



# The FRESH POKE

Poke Bowls • Fresh Juices



SMALL.....	7,90€
MEDIUM.....	9,90€
LARGE.....	12,90€

## 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, soy, edamame and tomatoes, jalapeños, carrot, cucumber, pickled onion and crispy onion

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

Quinoa, lettuce, marinated tofu, classic sauce, 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, coconut and 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

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

Sushi rice, quinoa, premium tuna, homemade sweet basil sauce, burrata, tomatoes, edamame, avocado and crunchy onion.

## 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 €)  
Jalapeños (+0,75 €)  
Burrata (+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  
Octopus  
Premium shrimp (+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  
Sweet basil  
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 €)

#### 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)  
Smoothie of the day  
Corona (+1€)

### POKE BOWL MEDIUM

Choose our poke bowls  
(premium range +1€)  
or  
create yours

### ENTRANT

Miso 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€**

\* Available from Monday to Friday from 12pm to 4pm. Holidays NOT AVAILABLE.  
\*\* Premium range + € 1: Philsalmon, Premium, Burratuna and Poke of the month.

## BEERS

CORONA ..... 3,00€

STELLA ARTOIS ..... 2,20€

IPA ..... 3,50€

BEER WITHOUT ALCOHOL ..... 2,20€

SPECIAL ALHAMBRA ..... 2,20€

## POKE PIZZAS

SALMON ..... 12,90€

Nori seaweed base with sushi rice with salmon, avocado, mango, teriyaki sauce and sesame.

SPICY ..... 12,90€

Nori seaweed base with sushi rice with tuna marinated in kimchi, carrots, edamame, jalapeños, spicy mayo sauce and sesame.

VEGETARIAN ..... 12,90€

Nori seaweed base with sushi rice with marinated tofu, wakame, tomatoes, fruit salad (pineapple, orange, apple), cream cheese sauce and sesame.

## ENTREES

EDAMAME ORIGINAL ..... 4,95€

With sesam oil and coarse salt

SEAWEED SALAD ..... 4,95€

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

GYOZAS (4uts.) ..... 4,95€

Chicken, vegetables or shrimp

MISO SOUP (winter season) ..... 4,95€

Miso, wakame seaweed, Chinese chives 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 ..... 3,00€

Tangerine, Turmeric and pepper

Blueberries and lavender

Moringa, Ginger and Mint

## WINE

Red ..... 3,00€ / 9,00€

White ..... 3,00€ / 9,00€

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