..... 7,90€

Sushi rice, salmon, fruit salad, edamame, fried onions and fresh salsa

**SPICY TUNA** ..... 7,90€

Sushi rice, marinated tuna in kimchi, tender onion and cucumber.

**CRAB MANIA** ..... 7,90€

Sushi rice, spicy mayo, crab, avocado and wakame

## ENTREES

**EDAMAME ORIGINAL** ..... 4,95€

With sesam oil and salt

**WAKAME SALAD** ..... 4,95€

Wakame with cucumber, salmon (+1,50€), mango (+1,50€) or shrimp (+1,50€) and fresh sauce

**GYOZAS** (4uts.)..... 4,95€

Chicken, vegetables or shrimp

**MISO SOUP** ..... 4,95€

Miso, seaweed and tofu

## DRINKS

**WATER** (Avara) ..... 2,00€

**CHARITEA(COLD TEA)**... 3,00€

**SODAS**..... 2,20€

Coca-Cola (Classic or Zero)

Aquarius Classic

Nestea

Soda

**TEA**..... 3,00€

**ORANGE JUICE** ..... 3,50€

Freshly squeezed

**SMOOTHIE** (SoL) .. 3,50€ / 4,50€

Orange: orange, apple, carrot

Green: apple, cucumber and ginger

Red: beet, carrot and Cucumber

Tropical: apple, cucumber, pineapple and mint

Detox: lemon, ginger, orange and carrot

**WINE** (Castillo de Sajazarra)

Red Solar Líbano ..... 3,00€ / 9,00€

White In-vita ..... 3,00€ / 9,00€

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