



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
Chicken
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€



The FRESH POKE

Poke Bowls • Fresh Juices

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€

FOLLOW US



@thefreshpoke

The Fresh Poke

@TheFreshPoke

thefreshpoke.es