

Born in Hawaii
Raised in California
We are now proud
to serve you in Milano!

_We make each poke
in-house with **love**

_Your **happiness** is key,
so feel free to slip on
your comfiest sweatpants
and hoodies when you
visit us!

_We are committed
to using **seasonal**
& **locally** sourced
ingredients

_Our chef is constantly
working on **new**
surprises and **new**
special sauces



POKE HOUSE

CALIFORNIAN SOUL
HAWAIIAN TASTE



NAVIGLI
VIA P. PAOLI 3
T 02 8278 8640



ISOLA
VIA G. DE CASTILLIA 24
T 02 8496 7729



CITY LIFE
PIAZZA TRE TORRI
Ground floor. Sunny garden

House Specials

Let our chef take care of you!

SUNNY SALMON

Riso bianco, Salmone*, Avocado, Edamame**, Cipollotto, Cavolo Rosso, Crispy Edamame**, Sesamo*, Salsa speciale*, Crema di Avocado, Spicy Mayo*

9.95€

SPICY TUNA

Riso, Tonno*, Cavolo Rosso, Carote, Cetrioli, Goma Wakame**, Spicy Peanuts Sauce, Tobiko**, Crispy Onion, Sesamo*, Jalapeno, Salsa Peanuts

11.95€

WHITE FISH

Riso Bianco, Ricciola, Avocado, Alga allo Zenzero**, Mango, Ananas, Jalapeno, Crispy Patata Dolce, Sesamo*, Salsa Ponzu*

11.95€

VEGAN

Quinoa mista, Tofu, Cocco, Carote, Avocado, Cavolo rosso, Crispy patata dolce, Uvette, Anacardi*, Sesamo*, Salsa Teriyaki*, Salsa Carota

9.95€

CHICKEN

Riso bianco, Pollo Teriyaki*, Zenzero*, Zucchine, Pomodorini, Cipollotto, Cavolo rosso, Anacardi*, Sesamo*, Salsa Spicy Mayo*

9.95€

Monthly special

Because we like it fresh!

13.95€

FISH PARTY SALAD

Insalata fresca, Salmone* e Branzino* scottati con Salsa Ponzu all'Ananas, Avocado, Carote, Cavolo Rosso, Zenzero, Tobiko**, Anacardi, Cipollotto, Salsa Teriyaki

Si avvisa la gentile clientela che negli alimenti e nelle bevande preparati e somministrati in questo esercizio possono essere contenuti ingredienti o coadiuvanti considerati allergeni.

*Richiedi il registro allergeni ai nostri ragazzi

In caso di qualsiasi allergia alimentare si prega di segnalarlo al momento dell'ordinazione

**Prodotto fresco surgelato all'origine

Create your own Poke!

a partire da
10.50€

1 SIZE IT

How hungry are you?

REGULAR
Protein:2 / Green: 4

LARGE
Protein:3 / Green:5

2 BASE IT

One or two?

Riso

Riso integrale

Riso basmati

Quinoa

Insalata fresca

3 TOP IT

How do you feel today?

Salmone*

Tonno*

Branzino*

Crab Salad*

Tofu*

Pollo

4 GREEN IT

Make it fresh & healthy!

Ananas

+0.50€

Cipolla viola

Avocado

+0.50€

Cipollotto

Goma Wakame**

+0.50€

Cocco

Mango

+0.50€

Edamame**

Alghe allo Zenzero**

Feta

Alghe nori

Jalapeno

Carote

Pomodorini

Cavolo nero

Tobiko**

Cavolo rosso

Uvette

Ceci

Zenzero

Cetriolo

Zucchine

5 SAUCE IT

This is where we rock!



Teriyaki*

Sesamo* Special

+0.30€

Ponzu*

Crema di avocado

+0.30€

Soya*

Salsa mango

+0.30€

Soya* senza glutine

Soya wasaby*

+0.30€

Olio extravergine di oliva

Senape e miele*

+0.30€

Spicy mayo*

+0.30€

Salsa spicy peanuts*

+0.30€

Salsa Ceviche

+0.30€

Salsa 7 spezie

+0.30€

Wasabi dressing

+0.30€

Salsa yogurt e cocco

+0.30€

Salsa Carote

+0.30€

Salsa speciale

+0.30€

Mayo Wasaby

+0.30€

6 FINISH IT

Crispy & Crunchy!

Sesamo*

Semi misti

Crispy patata dolce

Crispy onion

Anacardi*

Extras

COLD PRESS

Smoothies are so last year!

BLOOD JUICE

Barbabietola, Mela, Carota, Limone

GREEN GRAPE

Uva, Mela, Kiwi, Zenzero**

THE HOUSE

Arancia, Limone, Finocchio, Ananas, Zenzero**

TROPICAL

Mela, Mango, Papaya, Ananas

4.00€

DRINKS

Thirsty?

STILL OR SPARKING WATER

Free refills! We care about the environment. Proceeds go to charity

1.00€

Smart water

2.00€

Detox water

2.00€

COCA COLA /33cl

Regular/Zero/Ginger

2.50€

ICED TEA /33cl

Charitea

4.00€

Honestea

3.50€

Limonada mathe

3.50€

COCONUT WATER 100% natural /150ml

Zico

3.50€

Junoon

4.00€

Someone at home will enjoy it later!



You don't like to waste food? Neither us!

Always Ask for a doggy bag.

HAWAIIAN MOCHI

Make it sweet!



CIOCCOLATO



GREEN TEA



COCCO



MANGO



NOCCIOLA



VANIGLIA

2.50€

BEERS

Original hawaiian beers!

LONGBOARD

33cl. Island Lager

HANALEI

33cl. Island Ipa

BIG WAVE

33 cl. Golden Ale

5.00€

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