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**BOWLS**



**MM**  
**LORDS**  
**OF POKÉ**

# HOUSE RULES

Keep it real and build your bowl with one of our house poké.

## HOUSE POKÉ

### CLASSIC TUNA

Sesame soy, spring onions, toasted sesame, daikon and kombu seaweed

### SPICY TUNA

Sriracho Ponzu, red onion, coriander, toasted sesame and finished with tōgarashi mayo

### AVO TUNA

Lime ginger soy, avocado, spring onions and toasted sesame

### YUZU SALMON CEVICHE (gf)

Yuzu, spring onion, toasted sesame, chilli, mango and coriander

### TERIYAKI SALMON

Teriyaki sauce, nori, daikon, red onion and toasted sesame

### MISO SALMON (gf)

Miso, ginger Ponzu, spring onion toasted sesame and avocado

### TOGARASHI PRAWNS

Tōgarashi mayo, lime ponzu, shredded nori, spring onion and toasted sesame

### GINGER MISO TEMPEH (gf/v)

Ginger Ponzu, cashew nuts, spring onions, toasted sesame and finished with miso aioli

### SATAY TEMPEH (v)

Satay sauce, red onions, toasted sesame and peanuts

## BUILD YOUR BOWL

# 1

### PICK YOUR BASE

Choose rice or veg and add up to 5 salad items.

# 2

### THE POKÉ

Then choose one of our house poké

# 3

### PIMP YOUR BOWL

Finish it off with a few of our tasty toppings.

### RICE & VEG

Sushi rice  
Coconut brown rice  
Courgetti & napa cabbage

### SALAD

Seaweed salad  
Kimchi cucumbers  
Edamame  
Charred corn  
Shaved radish  
Bean sprouts  
Sweet pickled beets  
Pineapple  
Pickled Ginger

### POKÉ

Classic Tuna  
Spicy Tuna  
Avo Tuna  
Yuzu Salmon Ceviche  
Teriyaki Salmon  
Miso Salmon  
Tōgarashi Prawns  
Ginger Miso Tempeh  
Satay Tempeh

### TOPPINGS

Crispy onions  
House furikake  
Toasted coconut  
Spiced seeds  
Crushed peanuts  
Toasted sesame  
Wasabi peas  
Chilli flakes  
Seaweed caviar