

**POKE  
POKE  
BAO!  
BAO!**

HURRY HURRY CALL CALL!  
**22 271997**

OR FIND US ON  
**f̄ foody**

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**SMALL PLATES & SALADS**

- **CRUNCHY ROCK SHRIMP** €6.50  
spicy mayo, lime
- **EDAMAME** €4  
rock salt, soy sauce side
- **TOFU-EDAMAME MIX** €5.50  
soy sauce, hoisin sauce,  
tofu, coriander, sesame
- **DUCK NOODLE SALAD** €11  
crispy duck, chili, coriander
- **SASHIMI SALAD** €11.50  
salmon, tuna, citrus, wakame,  
avocado



**SIGNATURE POKE-POKE BOWLS**  
**R=REGULAR / L=LARGE**



- **TUNA TUNA CRAY CRAY**  
**R €10 / L €12**  
sushi rice, tuna in wasabi love  
pineapple, edamame beans  
coriander, chili peppers, spicy  
japanese mayo, wakame, sesame



- **POKEBAO SALMON**  
**R €9.50 / L €11.50**  
sushi rice, salmon in POKEBAO!  
sauce, edamame beans, cucumber,  
pickled cabbage, beansprouts,  
sticky teriyaki, avocado, tobiko caviar



- **CHICKEN CHICKEN YUM YUM**  
**R €8 / L €10**  
quinoa-sushi rice mix, chicken in  
honey ginger, pineapple, granny smith  
apple, baby corn, cucumber, radish  
chili, sweet chili mayo



- **SHRIMP SHRIMP ROCK**  
**R €10 / L €12**  
quinoa, crunchy rock shrimp, avocado,  
red onion, beansprouts, radish,  
peanut butter sauce



- **POKE POKE MUSHROOM**  
**R €9 / L €11**  
sushi rice, hoisin glazed mushrooms,  
edamame beans, spring onion, celery,  
pickled cabbage, chili peppers,  
avocado, almond flakes, sticky teriyaki

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DIY POKE BOWL

TOPPINGS  
DRESSING  
MIXERS  
MARINADE  
PROTEIN  
BASE



**1 CHOOSE YOUR BASE**

- sushi rice
- quinoa
- quinoa-sushi rice mix

**2 PICK A PROTEIN (R=REGULAR / L=LARGE)**

- tuna **R** €10.50 / **L** €12.50
- salmon **R** €10 / **L** €12
- steamed chicken **R** €8.50 / **L** €10.50
- crispy rock shrimp **R** €9.50 / **L** €10.50
- hoisin glazed mixed mushrooms  
**R** €9 / **L** €11

**3 PICK A MARINADE**

- **WASABI LOVE** 🔥  
wasabi, avocado, lemon juice,  
vegan soy sauce, mayo, red tobiko
- **POKEBAO SAUCE**  
citrus, chili, ginger, vegan soy sauce
- **HONEY GINGER**  
honey, ginger, vegan soy sauce, lemon juice
- **MEDITERRANEAN PONZU**  
parsley oil, vegan soy sauce, lemon juice

**4 MIX IN (CHOOSE UP TO 4)**

- cucumber
  - pineapple
  - granny smith apple
  - edamame beans
  - chili peppers 🔥
  - radish
  - red onions
  - pickled red cabbage
  - celery
  - spring onion
  - coriander
  - beansprouts
  - baby corn
- any extra mix-ins: €0.50 each

**5 DRESS IT UP! (CHOOSE 1)**

- spicy japanese mayo 🔥
  - peanut butter
  - sticky teriyaki
  - sweet chili mayo
  - hoisin glaze
- any extra sauces: €0.50 each

**6 ON THE TOP! (AS MANY AS YOU LIKE!)**

- sesame
  - chili flakes
  - almond flakes
  - ground coconut
- extra €1 each:
- avocado
  - wakame seaweed
  - tobiko caviar



BAO FUN ON THE NEXT PAGE

## BAOBAO! BUNS (2pcs)



■ CRISPY PORK BELLY €6.50  
korean bbq sauce, cilantro



■ CRUNCHY ROCK SHRIMP €7.50  
spicy mayo, lime



■ CHICKEN KATSU €6  
vegetables, katsu sauce



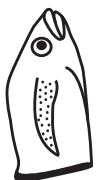
■ SALMON TERI €7  
teriyaki sauce, vegetables



■ PEKING DUCK €7.50  
vegetables, hoisin sauce



■ HOISIN GLAZED MUSHROOMS €6  
caramelized onions, garlic mayo



■ TUNA TATAKI €7  
vegetables, ponzu sauce



■ VEGGIE BAO €5.50  
tofu, sweet chili sauce

## BEVERAGES

SOFT DRINKS 330ML €1.50

JAPANESE BEER 330ML €4

WATER 500ML €1

SPARKLING WATER 250ML €2.50

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