

POKE HOUSE

WELCOME TO YOUR HOUSE

Click your choice

CREATE YOUR OWN BOWL



POKE BOWLS



SALAD BOWLS



SIDES & AVO TOAST



SWEETS



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
COCONUT BASMATI
QUINOA

SALADS

COS LETTUCE
FRESH BABY SPINACH

3. GREEN IT

S/M: 4 GREEN L: 5 GREEN

WARM

ROASTED SWEET POTATOES
WITH ROSEMARY
CHILLI AND LIME BROCCOLI
CHARRED CORN
GRILLED ASPARAGUS

PREMIUM

FRESH AVOCADO + 1.99£
FRESH MANGO + 0.99£
GOMA WAKAME* + 0.99£
CRUMBLED FETA + 0.99£

NATURAL

EDAMAME
CHERRY TOMATOES
RED CABBAGE
CARROT
COURGETTE
CUCUMBER
SPRING ONION
PICKLED GINGER
JALAPEÑO
PARMIGIANO REGGIANO SHAVINGS
BEETROOT
KIMCHI CUCUMBER

4. PROTEIN IT

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

WARM

MISO GLAZED ROASTED SALMON FILLET
PRAWNS
CHARRED GRILLED CHICKEN
TERIYAKI & GINGER CHICKEN
BAKED HALLOUMI

MARINATED

JUICY SALMON
JUICY TUNA

NATURAL

SALMON
YELLOWFIN TUNA
HUMMUS

VEGAN

SMOKED TOFU
HUMMUS

5. DRESS IT

CHOOSE 1 DRESSING

HOUSE DRESSING

AVOCADO CREAM
CREAMY CAESAR
SPICY PEANUTS 
CORIANDER DRIZZLE

MAYO BASED

SPICY MAYO 
HOUSE MAYO

OIL BASED

EXTRA VIRGIN OLIVE OIL
MINT & BASIL OIL
LEMON FLAVOURED OIL
BALSAMIC VINAIGRETTE

SOY BASED

GLUTEN-FREE SOY
TERIYAKI
HOUSE PONZU
SRIRACHA DRIZZLE 

6. CRISPY

CHOOSE 1 TOPPING, ADDITIONAL TO SESAME SEEDS

CRISPY ONION
NORI SEAWEED
ALMONDS
CORIANDER

VEGAN BACON
CROUTONS
FRESH LIME
MAPLE WALNUTS

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 🌶️, Jalapeño 🌶️, Crispy Onion, Sesame Seeds



CHICKEN TERIYAKI

SMALL 9.95£ MEDIUM 11.95£ LARGE 13.95£

White Sushi Rice, Teriyaki & Ginger 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



HOT & SPICY

SMALL 10.95£ MEDIUM 12.95£ LARGE 14.95£

White Sushi Rice, Sriracha Salmon 🌶️🌶️, Hass Avocado, Edamame, Jalapeño 🌶️, Sriracha Drizzle Sauce 🌶️🌶️, Crispy Onion, Sesame Seeds, Fresh Lime

PRAWN

SMALL 10.95£ MEDIUM 12.95£ LARGE 13.95£

White Sushi Rice, King Prawns, Cucumber, Mango, Cherry Tomatoes, House Ponzu, Spicy Mayo 🌶️, Nori Seaweed, Sesame Seeds



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**



EXOTIC SALMON 13.95£

Baby Spinach with Lemon Flavoured Oil, Coconut Basmati, Hass Avocado, Chilli and Lime Broccoli, Roasted Sweet Potatoes with Rosemary, Grilled Salmon Fillet, Wasabi Mayo,

THE CAESAR 12.95£

Cos Lettuce with Vinaigrette, Parmigiano Reggiano Shavings, Cherry Tomatoes, Charred grilled Chicken, Vegan Bacon, Croutons, Creamy Caesar, Lime



GRILLED HALLOUMI 11.95£

Baby Spinach with Vinaigrette, Grilled Asparagus, Hass Avocado, Cherry Tomatoes, Spring Onion, Grilled Halloumi, Maple nuts, Mint & Basil Dressing

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

AVOCADO TOAST

CRISPY, 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 TASTIER AND MORE COMPLETE MEAL

HUMMUS & CROUTONS 3.50£

SWEET POTATOES & MAYO 3.50£

Roasted Sweet Potatoes with Rosemary and House Mayo

EDAMAME 3.50£

GOMA WAKAME 3.50£

MEDITERRANEA 3.50£

Cherry Tomatoes, Cucumber & Crumbled Feta with EVO Oil



AÇAÍ BOWLS

AÇAÍ HOUSE BOWL 8.55£

Açaí, Banana, Almonds, Chocolate Chips, Peanut Butter

AÇAÍ SUNSET BOWL 8.55£

Açaí, Strawberry, Mango, Granola, Coconut, Mint

AÇAÍ 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

SMOOTHIES NEW!



SILKY TROPICAL BOOST 7.00£

Coconut Flavoured Milk, Pineapple, Mango, Passion Fruit, Lime, Collagen*, Raspberry Cream, Greek Yoghurt - Powered by Oatly

FRESH GREEN GLOW 7.00£

Oat Milk, Banana, Spinach, Almond Butter, Matcha Powder, Vanilla Protein, Collagen*, Greek Yoghurt - Powered by Oatly

JUICY PINK CRUSH 7.00£

Oat Milk, Banana, Strawberry, Blueberry, Almond Butter, Vanilla protein, Greek Yoghurt - Powered by Oatly

CREAMY NUTTY FIT 7.00£

Oat Milk, Banana, Dates, Peanut Butter, Salt, Cinnamon, Cacao Powder, Pea Protein Powder, Greek Yoghurt, Peanut Butter - Powered by Oatly

*Hydrolysed Bovine Collagen Peptides



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