



BUILD YOUR POKÉ BOWL



THEPOKEMAN.MELBOURNE



STEP 1

PROTEIN

CHOOSE 1:



SALMON NAKED (GF) 15



SALMON MARINATED 15



TUNA NAKED (GF) 15



TUNA MARINATED 15



SEARED TUNA/SALMON 15



CHICKEN (GF) 14



TOFU (GF)(VG) 14



INARI TOFU (GF)(VG) 14

STEP 2

TOPPINGS

CHOOSE 4:

EDAMAME | MASAGO | CUCUMBER

PINEAPPLE | PINK GINGER | SWEET CORN

JAPANESE SEAWEED | SLAW | CARROT

AVOCADO +1.5

BASE

WHITE RICE



MIXED SALAD



BROWN RICE



HALF n HALF



STEP 3

SAUCE

- **SESAME MAYO** - Deep roasted sesame sauce
- **SWEET TERIYAKI** - Sweet sauce
- **TOGARASHI** - Japanese spicy sauce
- **KEWPIE MAYO** - Popular Japanese mayo (GF)
- **PONZU** - Tangy citrus sauce (GF, Optional VG)
- **SRIRACHA** - Popular asian hot sauce (GF)

CRUNCH

Choose any combination:

SESAME SEEDS (GF, VG)

WAKAME SEAWEED (GF, VG)

WONTON CRISPS (VG)

NORI SEAWEED (GF, VG)

CRISPY SHALLOTS (GF, VG)

PEANUTS (GF, VG)

MAKE IT A MEAL: +2 Miso Soup or +3 Cold Drink



OUR FAVOURITE COMBOS

POKÉ MAN'S SPECIAL

15



- Chicken, Tuna
- Edamame, Seaweed, Pineapple, Cucumber
- Brown Rice
- Kewpie Mayo, Togarashi
- Sesame Seeds, Nori Seaweed, Peanuts, Wonton Crisps

CHILLI MAMA

15



- Marinated Salmon
- Edamame, Seaweed, Pink Ginger, Corn
- Brown Rice
- Sriracha, Togarashi
- Peanuts, Crispy Shallots, Wonton Crisps

PEOPLE'S CHOICE

15



- Marinated Salmon
- Edamame, Seaweed, Corn, Cucumber
- Half Brown Rice, Half Mixed Salad
- Sweet Teriyaki, Kewpie Mayo
- Wonton Crisps, Sesame Seeds, Crispy Shallots

HEALTHY VEG

14



- Inari Tofu, Regular Tofu
- Edamame, Corn, Slaw, Seaweed
- Half Brown Rice, Half Mixed Salad
- Kewpie Mayo
- Sesame Seeds, Nori Seaweed, Peanuts

Winter Warmers

HOT UDON BOWL

14



HOT UDON BOWL
Shirodashi Tsuyu noodle soup with salmon, Naruto-maki fish, inari, tofu and wakame seaweed.

VEGAN UDON BOWL

14



VEGAN UDON BOWL
Kombu Mushroom udon noodle soup with Inari, tofu and nori seaweed.

SNACK TIME!



TEMPURA PRAWNS

\$6



POCKY

\$2.5

MISO SOUP

\$2.5



Vegan Friendly

BUBBLE TEA!

Available in
Hot or **Cold**



MILK TEA



STRAWBERRY
BLACK TEA



PEACH
MILK TEA



PEACH
JASMINE TEA



TARO
MILK TEA



CHOCOLATE
MILK TEA



STRAWBERRY
MILK TEA

REGULAR: \$5.90
LARGE: \$6.90

TOPPINGS:

• Rainbow
Jelly

• Tapioca
Pearls

• Coconut
Jelly

Start your day with a **healthy** breakfast

BUILD YOUR OWN:

CHOOSE YOUR BASE

5.5

- BIRCHER BASE
- NATURAL YOGURT BASE



CHOOSE 4 TOPPINGS

- | | | |
|--|--|--|
| • SHREDDED COCONUT  | • SULTANAS  | • MIXED BERRIES  |
| • BANANA  | • MIXED NUTS  | • TOASTED MUESLI  |
| • GOJI BERRIES +1  | • APPLE COMPOTE  | • PEACH SLICES  |
| • LINSEED +1  | | |

The Classic

5.5

- Overnight Oats
- Berry Compote
- Toasted Muesli
- Shredded Coconut
- Natural Yogurt



The Peach Melba

5.5

- Natural Yogurt
- Peaches
- Strawberries
- Toasted Muesli



The Super Starter

5.5

- Linseeds
- Goji Berries
- Honeyed Yogurt
- Nuts n Fruits
- Banana Slices



ALL DAY SMOOTHIES

Just what the doctor ordered! Cool down this summer with our delicious smoothies....

**BERRY
GOOD**



**BANANA-
RAMA**



**ALWAYS
GREENER**



**CHAI
THIS**



OPTIONAL SUPERFOODS and EXTRAS +1:

• LINSEED



• GOJI BERRIES



• TOASTED MUESLI



• MATCHA



• PROTEIN POWDER



• ALMOND MILK



• SOY MILK



Coffee Menu



Specialty Drinks





WWW.THEPOKEMAN.CO

Corporate Catering



THEPOKEMAN.MELBOURNE



@THEPOKEMAN.CO



Poké Platters

Catering made easy!

- Staff Lunches
- Client Functions
- Lunch & Learn Events
- Social Events



Boxed Lunches

Speak to a staff member for more information or email us at:
pokeman.melbourne@gmail.com

