



The FRESH POKE

Poke Bowls • Fresh Juices



SMALL..... **7,90€** (500ml.)
 MEDIUM..... **9,90€** (750ml.)
 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 S choose 1
For M and L choose 1 or 2

Sushi rice
Brown rice
Quinoa
Lettuce
Kale

3 TOPPINGS

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

Carrot
Cucumber
Onion
Edamame
Tomatoes
Avocado
Fruit salad (Pineapple, orange and apple)
Pickled onion
Beet hummus
Seaweed
Mango (+0,75 €)

5 ADD A LITTLE OF...

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

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

2 PROTEIN

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

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

4 SAUCE

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

SOY BASE

Soy
Fresh (fruity soy)
Classic (soy with sesame oil)
Sweet (soy with oyster sauce)
Chef's (soy with chives and lemon touch)
Extra spicy (+ 0,75 €)

CREAMY

Spicy Mayo
Teriyaki
Cream cheese (philadelphia style)
Sweet chili
Sesam & peanut (+ 0,75 €)
Mushroom mayo (vegan mayonnaise with mushrooms) 100% vegan (+ 0,75€)

EXTRAS

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



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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€

Coconut, chocolate or matcha tea

MENU 1

MENU 2

DRINK

Water
Sodas
Beer (except IPA)
Corona +1€

POKE BOWL MEDIUM

Choose ou poke bowls
or
create yours

ENTRANT

Mis soup (seasonal)
GYOZAS (3 uts.)
(chicken, vegetables or shrimp)

DESSERTS

Coffee
Fruit bowl
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€

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 (winter season) 4,95€

Miso, seaweed and tofu

SMOOTHIES

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

DRINKS

WATER (Avara) 2,00€

CHARITEA (COLD TEA) 3,00€

SODAS..... 2,20€

Coca-Cola (Classic or Zero)

Aquarius Classic

Nestea

Soda

HOT INFUSIONS 3,00€

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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