

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).

13.⁹⁵



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.

12.⁵⁰



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.

14.⁵⁰



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.

15.⁹⁵



Protein.



38 grams of protein!

Protein Poké - Tofu

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.

13.⁵⁰



48 grams of protein!

Protein Poké - Chicken

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.

14.⁵⁰



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.

14.⁵⁰



Next Level Tempeh

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

12.⁵⁰



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.

12.⁵⁰



Specials.

Try our warm, Indonesian-inspired bowls created in collaboration with chef **Ron Blaauw!**



Ron Gastro Bowl - Beef Rendang

Beef rendang served with sushi rice, a boiled egg in traditional telor sauce, haricot verts, pickled veggies, drizzled with creamy Kewpie mayo and topped off with emping, seroendeng, garlic chili crunch and a dash of spring onion.

15.⁵⁰



Ron Gastro Bowl - Tempura Shrimp

Tempura shrimp served with sushi rice, a boiled egg in traditional telor sauce, haricot verts, pickled veggies, drizzled with creamy Kewpie mayo and topped off with emping, seroendeng, garlic chili crunch and a dash of spring onion.

13.⁵⁰

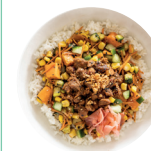
Meat.



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.

14.⁵⁰



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.

13.⁹⁵



Sides.

Shrimp tempura 1•3•6

4.⁷⁵

Spring rolls 1•2•3

4.²⁵

Gyoza 1•2•3

4.²⁵

Seaweed salad 1•2•3

3.⁵⁰

Pickled veggies

3.⁰⁰

Seaweed nachos with guacamole

4.⁵⁰

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

Pssst.

Is your bowl labeled with a value above the climate-neutral 0.5 kg CO₂e? Compensate the climate impact of your bowl at the counter, and we will donate it to charity.

Thank you!

All signatures come with sushi rice as a base - this can be substituted for quinoa, salad, broccoli rice or organic kale. **Do you have any allergies? Ask our staff!**

BUILD YOUR OWN

Regular bowl €13.50 ● Large bowl €15.50



1

Base.

Choose your base

1. Sushi rice
2. Baby greens
3. Quinoa
4. Organic kale
5. Broccoli rice + €1.00

2

Premium.

Choose 1 premium (extra + €3.50)

1. Salmon 7
2. Ahi tuna 7 + €3.00
3. Vegan salmon
4. Tofu 1•2•3•8
5. Sticky tempeh 1•3

Warm premium.

1. Shrimp tempura 1•3•6
2. Gyoza (vegan) 1•2•3
3. Chicken thighs 1•3 (halal, free range)
4. Beef rendang + €2.00
5. Slow cooked beef (free range) 1•3 + €2.00
6. Tempura fried chicken 1•3

3

Topping.

Choose 3 toppings (extra + €0.90)

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. Haricot verts
13. Chickpeas
14. Pickled cabbage, onion & carrots
15. Sweet potato + €0.50
16. Boiled egg 11 + €1.00
17. Avocado + €1.00
18. Mango + €1.00
19. Seaweed salad 1•2•3 + €1.00
20. Feta cheese 4 + €1.00

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. Garlic chili crunch 3
11. Emping 5
12. Seroendeng
13. Signature house seasoning 1•2•3•4•6•7•11

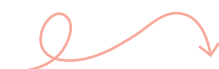


Allergies.

- | | |
|-----------------|-------------|
| 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 |

More about allergies?

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



Scan me



We care about out 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.



Scan me



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