

# MENU

**Extra hungry?**  
Order the Large bowl for € 2.00 extra.

**poké perfect**

Hawaiian inspired food

## Fish. 🐟



### The Witzel

Salmon, avocado, cucumber and spring onion mixed in with our signature Poké Ponzu sauce, topped off with vegan orange masago and sesame seeds (add mango + € 1.00).

13.<sup>50</sup>



### Shrimply The Best

Shrimp tempura, avocado, cucumber and seaweed salad mixed in with our vegan Wasabi Mayo, topped off with shredded seaweed and chili flakes.

11.<sup>90</sup>



### The Original

Salmon, avocado, edamame beans, spring onion, shredded seaweed flakes and sesame seeds in a spicy marinade topped off with vegan orange masago and our vegan Sriracha Mayo.

14.<sup>50</sup>



### Spicy Sriracha Tuna

Ahi tuna, avocado, edamame beans, carrots and spring onion mixed in with our vegan Sriracha Mayo, topped off with tempura crunchies and sesame seeds.

15.<sup>50</sup>



## We care about our planet.

That's why we add climate labels to our signature bowls that display the carbon footprint of each meal. It shows whether the bowl of your choice is equivalent to a low, medium, or high climate impact. Scan the QR-code and find out more.

## Vegan. 🌱



### The Vegan Original

Vegan salmon, avocado, edamame beans, spring onion, shredded seaweed flakes and sesame seeds in a spicy marinade topped off with our vegan Sriracha Mayo.

12.<sup>90</sup>



### Next Level Tempeh

Sticky tempeh, cucumber and corn in a spicy marinade topped off with pickled veggies, shredded seaweed flakes and sesame seeds.

11.<sup>90</sup>



### You Make Miso Happy

Crispy tofu, cucumber, edamame beans, red beet and carrots mixed in our Miso Tahini sauce topped off with crispy fries and sesame seeds.

11.<sup>90</sup>



## Specials. ★

Try our new protein bowls with tofu or chicken and lots of protein!



### Protein Poké - Tofu

**Contains 38 grams of protein!**

Quinoa, tofu, feta cheese, sweet potatoes, chickpeas, edamame beans and red beet served with our Miso Tahini sauce, topped off with spring onion, chili flakes and sesame seeds.

12.<sup>90</sup>



### Protein Poké - Chicken

**Contains 48 grams of protein!**

Quinoa, marinated chicken thighs, feta cheese, sweet potatoes, chickpeas, edamame beans and red beet served with our Miso Tahini sauce, topped off with spring onion, chili flakes and sesame seeds.

13.<sup>90</sup>



## Meat. 🍖



### Slow Cooked Beef

Warm slow cooked beef served on top of edamame beans, cucumber and radish mixed in our vegan Sriracha Mayo topped off with pickled veggies, fried garlic and sesame seeds.

13.<sup>90</sup>



### Teriyaki Ginger Chicken

Warm chicken thighs served on top of corn, carrots, sweet potato and cucumber mixed in our Teriyaki Ginger sauce, topped off with pickled ginger, crunchy onion and sesame seeds.

12.<sup>90</sup>



## Sides.

Shrimp tempura	1•3•6	4.75
Spring rolls	1•2•3	4.25
Yakitori chicken	1•3	4.50
Gyoza	1•2•3	4.25
Seaweed salad	1•2•3	3.50
Pickled veggies		3.00

## Desserts.

Chocolate brownie	1•3•5	4.75
Spekkoek	1•4•11	4.50
Matcha green tea mochi	4	4.90
Mango mochi	3	4.90
Coconut mochi	4	4.90



## Pssst.

Is your bowl labeled with a value above the climate-neutral 0.5 kg CO<sub>2</sub>e? Compensate the climate impact of your bowl at the counter, and we will donate it to charity. Thank you!

Scan me



All signatures come with sushi rice as a base - this can be substituted for quinoa, kale, salad or broccoli rice.

# BUILD YOUR OWN

Regular bowl €12.90 ● Large bowl €14.90



1

## Base.

Choose your base

1. Sushi rice
2. Organic kale
3. Baby greens
4. Quinoa
5. Broccoli rice + €1.<sup>00</sup>

2

## Premium.

Choose 1 premium (extra + €3.<sup>50</sup>)

1. Salmon 7
2. Ahi tuna 7 + €3.<sup>00</sup>
3. Vegan salmon
4. Tofu 1•2•3•8
5. Sticky tempeh 1•3

## Warm premium.

7. Shrimp tempura 1•3•6
8. Gyoza (vegan) 1•2•3
9. Chicken thighs 1•3 (halal, free range)
10. Slow cooked beef (free range) 1•3 + €2.<sup>00</sup>
11. Tempura fried chicken 1•3

3

## Topping.

Choose 3 toppings (extra + €0.<sup>90</sup>)

1. Carrots
2. Cherry tomatoes
3. Crispy corn
4. Cucumber
5. Edamame beans 3
6. Jalapeños
7. Orange masago 1•3 (vegan)
8. Pineapple
9. Radish
10. Red beet
11. Spring onion
12. Sweet potato
13. Chickpeas
14. Pickled cabbage, onion & carrots
15. Boiled egg 11 + €1.<sup>00</sup>
16. Avocado + €1.<sup>00</sup>
17. Mango + €1.<sup>00</sup>
18. Seaweed salad 1•2•3 + €1.<sup>00</sup>
19. Feta cheese 4 + €1.<sup>00</sup>

4

## Sauce.

Choose a sauce

1. Poké ponzu 1•2•3  
*Our signature sauce*
2. Sriracha mayo  
*Slightly spicy*
3. Miso tahini 1•2•3
4. Teriyaki ginger 1•3•8
5. Wasabi mayo 8•9  
*Slightly spicy*
6. Kewpie mayo 3•9•11

5

## Final touch.

Top it off!

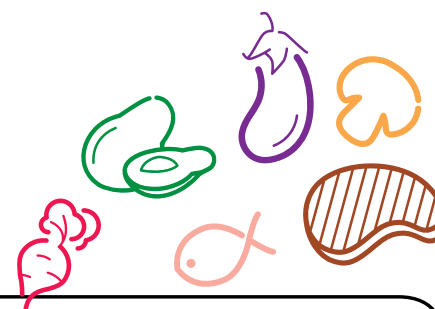
1. Chili flakes 2
2. Crispy fries 10
3. Crunchy onion 1
4. Fried garlic
5. Sesame seeds 2
6. Shredded seaweed flakes
7. Pickled ginger
8. Tempura crunchies 1•11
9. Wasabi 9
10. Signature house seasoning 1•2•3•4•6•7•11



## Allergies.

- |                 |             |
|-----------------|-------------|
| 1. Gluten       | 8. Sulfites |
| 2. Sesame       | 9. Mustard  |
| 3. Soy          | 10. Celery  |
| 4. Milk/lactose | 11. Egg     |
| 5. Nuts         | 12. Lupine  |
| 6. Shellfish    | 13. Peanuts |
| 7. Fish         | 14. Mollusc |

Our products are prepared in kitchens where allergens are present. We cannot guarantee our products are 100% free from (traces of) allergens.



We want to cool down the planet. Like to help us? Scan the QR code and learn more about each ingredient's carbon footprint and what you can do to help.

Read more



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