

BEERS

BEER
WITHOUT ALCOHOL
2,20€

ALHAMBRA ESPECIAL
2,20€

IPA
2,20€

CORONA
3,00€

SMOOTHIES

Orange: Orange, Apple and Carrot
Tropical: Apple, Cucumber and Pineapple
Detox: Lemon, Ginger, Orange and Carrot

3,50€

DRINKS

WATER
2,00€

CHARITEA (COLD TEA)
Red or Green
3,50€

SODAS
Coke (Classic or Zero)
Classic Aquarius
Lemon Nestea
Soda
2,20€

KOMBUCHAS
Tangerine, Turmeric and pepper
Blueberries and lavender
Moringa, Ginger and Mint
3,50€

WINE
(canned)
3,50€

FOLLOW US

THEFRESHPOKE.ES



SOCIAL
@TheFreshPoke



The **FRESH POKE**
Poke Bowls • Fresh Juices

POKE PIZZAS

SALMON

Nori seaweed base with sushi rice, salmon, avocado, mango, teriyaki sauce and sesame seeds.
14,90€



SPICY

Nori seaweed base with sushi rice, tuna marinated in kimchi, carrots, edamame, jalapeños, spicy mayo sauce and sesame seeds.
14,90€

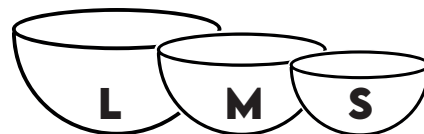


VEGETARIAN

Nori seaweed base with sushi rice, marinated tofu, wakame, tomatoes, fruit salad (pineapple, orange, apple), cream cheese sauce and sesame seeds.
14,90€



POKES



★ PREMIUM RANGE ★



PREMIUM

Sushi rice, premium prawns, mango, sesame and peanut sauce, touch of our homemade teriyaki, coriander and coconut.



BURRATUNA

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



PHILSALMON

Sushi rice, Norwegian salmon marinated in our cream cheese sauce, mango, avocado, our sweet sauce, sesame seeds and nori seaweed.



VEGAN

Quinoa, lettuce, marinated tofu, our soy sauce, carrot, cucumber, onion, cherry tomatoes, beetroot falafel, avocado and sesame seeds.



NOCHICKEN

Sushi rice, quinoa, braised vegetable chicken, our soy sauce with our cream cheese sauce, mango, carrot, avocado, and crispy onion.

VEGGIE RANGE

★ FRESH RANGE ★



SALMON

Sushi rice, Norwegian salmon, our fresh sauce, carrot, cucumber, onion, avocado, fruit salad and sesame seeds.



CALIFORNIA

Sushi rice, quinoa, Norwegian salmon, crab, our sweet sauce, chili crab sauce, avocado, diced apple, wakame and sesame seeds.



CREAMYCHICKEN

Sushi rice, chicken, our homemade creamy mango sauce, a touch of our sweet sauce, avocado, diced apple, carrot, edamame, grated coconut and traditional peanuts.



MUSCLE

Sushi rice, quinoa, premium tuna, Norwegian salmon, octopus, our chef sauce, edamame, cherry tomatoes, carrot, cucumber, onion and crispy onion.



VOLCANO

Sushi rice, quinoa, premium tuna, spicy mayo, our soy sauce, edamame, cherry tomatoes, carrot, cucumber, pickled onion, jalapeños and crispy onion.

STARTERS

BEETROT FALAFEL
With cream cheese sauce and chive.
5,95€

WAKAME SALAD
With Cucumber, or Mango (+1,50€)
Salmon (+1,50€)
Shrimp (+1,50€)
our fresh sauce and sesame seeds.
5,95€

MISO SOUP
Wakame seaweed and tofu (winter season).
5,95€

ORIGINAL EDAMAME
With sesam oil and salt.
5,95€

GYOZAS (4PCS.)
Chicken, Vegetables or Shrimp.
5,95€

FRESH/VEGGIE
9,90€
12,90€
14,90€

PREMIUM
10,90€
13,90€
15,90€

*ASK FOR THE FRESH POKE OF THE MONTH

SMALL
MEDIUM
LARGE

CREATE YOUR POKE

1
BASE
FOR S CHOOSE 1
FOR M & L CHOOSE 1 OR 2

Sushi rice
Brown rice
Quinoa
Lettuce
Kale

2
PROTEIN
FOR S CHOOSE 1
FOR M CHOOSE 1 OR 2
FOR L CHOOSE 1, 2 OR 3

Norwegian Salmon
Premium Tuna
Crab
Octopus
Premium shrimp (+1,50€)
Spicy Tuna
Marinated Tofu
Chicken
NEW! Braised vegetable Chicken
NEW! Beetroot Falafel

3
SALSA
FOR S CHOOSE 1
FOR M & L CHOOSE 1 OR 2

SOY BASE
Soy / Soy gluten free
Sweet / Sweet Basil
NEW! Fresh
NEW! Chef
NEW! Spicy soy with peanuts
NEW! Teriyaki
CREAMY
NEW! Creamy mango
NEW! Chili crab
Spicy Mayo
Cream cheese
Sweet chilli
Sesame & peanuts(+1,00 €)

4
TOPPINGS

Onion
Cucumber
Edamame
Tomatoes
Carrot
Diced apple
Pickled onion
Fruit salad
Jalapeños
Avocado (+2,00 €)
Mango (+1,50 €)
Burrata (+2,00 €)
Wakame (+1,50 €)

5
FINISHING TOUCHING
FOR S CHOOSE 1
FOR M & L CHOOSE 1 OR 2

Coriander
Furikake
Nori Seaweed
Crispy corn
Crispy onion
Grated coconut
Traditionals sesame seeds / With wasabi
Traditionals peanuts / With wasabi

EXTRAS

Base 1,00€
Protein 3,00€
Sauce 0,75€
Topping 0,75€

Premium toppings: Avocado, mango and burrata 2,00€
Finishing touching 0,75€