Poke House

Welcome to your house

CLICK YOUR CHOICE

CREATE YOUR OWN BOWL

Choose your favourite ingredients and create the perfect bowl

POKE BOWLS

SALAD BOWLS

SIDES & AVO TOAST

SMOOTHIES

CREATE YOUR OWN BOWL

1. SIZE IT

SMALL: 9.95£ MEDIUM: 11.95£ LARGE: 13.95£

2. BASE IT

UP TO 2 BASES

GRAIN
WHITE SUSHI RICE
WHOLEGRAIN BROWN RICE
BASMATI RICE
QUINOA

SALADS
LETTUCE WITH EVO OIL
BABY SPINACH WITH LEMON FLAVOURED OIL

3. GREEN IT

S/M: 4 GREEN L: 5 GREEN

NATURAL
EDAMAME
CHERRY TOMATOES
RED CABBAGE
CARROT
COURGETTE
CUCUMBER
PICKLED GINGER
PARMIGIANO REGGIANO SHAVINGS
KIMCHI CUCUMBER 🌶🌶🌶

COOKED
ROASTED SWEET POTATOES WITH ROSEMARY
CHARRED CORN
ROASTED PUMPKIN
SPICED CAULIFLOWER

PREMIUM

HASS AVOCADO	**0.99£**
MANGO	**0.99£**
GOMA WAKAME	**0.99£**
CRUMBLED FETA	**0.99£**

4. PROTEIN IT

S: 1 PROTEIN M: 2 PROTEINS L: 3 PROTEINS

WARM
MISO GLAZED ROASTED SALMON FILLET
PRAWNS
CHARRED GRILLED CHICKEN
TERIYAKI CHICKEN
SALMON TATAKI
TEMPURA SHRIMPS

MARINATED
JUICY SALMON
JUICY TUNA

NATURAL
SALMON
YELLOWFIN TUNA

VEGAN
SMOKED TOFU
HUMMUS

5. DRESS IT

CHOOSE 1 DRESSING

HOUSE DRESSING
AVOCADO CREAM
CREAMY CAESAR
SPICY PEANUTS 🌶
SWEET SESAME

MAYO BASED
SPICY MAYO 🌶
WASABI MAYO 🌶

OIL BASED
EXTRA VIRGIN OLIVE OIL
MINT & BASIL OIL
LEMON FLAVOURED OIL

SOY BASED
GLUTEN-FREE SOY
TERIYAKI
HOUSE PONZU
SPICY SESAME SOY 🌶🌶🌶

6. CRISPY

CHOOSE 1 TOPPING, ADDITIONAL TO SESAME SEEDS

CRISPY ONION
NORI SEAWEED
ALMONDS
CORIANDER
MAPLE NUTS
SPRING ONION
PLANTAIN CHIPS

EXTRA: GREENS £ 0.99 (ONLY APPLICABLE ON HOUSE BOWLS); PROTEIN £ 1.99; DRESSING £ 0.49; TOPPINGS £ 0.49

POKE BOWLS

OUR ICONIC POKE BOWLS, AN EXPLOSION OF FRESH, IRRESISTIBLE FLAVORS

SUNNY SALMON®

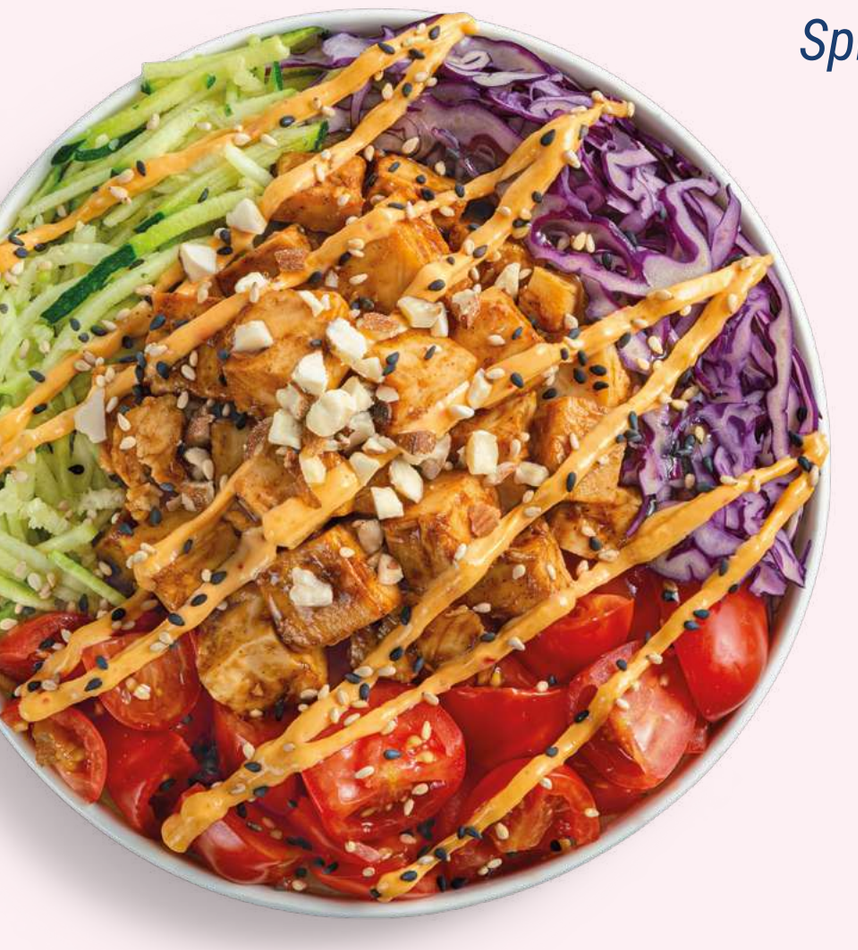
SMALL 10.95£ MEDIUM 12.95£ LARGE 14.95£

White Sushi Rice, Juicy Salmon, Hass Avocado, Edamame, Red Cabbage, House Ponzu, Avocado Cream, Sesame Seeds

SPICY TUNA

SMALL 10.95£ MEDIUM 12.95£ LARGE 14.95£

White Sushi Rice, Yellowfin Tuna, Goma Wakame, Red Cabbage, Carrot, Kimchi Cucumber🌶🌶🌶, House Ponzu, Spicy Peanuts Dressing🌶,Crispy Onion, Chilli Flakes🌶, Sesame Seeds



CHICKEN TERIYAKI

SMALL 9.95£ MEDIUM 11.95£ LARGE 13.95£

White Sushi Rice, Teriyaki Chicken, Courgette, Cherry Tomatoes, Red Cabbage, Teriyaki Dressing, Spicy Mayo🌶, Almonds, Sesame Seeds, Spring Onion

✓ HUMMUS & AVO

SMALL 8.95£ MEDIUM 10.95£ LARGE 12.95£

Basmati Rice, Hass Avocado, Cherry Tomatoes, Cucumber, Charred Corn, Hummus, Mint and Basil Oil, Almonds

ROASTED PUMPKIN & FETA

SMALL 9.95£ MEDIUM 11.95£ LARGE 14.95£

Brown Rice, Spiced Cauliflower, Roasted Pumpkin, Hass Avocado, Charred Corn, Crumbled Feta, Lemon Flavoured Oil, Maple Nuts

FLAMED TATAKI SALMON

SMALL 10.95£ MEDIUM 12.95£ LARGE 13.95£

White Sushi Rice, Hass Avocado, Mango, Edamame, Tataki Salmon, Spicy Sesame Soy🌶, Plantain Chips, Lime

EXTRA: GREENS £ 0.99 (ONLY APPLICABLE ON HOUSE BOWLS); PROTEIN £ 1.99; DRESSING £ 0.49; TOPPINGS £ 0.49

SALAD BOWLS

BOWLS MADE FROM SALAD AND GRAINS, ENRICHED WITH VEGETABLES AND PROTEIN COOKED IN HOUSE

SUPER PROTEIN 11.95£

Quinoa, Baby Spinach with Lemon Flavoured Oil, Hass Avocado, Cherry Tomatoes, Edamame, Parmigiano Reggiano Shavings, Teriyaki Chicken, Almond, Sesame Seeds

THE CAESAR 12.95£

Lettuce with Evo Oil, Hass Avocado, Parmigiano Reggiano Shavings, Cherry Tomatoes, Charred Grilled Chicken, Crispy Onions, House Caesar Dressing, Lime

EXTRA: GREENS £ 0.99 (ONLY APPLICABLE ON HOUSE BOWLS); PROTEIN £ 1.99; DRESSING £ 0.49; CRISPIES £ 0.49

MISO SOUP

POWERED BY Clearspring

CLASSIC MISO SOUP 4.00£

With Wakame

MELLOW WHITE MISO SOUP 4.00£

With Tofu And Spring Onions

HEARTY RED MISO SOUP 4.00£

With Sea Vegetables

AVOCADO TOAST

CRUNCHY, TASTY, PERFECT AT ANY TIME

AVOCADO TOAST SIMPLE 6.00£
Toasted Bread, Hass Avocado, Sesame Seeds

AVOCADO HOUSE TOAST 7.00£
Toasted Bread, Hass Avocado, Crumbled Feta, Chilli Flakes, Sesame Seeds

AVO & SALMON TOAST 9.00£
Toasted Bread, Hass Avocado, Salmon, Lemon Flavored Oil, Sesame Seeds, Lime

SIDES

FOR AN EVEN MORE TASTY AND COMPLETE MEAL

HUMMUS & PLANTAIN CHIPS 3.90£

SWEET POTATOES & MAYO 3.90£
Roasted Sweet Potatoes with Rosemary and House Mayo

EDAMAME 3.90£

GOMA WAKAME 3.90£

TEMPURA SHRIMPS & SPICY MAYO 3.90£

SMOOTHIES

SILKY TROPICAL BOOST 7.00£

Coconut flavoured milk, Pineapple, Mango, Passion Fruit, Lime, Raspberry Cream Swirl, Greek Yoghurt Swirl

JUICY PINK CRUSH 7.00£

Oat Milk, Banana, Strawberry, Blueberry, Almond Butter, Vanilla Protein, Collagen, Greek Yoghurt Swirl

FRESH GREEN GLOW 7.00£

Oat Milk, Banana, Spinach, Almond Butter, Matcha Powder, Vanilla Protein, Collagen, Greek Yoghurt Swirl

CREAMY NUTTY FIT 7.00£

Oat Milk, Banana, Dates, Peanut Butter, Salt, Cinnamon, Cacao Powder, Pea Protein Powder, Greek Yoghurt Swirl, Peanut Butter Swirl

AÇAÍ BOWLS

AÇAI HOUSE BOWL 8.55£
Açai, Banana, Almonds, Chocolate Chips, Peanut Butter

AÇAI SUNSET BOWL 8.55£
Açaí, Strawberry, Mango, Granola, Coconut, Mint

AÇAI FRANUÌ BOWL 9.65£
Açaí, Granola, Almonds, Franuí, Peanut Butter

DESSERTS

CHOCOLATE CHIA PUDDING 3.95£

APPLE & CINNAMON OVERNIGHT OAT YOGURT 3.75£

MIX BERRIES OVERNIGHT OAT YOGURT 3.10£

FRANUÌ 150G 6.95£
Raspberries covered with two layers of chocolate of your choice of: white & dark or white & milk chocolate

SUMMER FRUIT SALAD 3.20£
Grape, Kiwi, Strawberry

SUPER FRUIT SALAD 3.45£
Pineapple, Melon, Apple, Kiwi, Grape

TROPICAL FRUIT SALAD 3.45£
Mango, Pineapple, Lime

MOCHI*
1 PIECE 2.50£ 2 PIECES 4.00£ 3 PIECES 5.00£

Ice cream wrapped in a soft Rice Paste, flavored with: Green Tea, Vanilla, Passion Fruit, Raspberry, Coconut, Salted Caramel

Vegetarian *Vegan* *Degree of spiciness* *Warm ingredients*

The food served may contain substances that may cause allergies or intolerances. Despite the preventive measures taken, there is a possibility of cross-contamination between different foods during preparation and handling, and some products may contain traces of other allergens. Anyone with food allergies is advised to carefully consult the list of ingredients available on our website www.poke-house.com in the dedicated section or ask our staff for the allergen table. The calories listed on the menu are provided for informational purposes only and are not certified.

**Frozen product **Product blast chilled for preventive reclamation*

****Warning E129, E110, E102: may adversely affect the activity and attention of children.*

The image of the product is purely illustrative.

Some products may be frozen depending on availability