

POKE
DESIGNED
BY US

SMALL **\$12** LARGE **\$16**

All set options come with brown rice, salad, cucumber, edamame, bean sprouts, radish and red onion

Nutty Chicken

Sous vide free range chicken breast, kimchi, fresh coriander, peanut satay sauce, crispy onions, crushed peanuts, mixed sesame

Omega Poke

Marinated salmon and tuna chunks, pickled vege, seaweed salad, masago, soy ginger miso dressing, seed mix, furikake

Burning Tiger

Sous vide tiger prawns, sweetcorn, surimi salad, fresh coriander, hot hot chillies, reaper mayo, crispy onions, furikake

Vegan Me

Marinated tofu chunks, crushed avocado, mushrooms, pickled vege, jalapenos, beetroot hummus, seed mix

POKE
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BY YOU

SMALL **\$12** LARGE **\$16**

Choose a base

- Brown rice
- White sticky rice
- Salad mix
- Half and half

Choose a protein

- Free Range Chicken
- Tiger Prawns
- Marinated Salmon
- Marinated Tofu
- Marinated Tuna

Plus any 6 fillings, 2 toppings, and a sauce from our selection

SNACK POKE

\$7

A snack size bowl with rice and salad, sous vide free range chicken breast or marinated tofu chunks, cucumber, edamame, bean sprouts, radish and red onion, one sauce, seed mix and crispy onions

ADD ONS
(ALL POKE BOWLS)

\$2

- Extra Protein
- Avocado
- Masago
- Seaweed Salad
- Kimchi
- Surimi Salad