















GLUTEN FREE

## ENTRANTES

|                         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Edamame Original        | X   | X   |   |   |   |   |   |   | X   |   |   |   |   |   |
| Wakame Salad            |   | X   | X   |   | X   | X   |   | X   | X   |   | X   | X   |   |   |
| Gyozas Pollo y Verduras |   | X   | X   | X   | X   | X   | X   | X   | X   | X   | X   | X   | X   | X   |
| Gyozas Langostinos      |   | X   | X   | X   | X   | X   | X   | X   | X   | X   | X   | X   | X   | X   |
| Sopa miso               | X   | X   |   |   |   |   |   |   |   |   |   |   |   |   |

## NUESTROS POKE BOWLS

|                    |   |   |   |   |   |   |   |   |   |   |   |   |   |  |
|--------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|--|
| CreamyChicken Poke | X |   |   | X |   | X | X | X | X | X |   | X |   |  |
| NoChicken Poke     | X |   | X |   | X | X | X | X |   | X |   |   | X |  |
| Salmón Poke        | X | X |   |   |   |   | X | X |   | X |   |   |   |  |
| Muscle Poke        | X | X |   | X |   |   |   | X |   | X | X |   |   |  |
| California Poke    | X | X |   | X |   | X | X | X |   | X | X |   |   |  |
| Volcano Poke       | X | X |   |   |   | X |   | X |   | X |   |   |   |  |
| Vegan Poke         | X |   | X |   |   | X | X | X |   | X |   |   | X |  |
| Premium Poke       | X | X |   |   |   |   | X | X |   | X | X | X |   |  |
| Philsalmon Poke    | X | X |   | X | X |   | X | X |   | X |   |   |   |  |
| Burratuna Poke     | X | X |   | X | X |   |   | X |   | X |   |   |   |  |

## POKE PIZZAS

|             |   |   |  |  |   |   |   |   |  |   |  |  |  |  |
|-------------|---|---|--|--|---|---|---|---|--|---|--|--|--|--|
| Salmón      | X | X |  |  |   |   | X | X |  | X |  |  |  |  |
| Spicy       | X | X |  |  |   | X | X | X |  | X |  |  |  |  |
| Vegetariana | X |   |  |  | X |   | X | X |  | X |  |  |  |  |

## POSTRES

|                  |   |  |  |  |   |  |  |   |  |   |  |  |  |  |
|------------------|---|--|--|--|---|--|--|---|--|---|--|--|--|--|
| Bowl de Frutas   | X |  |  |  |   |  |  |   |  |   |  |  |  |  |
| Mochi            | X |  |  |  | X |  |  |   |  | X |  |  |  |  |
| Tarrinas Caseras | X |  |  |  | X |  |  | X |  |   |  |  |  |  |

## BASE

|                |   |  |  |  |  |  |  |  |  |  |   |  |  |  |
|----------------|---|--|--|--|--|--|--|--|--|--|---|--|--|--|
| Arroz Sushi    | X |  |  |  |  |  |  |  |  |  | X |  |  |  |
| Arroz Integral | X |  |  |  |  |  |  |  |  |  |   |  |  |  |
| Quinoa         | X |  |  |  |  |  |  |  |  |  |   |  |  |  |
| Lechuga        | X |  |  |  |  |  |  |  |  |  |   |  |  |  |
| Kale           | X |  |  |  |  |  |  |  |  |  |   |  |  |  |

## TOPPING

|  |   |   |  |  |  |   |  |   |   |  |   |  |  |  |
|--|---|---|--|--|--|---|--|---|---|--|---|--|--|--|
| Wakame                                       |   | X |  |  |  |   |  | X | X |  | X |  |  |  |
| Zanahoria                                    | X |   |  |  |  |   |  |   |   |  |   |  |  |  |
| Pepino                                       | X |   |  |  |  |   |  |   |   |  |   |  |  |  |
| Cebolla                                      | X |   |  |  |  |   |  |   |   |  |   |  |  |  |
| Edamame                                      | X | X |  |  |  |   |  |   |   |  |   |  |  |  |
| Tomatitos                                    | X |   |  |  |  |   |  |   |   |  |   |  |  |  |
| Aguacate                                     | X |   |  |  |  |   |  |   |   |  |   |  |  |  |
| Ensalada de Frutas (Piña, Naranja y Manzana) | X |   |  |  |  |   |  |   |   |  |   |  |  |  |
| Jalapeños                                    | X |   |  |  |  |   |  |   |   |  |   |  |  |  |
| Dados de Manzana                             | X |   |  |  |  |   |  |   |   |  |   |  |  |  |
| Cebolla Encurtida                            | X |   |  |  |  |   |  |   |   |  |   |  |  |  |
| Mango  | X |   |  |  |  |   |  |   |   |  |   |  |  |  |
| Burrata                                      | X |   |  |  |  | X |  |   |   |  |   |  |  |  |

GLUTEN FREE

## PROTEÍNA

| Salmón Noruego                                | X |   | X |   |   |  |   |   |   |  |  | X |   |  |  |   |
|---|---|---|---|---|---|--|---|---|---|--|--|---|---|--|--|---|
| Atún Premium (yellowfin)                      | X |   | X |   |   |  |   |   |   |  |  | X |   |  |  |   |
| Cangrejo                                      |   | X | X |   | X |  | X |   | X |  |  |   | X |  |  |   |
| Falafel Remolacha                             |   | X |   | X |   |  | X | X | X |  |  |   |   |  |  | X |
| Tofu Marinado (¿Tofu sin gluten? Pregúntanos) |   | X |   |   |   |  |   |   | X |  |  |   |   |  |  |   |
| Pulpo   | X |   | X |   | X |  |   |   |   |  |  | X |   |  |  |   |
| Langostino Premium                            | X |   | X |   |   |  |   |   |   |  |  | X | X |  |  |   |
| Atún Picante                                  |   | X | X |   |   |  |   |   | X |  |  | X |   |  |  |   |
| Pollo Vegetal Braseado                        |   | X |   | X |   |  | X | X | X |  |  |   |   |  |  | X |
| Pollo   | X |   |   |   |   |  |   |   |   |  |  |   |   |  |  |   |

## COMPLEMENTOS

|                         |   |   |   |  |  |  |   |   |   |   |   |   |  |  |   |  |
|-------------------------|---|---|---|--|--|--|---|---|---|---|---|---|--|--|---|--|
| Cilantro                | X |   |   |  |  |  |   |   |   |   |   |   |  |  |   |  |
| Cebolla Crujiente       |   |   |   |  |  |  |   |   | X |   |   |   |  |  |   |  |
| Furikake                |   | X | X |  |  |  | X | X | X |   |   |   |  |  |   |  |
| Semillas de Sésamo      |   |   |   |  |  |  |   | X | X | X |   |   |  |  |   |  |
| Semillas de Wasabi      |   |   |   |  |  |  |   | X | X |   |   |   |  |  |   |  |
| Algas nori              | X |   |   |  |  |  |   |   |   |   |   |   |  |  |   |  |
| Cacahuets con Wasabi    |   |   |   |  |  |  |   |   | X |   |   |   |  |  | X |  |
| Kikos                   | X |   |   |  |  |  |   |   |   |   | X |   |  |  | X |  |
| Coco Rallado            | X |   |   |  |  |  |   |   |   |   | X | X |  |  | X |  |
| Cacahuets Tradicionales | X |   |   |  |  |  |   |   |   |   | X |   |  |  | X |  |

## SALSAS

|                                  |   |   |   |  |   |   |   |   |   |  |  |  |   |  |   |  |
|----------------------------------|---|---|---|--|---|---|---|---|---|--|--|--|---|--|---|--|
| Dulce de Albahaca                |   | X |   |  | X |   |   |   | X |  |  |  |   |  |   |  |
| Soja                             |   | X |   |  |   |   |   |   | X |  |  |  |   |  |   |  |
| Soja sin Gluten                  | X | X |   |  |   |   |   |   |   |  |  |  |   |  |   |  |
| Fresh (soja afrutada)            |   | X |   |  |   |   |   | X | X |  |  |  |   |  |   |  |
| Chef (soja cítrica)              |   | X | X |  |   |   |   |   | X |  |  |  |   |  |   |  |
| Chili Crab                       |   | X |   |  |   |   | X |   | X |  |  |  | X |  |   |  |
| Dulce (soja con salsa de ostras) |   | X |   |  | X |   |   |   | X |  |  |  |   |  |   |  |
| Soja Picante con Cacahuets       |   | X |   |  |   |   |   | X | X |  |  |  |   |  | X |  |
| Spicy Mayo                       |   |   |   |  |   |   | X |   | X |  |  |  |   |  |   |  |
| Teriyaki                         |   | X |   |  |   |   |   |   | X |  |  |  |   |  |   |  |
| Queso Crema                      |   | X |   |  |   | X |   |   |   |  |  |  |   |  |   |  |
| Chilli Dulce                     |   | X |   |  |   |   |   |   |   |  |  |  |   |  |   |  |
| Sésamo y Cacahuete               |   | X |   |  |   |   |   | X | X |  |  |  |   |  | X |  |
| Kimchi                           |   | X | X |  |   |   |   |   | X |  |  |  |   |  |   |  |
| Mango Cremosa                    |   | X |   |  |   |   | X | X |   |  |  |  |   |  |   |  |

## LICUADOS

Naranja / Tropical / Detox: nuestros licuados pueden contener trazas de pepino, naranja, zanahoria, piña, manzana, limón o jengibre.

## BEBIDAS

\* Todos nuestros vinos son naturales y veganos. \*\*Todas nuestras cervezas pueden contener trazas de trigo



\*\*ADVERTENCIA: The Fresh Poke no se hace responsable de las posibles divergencias y/o modificaciones entre la información facilitada del producto por el proveedor/fabricante y la que figure físicamente declarado en el propio producto.