



The FRESH POKE

Poke Bowls • Fresh Juices



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

OUR BOWLS

* Ask for the Fresh Poke of the month.

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.

PHILSALMON POKE 8,90€ / 10,90€ / 13,90€

Sushi rice, marinated salmon in a soft homemade cream cheese, mango, avocado, our sweet sauce, sesame and nori seaweed

CREATE YOUR BOWL

1 BASE

For M choose 1
For L and XL choose 1 or 2

Sushi rice
Brown rice
Quinoa
Lettuce

3 TOPPINGS

For M choose 1 or 2
For L choose 1,2 or 3
For XL choose 1, 2, 3 or 4

Carrot
Cucumber
Onion
Edamame
Tomatoes
Avocado
Fruit salad*
Jalapeños
Seaweed
Ginger seaweed
Beet hummus
Mango (+0,75 €)

5 ADD A LITTLE OF...

For M choose 1
For L and XL choose 1 or 2

Coriander
Crispy onion
Furikake
Sesame seeds
Wasabi seeds
Algae nori
Peanuts with wasabi
Banana Chips
Kikos
Grated coconut

2 PROTEIN

For M choose 1
For L choose 1 or 2
For XL choose 1,2 or 3

Norwegian Salmon
Premium Tuna
Crab
Octopus (+1,50 €)
Marinated tofu
Seitan
Premium shrimp (+1,50 €)

4 SAUCE

For M choose 1
For L and XL choose 1 or 2

Soy
Fresh (fruity soy)
Classic (soy with sesame oil)
Sweet (soy with oyster sauce)
Chef's (soy with chives and lemon touch)
Spicy Mayo
Teriyaki
Sweet chili
Cream cheese (philadelphia style)
Sesam & peanut (+ 0,75 €)
Extra spicy (+ 0,75 €)
Mushroom mayo. 100% vegan (+ 0,75€)

EXTRAS

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

*Pineapple, orange and apple



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OUR 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)
Corona +1€

POKE BOWL L

Choose our poke bowls
or
create yours

TO CHOOSE

Miso soup (seasonal)
GYOZAS (3 uts.)
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 2,20€

IPA 3,50€

BEER WITHOUT ALCOHOL 2,20€

SPECIAL ALHAMBRA 2,20€

ALHAMBRA RADLER 2,20€

POKE BURRITOS

CRUNCHY SALMON 7,90€

Sushi rice, salmon, fruit salad, edamame, crispy 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

SEAWEED SALAD 4,95€

Seaweed 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

SMOOTHIES

S o L 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

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

KOMBUCHA 4,50€

Pineapple and peach

Cherry

Ginger

WINE (Castillo de Sajazarra)

Red Solar Libano 3,00€ / 9,00€

White In-vita 3,00€ / 9,00€

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