



Pacific Poke

HAWAIIAN INSPIRED FOOD

Menu



www.pacific-poke.com

Poke dello Chef



Pacifik

11,90€ 🍴

13,90€ 🍴

White sushi rice topped with our citrusy Pacifik sauce and mayo, raw salmon, avocado, edamame, dry wakame seaweed, cashews, tobiko and chives ^{1,4,6}



Volcano

11,90€ 🍴

13,90€ 🍴

White sushi rice topped with our Volcano sauce made with spicy mayo, raw tuna, edamame, marinated cucumbers*, dry wakame seaweed, cashews, radishes, tobiko and chives ^{1,3,4,6}



Teriyaki Chicken

11,90€ 🍴

13,90€ 🍴

White sushi rice, marinated chicken in teriyaki sauce, marinated carrots*, marinated cucumbers*, marinated purple cabbage*, cherry tomatoes and crispy onion ^{1,6}



Flame Salmon

11,90€ 🍴

13,90€ 🍴

White sushi rice topped with mayo and our Flame sauce, seared salmon, hard-boiled egg marinated in soy sauce, cucumbers, carrots, radishes and flaked almonds ^{1,3,4,6,8,10}



Salmon Lover NEW!

11,90€ 🍴

13,90€ 🍴

White sushi rice topped with our soy sauce, salmon, avocado, edamame, cream cheese and sesame ^{1,4,6,7,11}



Huli Vegan

11,90€ 🍴

13,90€ 🍴

Couscous and iceberg lettuce dressed with our vegan mayo, soy strips, chickpea hummus, avocado, marinated carrots, cherry tomatoes and jalapeño ^{1,6}



Gym Poké NEW!

10,90€ 🍴

12,90€ 🍴

Black rice, chicken strips, avocado, edamame, cherry tomatoes, corn, flaked almonds and olive oil ^{6,8}

Starters

Takoyaki

Octopus Meatballs with Teriyaki Sauce ^{1,6,14}

4,50€

Tartare Crunchy Salmon

White sushi rice, salmon marinated in teriyaki sauce and volcano sauce made with spicy mayo, avocado and flaked almonds ^{1,4,6,8}

7,50€

Tempura prawns

with sweet and sour sauce ^{1,2,12}

5,90€



Ramen

Veal

Noodles in miso and vegetable broth, veal cheek, boiled egg marinated in soy sauce, dry wakame seaweed, purple cabbage, carrots and chives ^{1,3,6,9}

12,50€

Shrimp

Noodles in miso and vegetable broth, prawns, boiled egg marinated in soy sauce, dry wakame seaweed, purple cabbage, courgettes and chives ^{1,2,3,6,9,12}

12,90€

Pork

Noodles in miso and vegetable broth, marinated pork, boiled egg marinated in soy sauce, dry wakame seaweed, shiitake mushrooms and chives ^{1,3,6,9}

13,90€

Vegan

Noodles in miso and vegetable broth, soy strips, dry wakame seaweed, soy sprouts, purple cabbage, shiitake mushrooms and chives ^{1,6,9}

12,90€

 **Do you want something spicy?** Add Chili Flakes to Your Ramen

Pacifik Salads

Chicken

Iceberg salad with chicken strips, marinated purple cabbage*, marinated cucumbers*, marinated carrots* and yogurt dressing ^{3,7,9,10}

8,50€

Honolulu

Iceberg salad with tuna in olive oil, mozzarella bites, green beans, cherry tomatoes, olives ^{4,7,12}

8,90€

Add a Bagel to Your Salad

+1,00€

Bagels

AvoChicken

Bagel with chicken strips, avocado, cherry tomatoes, iceberg lettuce and mayo ^{1,3,6,10}

6,90€

Salmon

Bagel with cooked salmon, avocado and cream cheese ^{1,4,6,7}

7,90€

Tuna

Bagel with tuna in olive oil, mozzarella bites, cherry tomatoes, mayo and flaked almonds ^{1,3,4,6,7,8,10}

6,90€

Lau Vegan

Bagel with chickpea hummus, avocado, cherry tomatoes and flaked almonds ^{1,6,8}

6,50€

Crea il tuo poke

prova ad essere uno chef!



Regular | 10,90€

2 Proteins | 4 Greens | 1 Sauce | 1 Topping



Large | 13,90€

3 Proteins | 5 Greens | 1 Sauce | 1 Topping

1 Choose the Base

White Sushi Rice

Black Rice

Iceberg Salad

Cous Cous

Half and Half

2 Choose Proteins

Extra +2,00€

Salmon

Tuna

Flambé salmon + 0,30€

Prawns

Tempura shrimp

Tuna in olive oil

Hard boiled egg

marinated in soy sauce

Chicken strips

♀ Soy strips

Chickpea hummus

Cream cheese

3 Choose the Greens

Extra +0,50€

Wakame seaweed dry

Cashews

Pineapple

Avocado + 0,50€

Mozzarella bites

* Marinated carrots

* Marinated purple cabbage

* Marinated cucumber

Avocado cream + 0,30€

Chickpea hummus + 0,30€

Edamame

Shiitake mushrooms + 0,30€

Green beans

Bean sprouts

Goma Wakame + 0,30€

Iceberg salad

Corn

Mango + 0,50€

Olives

Cream cheese + 0,30€

Cherry tomatoes

Radishes

* Marinated courgettes

4 Choose the Sauce

Extra +0,30€

Pacifik with citrus notes



Volcano spicy mayo based



Mayo Wasabi

Mayo

Olio Evo

Soy Sauce

Soy Sauce **Gluten Free**



Sriracha Sauce

Sweet and Sour

Sauce

Vegan Mayo

Yogurt Sauce

Teriyaki Sauce

5 Choose the Topping

Extra +0,30€

Crispy onion

Sesame seeds

Jalapeño

Slivered almonds

Cashew nuts

Tobiko + 0,30€

Chives



Sweet Bagel 4,00€

Bagel with Nutella® and cashew nuts ^{1,6,7,8}

Fruit Poke 3,00€

Fruit salad

Chocolate Brownie ^{1,3,6,7,8} **NEW!** 3,50€

Mochi
1 taste | 2,50€

Mochi Party
3 taste | 5,90€

Available flavors: Mango and Passion Fruit ⁷, Green Tea ⁷, Pineapple and Coconut ⁶,
Vanilla ⁷, Almond and Caramel ⁶, Chocolate ⁷

Try them all!



Beverage

Still Water 50cl 1,90€

Sparkling Water 50cl 1,90€

Coconut Water Bio 25cl 3,50€

Coca-Cola 33cl 2,50€

Coca-Cola Zero 33cl 2,50€

Estathé Pesca 33cl 3,00€

Estathé Limone 33cl 3,00€

Beer

Ichnusa Non Filtrata 33cl | 5% vol

Menabrea Bionda 33cl | 4,8% vol

Hawaiian "Big Wave" 35,5cl | 4,4% vol

Kona Big Wave Golden Ale is a pale, light and refreshing beer characterized by an exotic and tropical taste.



3,90 €

3,90 €

5,50 €

or Wine?

Vino Bianco - Falanghina DOP 75cl | 13% vol

16,00 € Bottle 4,00 € Glass



Caffè Espresso 1,50€

Who is Mr. Pacifik?

Mr. Pacifik is a curious traveler who loves to explore the world and bring home the dishes and flavors he has encountered during his travels. And it is precisely during his travels that Mr. Pacifik has collected in his backpack many experiences, made of emotions, flavors and scents.



Follow us on @pacifik.poke
Don't miss the adventures of Mr. Pacifik!



Vegan



Spicy



Marinated with rice vinegar

For information on allergens in dishes, consult the information to be requested from the waiter.
Fish product compliant with the provisions of Reg. [EC] 853/2004, Annex III, Section VIII, Chapter 3, letter D, point 3. All beers contain gluten. Wine contains sulphites.

SUBSTANCES OR PRODUCTS THAT CAUSE ALLERGIES OR INTOLERANCES

1. Cereals containing gluten | 2. Crustaceans | 3. Eggs and derivatives | 4. Fish | 5. Peanuts | 6. Soy
7. Milk and milk products (including lactose) | 8. Nuts | 9. Celery | 10. Mustard
11. Sesame seeds | 12. Sulphur dioxide and sulphites | 13. Lupins | 14. Molluscs

List of frozen or deep-frozen products: tempura prawns, salmon, octopus meatballs, veal cheek, prawns, marinated pork, soy strips, chicken, bagels, chickpea hummus, edamame, tobiko, tuna, green beans, mochi, brownies.