

BUILD YOUR OWN

ONO — AED55

2 PROTEIN SCOOPS (2 CHOICES)
3 MIXINS
1 SAUCE
3 TOPPINGS
3 GARNISHES

KAHUNA — AED65

3 PROTEIN SCOOPS (3 CHOICES)
4 MIXINS
1 SAUCE
4 TOPPINGS
4 GARNISHES

BIG KAHUNA — AED75

4 PROTEIN SCOOPS (4 CHOICES)
5 MIXINS
1 SAUCE
5 TOPPINGS
5 GARNISHES

POKÉRRITO — AED48

2 PROTEIN SCOOPS (2 CHOICES)
2 MIXINS
1 SAUCE
2 TOPPINGS
2 GARNISHES

BASE

POKÉ BOWL
(CHOOSE UP TO 2 BASES)

SIGNATURE RICE
BROWN RICE
QUINOA
ZUCCHINI NOODLES
MIXED GREENS
MIX OF TWO BASES

POKÉ BURRITO
(CHOOSE 1 BASE)

BROWN RICE
SIGNATURE RICE

PROTEIN

EXTRA PROTEIN + AED9

SALMON RAW
TUNA RAW
SALMON COOKED
SHRIMP COOKED
CHICKEN
TOFU
MUSHROOMS

MIX

EXTRA MIX + AED3

SPRING ONION
RED ONION
SHREDDED CARROTS
EDAMAME
SWEET CORN
CUCUMBER
RADDISH
JALAPENO
CHERRY TOMATOES

SAUCE

EXTRA SAUCE + AED4

HOT CHILI PONZU (L, V, GF, DF) &
LIGHT PONZU (L, V, GF, DF)
SESAME PONZU (L, V, GF, DF)
TRUFFLE PONZU (L, V, GF, DF)
WASABI PONZU (L, V, GF, DF) &
SPICY GINGER (L, V, GF, DF) &
MATCHA MISO (L, V, GF, DF)
SPICY SRIRACHA MAYO (M, GF, DF) &
WASABI MAYO (M, GF, DF) &

L- LIGHT SAUCE V- VEGAN M- MAYONNAISE BASE
& - SPICY GF- GLUTEN FREE DF- DAIRY FREE

TOPPINGS

EXTRA TOPPINGS + AED4

SEAWEED SALAD
MASAGO (FISH EGGS)
BEAN SPROUTS
MANGO
SPICY KALE
AVOCADO

BEETROOT
PAPAYA
SNOW PEAS
COCONUT CHIPS
PINEAPPLE
MIXED NUTS

CHILI FLAKES
FURIKAKE
NORI STRIPS
SESAME SEEDS
WASABI POWDER

PICKLED GINGER
TOGARASHI
CORIANDER
CRISPY SHALLOTS
CRUNCHY GARLIC

SIGNATURE POKÉ

S: AED 55 M: AED 65 L: AED 75

ALOHA

RAW SALMON, LIGHT PONZU SAUCE, RED ONION, EDAMAME, CHERRY TOMATOES, SEAWEED SALAD, MANGO, AVOCADO, SESAME SEEDS, CHILI FLAKES AND PICKLED GINGER.

RECOMMENDED BASE: SIGNATURE RICE

WAKIKI

RAW TUNA, SPICY MAYO SAUCE, EDAMAME, CUCUMBER, SPRING ONION, MASAGO, PINEAPPLE, SPICY KALE, CHILI FLAKES, SESAME SEEDS AND NORI STRIPS

RECOMMENDED BASE: BROWN RICE

SPICY MAUI

RAW TUNA, RAW SALMON, HOT CHILI PONZU SAUCE, EDAMAME, CUCUMBER, JALAPEÑO, PAPAYA, AVOCADO, SNOW PEAS, TOGARASHI, CRUNCHY GARLIC, PICKLED GINGER.

RECOMMENDED BASE: SIGNATURE RICE

LANAI (V)

TOFU, MUSHROOMS, MATCHA MISO SAUCE, SPRING ONIONS, RADISH, EDAMAME, SEAWEED SALAD, AVOCADO, PINEAPPLE, WASABI POWDER, CORIANDER AND CHILI FLAKES

RECOMMENDED BASE: ZUCCHINI NOODLES

NALU

CHICKEN, SPICY GINGER SAUCE, CARROTS, SWEETCORN, CHERRY TOMATOES, BEETROOT, SUGAR PEAS, CRUNCHY KALE, CORIANDER, MIXED NUTS AND SESAME SEEDS.

RECOMMENDED BASE: QUINOA

AED 50

THE BIG ISLAND BURRITO

RAW SALMON, RAW TUNA, SESAME PONZU SAUCE, EDAMAME, RED ONIONS, JALAPENO, AVOCADO, MANGO, SEAWEED SALAD, FURIKAKE, PICKLED GINGER AND WASABI POWDER

RECOMMENDED BASE: SIGNATURE RICE

GRAB & GO SALADS

AED 39

SWEET POTATO QUINOA

KALE, SWEET POTATO, QUINOA, CHERRY TOMATOES, SUNFLOWER SEEDS, WALNUTS, POMEGRANATE

RECOMMENDED DRESSING: BASIL PESTO

ASIAN NOODLE SALAD

RICE NOODLES, MUSHROOMS, SPRING ONION, EDAMAME, CARROTS, SNOW PEAS, RED SWEET PEPPER, BEAN SPROUTS.

RECOMMENDED DRESSING: SWEET CHILLI

MEXICAN CHOPPED SALAD

LETTUCE, RED ONIONS, SWEET CORN, BLACK BEANS, CHERRY TOMATOES, RED SWEET PEPPER, GREEN PEPPER, AVOCADO.

RECOMMENDED DRESSING: CREAMY AVOCADO

CHICKPEA SALAD

CHICKPEAS, CHERRY TOMATOES, SPINACH, CUCUMBER, RED ONION, JALAPENO, PARSLEY AND GOAT CHEESE.

RECOMMENDED DRESSING: BEETROOT TAHINI

ZESTY BEAN QUINOA SALAD

GREEN BEANS, KIDNEY BEANS, SWEETCORN, RED PEPPER, PEAS, EDAMAME, QUINOA, AVOCADO.

RECOMMENDED DRESSING: TURMERIC VINAIGRETTE

— MIX AND MATCH SALAD DRESSINGS —

BASIL PESTO, SWEET CHILLI, CREAMY AVOCADO, BEETROOT TAHINI, GINGER TURMERIC, BALSAMIC DIJON VINAIGRETTE

— ADD CHICKEN, TOFU OR SHRIMP FOR 9 AED —

EACH SALAD CONTAINS ONE FREE (70ML) DRESSING BOTTLE — EACH EXTRA SALAD DRESSING IS 7 AED

BREAKFAST

AVOCADO TOAST YOUR WAY ³²

AVOCADO, ASPARAGUS, CHILL FLAKES, RADISH, POMEGRANATE AND ZAAATAR ON MULTISEEDED WHOLEGRAIN BREAD

AVOCADO, SALMON, CAPERS, SPRING ONION AND BASIL ON MULTISEEDED WHOLEGRAIN BREAD

AVOCADO, MUSHROOMS, GOAT CHEESE, CHERRY TOMATOES AND DILL ON MULTISEEDED WHOLEGRAIN BREAD

FREE RANGE ORGANIC EGGS FOR
EXTRA 7AED EACH
POACHED, OMELETTE OR SCRAMBLED

²¹ NUT BUTTER TOAST

ALL NATURAL PEANUT BUTTER AND CHIA JAM ON TOAST TOPPED WITH FRESH FRUIT

VEGAN BANANA BREAD ¹⁸

WALNUTS AND CHIA JAM (GLUTEN FREE)

BREAKFAST BOWLS

OVERNIGHT OATS ²⁵

ROLLED OATS, BANANA, CINNAMON & NUTMEG SOAKED OVERNIGHT IN OUR HANDCRAFTED ALMOND MILK TOPPED WITH ORANGE, BLUEBERRY, STRAWBERRY AND POMEGRANATE

²⁸ CHIA SEED PUDDING

ORGANIC CHIA SOAKED IN OUR HANDCRAFTED ALMOND MILK AND TOPPED WITH MIXED BERRIES AND AGAVE

ALL PRICES ARE INCLUSIVE OF 5% VALUE ADDED TAX.

IF YOU HAVE ANY ALLERGIES OR FOOD INTOLERANCES, PLEASE SPEAK TO ONE OF OUR TEAM MEMBERS BEFORE PLACING YOUR ORDER

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DESSERTS

ALL DESSERTS ARE VEGAN, PALEO, GLUTEN-FREE, DAIRY-FREE, REFINED SUGAR FREE

28 VEGAN SALTED CARAMEL CHEESE CAKE

CASHEWS, DATES, VANILLA, ALMONDS, PEANUTS, PINK SALT, AGAVE

29 VEGAN TIRAMISU

WALNUTS, DATES, COFFEE, ALMOND, VANILLA, CASHEW, COCONUT, CACAO, COCONUT OIL, AGAVE, CACAO BUTTER, PINK SALT

35 DOUBLE CHOCOLATE COOKIE STACK (6 PIECES)

ORGANIC ALMOND FLOUR, ORGANIC COCONUT SUGAR, ORGANIC COCONUT OIL, FLAX SEEDS, CACAO.

15 MEDJOL DATE BROWNIE

ORGANIC ALMOND FLOUR, ORGANIC GLUTEN-FREE FLOUR, ORGANIC COCONUT OIL, ORGANIC COCONUT SUGAR, MEDJOL DATES, FLAX SEEDS, CACAO, DAIRY-FREE & SUGAR-FREE CHOCOLATE.

15 HAZELNUT BROWNIE

ORGANIC ALMOND FLOUR, ORGANIC GLUTEN-FREE FLOUR, ORGANIC COCONUT OIL, ORGANIC COCONUT SUGAR, ORGANIC DATE SYRUP, HAZELNUTS, FLAX SEEDS, CACAO, DAIRY-FREE & SUGAR-FREE CHOCOLATE.

15 CHOCO HAZELNUT COOKIE

ORGANIC ALMOND FLOUR, ORGANIC COCONUT OIL, ORGANIC COCONUT SUGAR, ORGANIC COCONUT FLOUR, HAZELNUT, DAIRY-FREE & SUGAR-FREE CHOCOLATE.

SMOOTHIE BOWLS

45 ACAI BOWL

WILD HARVESTED ACAI BLENDED WITH FRESH STRAWBERRIES & BANANA.

TOPPED WITH: GRANOLA, CHIA SEEDS AND SEASONAL FRUITS.

42 MATCHA BOWL

MATCHA BLENDED WITH BANANA, KIWI, MANGO AND SPINACH

TOPPED WITH: SEASONAL FRUIT & PUMPKIN SEEDS.

42 MANGO, PINEAPPLE & TURMERIC BOWL

MANGO BLENDED WITH PINEAPPLE, BANANA AND TURMERIC.

TOPPED WITH: TOPPED WITH CACAO NIBS, SEASONAL FRUIT, CASHEWS, ORANGE, MINT

42 STRAWBERRY & GINGER BOWL

STRAWBERRIES BLENDED WITH GINGER ROOT, PINEAPPLE, CASHEWS, LIME AND AGAVE.

TOPPED WITH: SEASONAL FRUIT AND GRANOLA

SMOOTHIES

AED 35

ALL SMOOTHIES ARE VEGAN, PALEO, REFINED SUGAR FREE AND DAIRY FREE

ENERGY KICK

BEETROOT, APPLE, LIME, AVOCADO, PINEAPPLE

ACAI POWER

ACAI, BANANA, ALMOND MILK, STRAWBERRIES, CHIA SEEDS

MANGO MAGIC

MANGO, PINEAPPLE, APPLE JUICE, GINGER, CINNAMON, CHIA SEEDS

GREEN MACHINE

PINEAPPLE, APPLE, SPINACH, KALE, AVOCADO, LEMON

JUMP START

ALMOND & COCONUT MILK, BANANA, OATS, DATES, VANILLA

SESAME BANANA

CASHEW, BANANA, TAHINI, SALT, VANILLA

MOCHA MANIA

ALMOND MILK, COFFEE, CACAO POWDER, PEANUT BUTTER, DATES, HIMALAYAN SALT

ORGANIC NUT MYLKS

23 - 250ML 39 - 500ML

CHOCOLATE ALMOND

DATES, ALMOND, FILTERED WATER, CACAO, SEA SALT. RICH IN VITAMINS A & D. DAIRY FREE DRINK.

CASHEW MYLK

CASHEWS, FILTERED WATER, CINNAMON, RAW ORGANIC HONEY, VANILLA. SUPPORTS HEALTHY SECRETION OF INSULIN AND CONTROLS BLOOD SUGAR LEVELS.

PITTA AYURVEDIC

SPROUTED ALMONDS, DATE PASTE, IONISED WATER, HIMALAYAN PINK SALT, VANILLA BEAN, CARDAMOM AND SAFFRON. PROTEIN-RICH AND HELPS BALANCE PH LEVELS NECESSARY FOR THE BODY.

ORGANIC COLD PRESSED JUICES

100% ORGANIC, RAW, COLD-PRESSED AND NON-PASTEURIZED

23 - 250ML 39 - 500ML

PURE GREEN

SPINACH, CUCUMBER, PARSLEY, ARABIC COURGETTES, FENNEL, APPLE. SUPPORTS LIVER DETOXING

SWEET KALE

APPLE, LEMON, GINGER, KALE AND ADDED HOMEMADE APPLE CIDER. GREAT FOR BRAIN FUNCTION AND DIGESTIVE HEALTH.

AFTER PARTY

BEETROOT, CARROT, LEMON, GINGER, APPLE. PROMOTES COMPLETE DIGESTION AND GOOD FOR DETOXING AND HEART HEALTH

YOUNG LOVE

BLUEBERRY, PINEAPPLE, CHIA SEEDS, STRAWBERRY AND STEVIA. PROMOTES IMMUNE FUNCTION, RESTFUL SLEEP, AND GENERAL WELL-BEING.

BHAKTI AYURVEDA

ALOE VERA, COCONUT WATER, CUCUMBER, APPLE, PINEAPPLE, MINT, BRAIN TONIC, LEMON.

HELPS REGULATE METABOLISM, HYDRATING AND AIDS DIGESTION.

CHARCOAL LEMONADE

LEMON, ACTIVATED CHARCOAL, RAW ORGANIC HONEY AND TURMERIC LIMESTONE.

COFFEE & TEA

ESPRESSO SGL - 13
ESPRESSO DBL - 15
PICCOLO - 16
AMERICANO - 18
CAPPUCCINO - 18

CAFÉ LATTE - 18
FLAT WHITE - 20
MOCHA - 20
ICE LATTE - 22
COLD BREW - 30

SWITCH MILK TO NUT MILK - AED4

23 SUPERFOOD LATTE (NUT MILK BASE)

TURMERIC LATTE
MATCHA LATTE
CHARCOAL LATTE
BEETROOT LATTE

ORGANIC POT OF TEA

15 ENGLISH BREAKFAST
EARL GREY
GREEN
DETOX
MATCHA
CHAI

WATER

FII 500 ML - 7
FRESH WHOLE COCONUT - 19



CENTRAL PARK TOWERS, P2 LEVEL,
OPPOSITE SPINNEYS, DIFC

HELLO@POKEANDCO.COM
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@POKEANDCO

800 POKE

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