Our Favourites OKÉ POKÉ BOWL

1 Salmon Sriracha mayo 42,-

avocado, mango, wakame, edamame, carrot, pickled ginger, green onion (chives), sriracha mayo sauce, sesame

2. Spicy tuna 43,-

avocado, edamame, tobiko, pickled radishes, red cabbage, cucumber, coriander, soy sauce, nori

3. Vege Tofu 34,-

beetroot, mango, edamame, spinach, cherry tomatoes, micro greens, sesame-soy sauce, sliced almonds

4. Vege Jackfruit BBQ Kimchi 38,-

avocado, kimchi, jalapeno peppers, cherry tomatoes, carrot, cucumber, peanut sauce, sesame

5. Sriracha-mayo shrimps 44,-

wakame,edamame, mango, red cabbage, pickled radishes, cucumber, coriander, sriracha mayo sauce, peanuts

A packaging fee of 2 zł is added to each takeaway orded.

Make your own POKÉ BOWL in 3 steps

1. RICE is the basis of each bowl, choose the **main ingredient** for this:

| Salmon 38,- | Tuna 39,- | Tofu 32,- | Jackfruit 35,- | Shrimp 40,- | DS | Available in a variety of marinades | | |
|--|--------------|---------------------|---|----------------|---------------|--|--|--|
| 2. Choose 4 mix-ins (Add extra +2): | | | | | | | | |
| - avocado - mango - wakamo - edamar - carrot - tobiko | (+2,-) e | | pickled ging pickled radis red cabbage cucumber beetroot spinach | h | - sp - kir | erry tomatoes routs/microleafs nchi (+2,-) apeño pepper ri | | |

3. Add free DRESSING and TOPPINGS from our self-service shelf:

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- sriracha-mayo
- wasabi-mayo
- peanut
- soy sauce
- soy-sesame
- soy-chilli-lime

Toppings:

- sesame
- chilli
- peanut
- crispy fried
- onions

Extra paid toppings +1,-

- coriander
- chives
- almond flakes
- walnuts
- pumpkin seeds
- sunflower seeds
- chia
- linseeds
- goji berries

Smoothie Bowl MENU

1.Smoothie Bowl Strawberry 34,-

strawberry, pineapple, banana, coconut milk, granola, coco flakes, almond flakes, fruits

2. Smoothie bowl peanut butter & cocoa 34,-

peanut butter, banana, cocoa, coconut milk, granola, coco flakes, chia, cocoa nibs, fruits

3. Smoothie bowl Passion fruit-mango 34-

passion fruit, mango, banana, coconut milk, granola, coco flakes, chia, cocoa nibs, fruits

4. Blue Smoothie bowl 34,-

pineapple, banana, pear, coconut milk, granola, coco flakes, goji berries, fruits

5. Smoothie Bowl rasberry-peach 34, -

raspberry, peach, banana, coconut milk, granola, coconut, sunflower seeds, fruit

To each smoothie bowl you can add our seeds, nuts and superfoods for 1,goji berries, chia, linseed, coconut chips, coconut shreds, almond flakes, sunflower seeds, pumpkin seeds, crushed cocoa nibs, walnuts, cashews, peanuts.

Drinks MENU

Smoothies 17,-

1. Banana, mango, pineapple, plant milk

2. Apple, pear, vocado, kiwi, mint, plant milk/ juice

3. Banana, almonds, cocoa, cinnamon, plant milk

4. Strawberry, rasberry, red currant, banana, plant milk/juice

Homemade lemonade with refill 14,-

Fresh squeezed orange juice

Small **16,-**Large **18,-**

Water from young coconut 20,-

Bottled water

Small **10,-**Large **16,-**

Kombucha CUDO 18,-

fermented tea drink, slightly sparkling, probiotic with health benefits

Overflow coffee with refill 10,milk 1,-

Leaf tea 10,-

To each smoothie you can add our seeds, nuts and superfoods for 1,goji berries, chia, linseed, coconut chips, coconut shreds, almond flakes, sunflower seeds, pumpkin seeds, crushed cocoa nibs, walnuts, cashews, peanuts.

ALCOHOL MENU

Wine Glass 100ml17,-Wine Bottle80,-

PROSECCO FRIZANTE, DOC TREVISO (WŁOCHY) Dry semi-sparkling white wine

RIESLING , MOSEL (NIEMCY)

White semi-dry wine

PRIMITIVO , PUGLIA (WŁOCHY), ORGANIC, IGP Dry red wine

MIMOSA 19,-

Prosecco and orange juice

PASSION FRUIT BELLINI 19,-

Prosecco and passion fruit juice

BEERS

Craft, regional 16-19,-

Cydr Smykan 0,33L 17,-Local organic, infiltrated CIDER

POKE BOWL TACOS

TACOS 3 pieces

Mango, avocado, red cabbage, coriander, cherry tomatoes, mango-jalapeño sauce, sriracha-mayo sauce

Choose main ingredients:

| Salmon | Tuna | Tofu | Shrimps |
|--------|------|------|---------|
| 40,- | 41,- | 34,- | 42,- |