

ISLAND POKÉ

Fresh Pacific Flavours

HOUSE BOWLS

All Bowls Come With Crispy Shallots
& Spring Onions – Just Ask!



CLASSIC AHI TUNA – £8.95

AHI TUNA, SHOYU DRESSING,
PINEAPPLE CHILLI SALSA,
WAKAME SEAWEED, SESAME SEEDS
| FROM 302 KCAL



YUZU LOMI LOMI – £8.95

LOMI LOMI SALMON, YUZU DRESSING,
MANGO MINT SALSA, EDAMAME,
SESAME SEEDS | FROM 349 KCAL



SPICY CHICKEN – £7.95

DOUBLE-MISO CHICKEN, KOREAN BBQ
DRESSING, BURNT SWEETCORN,
KIMCHI, GINGER PICKLED CARROT,
SESAME SEEDS | FROM 271 KCAL



SPICY AHI TUNA – £8.95

AHI TUNA, SHOYU DRESSING,
PINEAPPLE CHILLI SALSA,
BURNT SWEETCORN, FRESH CHILLI,
TOGARASHI | FROM 235 KCAL



TERIYAKI CHICKEN – £7.95

DOUBLE-MISO CHICKEN, SHIITAKE
TERIYAKI DRESSING, PINEAPPLE
CHILLI SALSA, PICKLED RED CABBAGE,
SESAME SEEDS, YUZU KOSHU SEED MIX
| FROM 293 KCAL



TERIYAKI TOFU (V) – £7.75

SMOKED TOFU, SHIITAKE TERIYAKI
DRESSING, EDAMAME, PINEAPPLE
CHILLI SALSA, WAKAME SEAWEED,
SESAME SEEDS | FROM 343 KCAL



CALIFORNIA SALMON – £10.65

LOMI LOMI SALMON, YUZU DRESSING,
BURNT SWEETCORN, EDAMAME,
PICKLED GINGER, SESAME CUCUMBER,
SMASHED AVOCADO, FRESH CHILLI,
SESAME SEEDS | FROM 420 KCAL



MISO AUBERGINE (V) – £6.95

MISO AUBERGINE, SHOYU DRESSING,
MANGO MINT SALSA, PICKLED RED
CABBAGE, EDAMAME, YUZU KOSHU
SEED MIX | FROM 314 KCAL



POKÉ



SPICY TUNA BAO – £6.45

AHI TUNA, SHIITAKE TERIYAKI
DRESSING, GINGER PICKLED
CARROT, SRIRACHA, CRISPY
SHALLOTS & TOGARASHI | 514 KCAL



YUZU SALMON BAO – £6.45

LOMI LOMI SALMON, YUZU
DRESSING, WAKAME, WASABI
MAYO, SPRING ONION & SESAME
SEEDS | 314 KCAL



KOREAN BBQ CHICKEN BAO – £5.95

DOUBLE-MISO CHICKEN, KOREAN BBQ
DRESSING, KIMCHI, SRIRACHA MAYO,
CHILLI, SPRING ONION & CRISPY
SHALLOTS | 440 KCAL



MISO AUBERGINE BAO (V) – £5.45

MISO AUBERGINE, SHIITAKE
TERIYAKI DRESSING, PICKLED
RED CABBAGE, SPRING ONION &
CRISPY SHALLOTS | 336 KCAL

BUILD YOUR OWN BOWL from £8.75

WITH OVER 50,000 POSSIBLE
COMBINATIONS TO BUILD YOUR
OWN POKÉ BOWL!