

1. CHOOSE A BOWL

Choose a bowl then pick your base



Served on either **whole grain sushi rice, courgetti & napa cabbage** or go **50/50!**

All bases are dressed with **Lords Unagi (GF)**. Wasabi aioli is optional.



(GF)

Naked salmon with edamame, sweet pickled beets, seaweed salad and kimchi cucumbers

£8.5 / £2.5 extra scoop



(GF)

Naked tuna with edamame, seaweed salad, kimchi cucumbers and pickled ginger

£8.5 / £2.5 extra scoop



(GF)

Miso salmon with mango, sweet pickled beets, shaved radish and charred corn

£8.5 / £2.5 extra scoop



(GF)

Sesame tuna with edamame, kimchi cucumbers, pickled ginger and seaweed salad

£8.5 / £2.5 extra scoop



(GF) 🌶️

Sriracha salmon with edamame, pickled ginger, shaved radish and steamed broccoli

£8.5 / £2.5 extra scoop



(GF) 🌶️

Spicy tuna with edamame, mango, charred corn and kimchi cucumbers

£8.5 / £2.5 extra scoop



(V/VE)

Hoisin THIS isn't chicken with mango, grated carrot, steamed broccoli and edamame

£7.5 / £1.5 extra scoop



(V/VE/GF)

Sesame roast tempeh with edamame, seaweed salad, charred corn and shaved radish

£7.5 / £1.5 extra scoop



(GF)

Lemon Pesto chicken with edamame, steamed broccoli, shaved radish, grated carrot

£8 / £2 extra scoop

2. EXTRAS



Kimchi (v/ve) (+£1)

Mashed avocado (v/ve) (+£1)

Fresh chilli

Coriander

3. SAUCES

Coriander & lime aioli

Tōgarashi mayo 🌶️🌶️

Sriracha mayo 🌶️

Sesame mayo

Teriyaki mayo

Vegan aioli

Follow us on Instagram @lordsofpoke and tag your bowls #lordsofpoke #lordsbowls

Please speak to a member of staff if you have any **allergens, intolerances or dietary restrictions**. All dishes contain sesame seeds.

All our salads are **vegan friendly** and **gluten free** items marked (GF).