

# — CREATE YOUR OWN POKE —



## 1. SIZE

### MEDIUM - 17-

1 x Base 100 gr  
1 x Protein  
3 x Ingredients  
2 x Toppings

### LARGE - 20-

1 x Base 150 gr  
2 x Protein  
4 x Ingredients  
3 x Toppings

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## 2. BASE

Sushi Rice  
Brown Rice  
Quinoa  
Zucchini Noodles



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## 3. PROTEIN

Salmon  
Tuna  
Tofu  
Chicken or Chicken Teriyaki



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## 4. INGREDIENTS

Avocado

Mango

Radish

Cucumber

Carrots

Cherry Tomatoes

Wakame Seaweed



Edamame

Jalapeno

Cream Cheese

Eggs

Tobiko

Feta Cheese

Pomegranate

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## 5. TOPPINGS

Nori Seaweed

Coriander

Sesame Seeds

Fried Onions



Spring Onions

Chives

Pumpkin Seeds

Chia Seeds

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## 6. SAUCE

Sesame-Soy

Spicy Sambal Mayo

Ponzu Citrus

