

* GOOD VIBES ONLY! *

WE SPECIALISE IN HAWAIIAN POKE (POH - KEE) RICE BOWLS OUR MENU INCLUDES A WIDE RANGE OF HAWAIIAN & CARRIBEAN INSPIRED DISHES & DRINKS BURSTING WITH FLAVOURS TO SUIT ALL TASTES. WE COMBINE THE FRESHEST INGREDIENTS IN TO HEALTHY EATS AND DELICIOUS COCKTAILS TO GIVE YOU ALL THE TROPICAL FEELS WHILE YOU RELAX IN THE SUN!

PLEASE PLACE YOUR ORDER AT OUR SERVICE WINDOW WHEN YOU'RE READY

WANT US TO DELIVER LUNCH TO YOUR WHOLE OFFICE? SHOOT US AN EMAIL - POKEME4248@GMAIL.COM

MON TO FRI 12 - 8PM * SAT & SUN 12 - 8PM * 07 5526 1509 * FOR TAKEAWAY ORDERS

@POKEPOKE_MERMAIDBEACH

POKE BOWLS!

TUNA ME ON - \$21

SASHIMI GRADE TUNA W SOY & SESAME, AVOCADO, CRISPY SHALLOTS, PICKLED CABBAGE, EDAMAME, ONION, NORI, WONTON CRISPS & JAPANESE MAYO ON BROWN RICE **ADD CHILLI OIL \$1 WASABI PEAS \$2**

SALMON HAD TO SAY IT - \$21

RAW SALMON, BISQUE MAYO, BEETROOT, EDAMAME, NORI, MESCLUN, CARROTS, CUCUMBER SALSA, RADISH, CRISPY SHALLOTS, SESAME DRESSING & WONTON CHIPS ON BROWN RICE **ADD SWEET PEA GUACAMOLE \$3**

SNAP HER UP - \$20

COOKED COCONUT SNAPPER, BROWN RICE, CARROT, EDAMAME, CUCUMBER SALSA, RADISH, MESCLUN, FRESH CHILLI CRISPY SHALLOTS & SESAME **ADD ROTI \$3**

SQUIDLICIOUS - \$18

SALT & PEPPER CALAMARI, CUCUMBER SALSA, CARROT, BEETROOT CURLS, EDAMAME, MESCLUN, FRESH CHILLI, RADISH & JAPANESE MAYO ON BROWN RICE **ADD PICKLED GINGER \$2**

FISH OUTTA WATER - \$19

SMOKED SALMON, ASIAN SLAW, JAPANESE MAYO, CRISPY KALE, SWEET PEA GUACAMOLE, BEETROOT CHUTNEY & BROWN RICE **ADD ROTI \$3**

PIGGY IN THE MIDDLE - \$20

PORK BELLY, ASIAN SLAW, PINEAPPLE JAM EDAMAME, COS, CRISPY SHALLOTS FRESH CHILLI & CILANTRO MAYO **ADD ROTI \$3**

POW POW CHICKEN KARAAGE - \$19

W COS LETTUCE, ASIAN SLAW, FRESH CHILLI, SESAME DRESSING W BROWN RICE & JAPANESE MAYO **ADD WASABI PEAS \$2 - HALOUMI \$4 - AVO \$4**

NACHO POKE BOWL - \$18

CHILLI CON CARNE, SWEET PEA GUAC, CUCUMBER SALSA, SHALLOTS, SMOKED SOUR CREAM, HABANERO JAM BROWN RICE & WONTON CRISPS **ADD FRESH CHILLI \$1 - CHILLI OIL \$2 - HALOUMI \$4**

BAD MOTHER CLUCKER - \$19

GRILLED CHIX, CRISPY KALE, ROASTED SESAME JAPANESE MAYO, MESCLUN, CARROTS, GREEN CABBAGE PICKLED ONION, HABANERO JAM & FRESH CHILLI **ADD AVO \$4**

THE HULK - \$18

TOFU, PUMPKIN, CRISPY KALE, ZOODLES, EDAMAME, VEGAN MAYO, BEETROOT CURLS, SWEET PEA GUAC FRESH CHILLI & BEETROOT CHUTNEY ON BROWN RICE **ADD CASHEWS \$3 - HALOUMI \$4**

MEAT

CAULIFLOWER POWER - \$19

PANKO CRUMBED CAULIFLOWER, MIXED LEAVES, BROWN RICE, CRISPY KALE, SESAME DRESSING, CARROTS CABBAGE, BEETROOT CHUTNEY, VEGAN MAYO & SWEET PEA GUAC **ADD CASHEWS \$3**

ADD THESE TO ANY BOWL!

\$8
TUNA (RAW) - SALMON (RAW) - COCONUT SNAPPER (COOKED)

\$5
LEMONGRASS CHICKEN - KARAAGE CHICKEN - S&P CALAMARI

\$4
AVO - HOT SMOKED SALMON - HALOUMI - TOFU

\$3
CASHEWS - ROTI - SWEET PEA GUACAMOLE

\$2
CRISPY KALE - PICKLED CABBAGE - EDAMAME - PEPITAS - WASABI PEAS - WONTON CRISPS - SESAME DRESSING BEETROOT NOODLES - ZUCCHINI NOODLES - PUMPKIN CUCUMBER SALSA - BEETROOT - CHUTNEY KEWPIE MAYO - VEGAN MAYO - PINEAPPLE CHUTNEY

\$1
CRISPY SHALLOTS - COS - DRY SEAWEED FRESH CHILLI PICKLED - GINGER - CHILLI OIL

VEGO

HAWKER ROLLS!

PORK BELLY
CILANTRO MAYO

\$15

CRISPY CHIX
SOUR CREAM & HABANERO JAM

CAULIFLOWER
WITH VEGAN MAYO

CHILLI CON CARNE
WITH PINEAPPLE JAM

GRILLED CHIX
WITH KEWPIE MAYO

HALOUMI & PUMPKIN
WITH KEWPIE MAYO

CARRIBEAN CURRIES

REG - \$17

LRG - \$20

CHICKEN CURRY

W POTATO, ONION, SMOKED SOUR CREAM PINEAPPLE CHUTNEY & ROTI ON BROWN RICE **ADD FRESH CHILLI \$1 - CHILLI OIL \$2**

LAMB CURRY

W POTATO, ONION SMOKED SOUR CREAM, BEETROOT CHUTNEY & ROTI ON BROWN RICE **ADD FRESH CHILLI \$1 - CHILLI OIL \$2**

FINGER FOOD

STICKY SOY CHICKEN WINGS \$14

EDAMAME DIP WITH WONTON CRISPS \$9

SALT & PEPPER CALAMARI WITH BISQUE MAYO \$14
SWEET POTATO WEDGES WITH SMOKED SOUR CREAM & HABANERO JAM \$10

PANKO CAULIFLOWER BITES WITH VEGAN MAYO \$12

FOR THA KIDS - \$12

KARAAGE CHICKEN & MAYO ON BROWN RICE
RAW SALMON COCKTAIL & AVO ON BROWN RICE
GRILLED CHICKEN, ROTI & MAYO ON BROWN RICE

PEANUT BUTTER ACAI

COCONUT WATER, BANANA
GRANOLA, STRAWBERRIES
COCONUT, PEANUT BUTTER
& CACAO NIBS

STRAWBERRIES & CREAM

STRAWBERRIES W COCONUT,
AGAVE, BANANA, ALMOND MILK &
BUCKWHEAT CLUSTERS

SMOOTHIES & BOWLS*

SMOOTHIE - \$9 BOWL - \$15



ADD ONS

\$1

CRANBERRIES / YOGHURT CLUSTERS
CACAO NIBS / CHIA / GOJI / ALMONDS
BUCKWHEAT CLUSTERS / VANILLA PROTEIN
GRANOLA / COCONUT FLAKES

\$2

FRESH FRUIT / PEANUT BUTTER
MILK CHOC / WHITE CHOC / DARK CHOC

ACAI CLASSIC

WITH GRANOLA
SEASONAL FRUITS
NUTS & COCONUT

TUMUKE BOWL

MANGO, TURMERIC, BANANA
COCONUT & ALMOND MILK W
STRAWBERRIES, GRANOLA
CACAO NIBS & YOGHURT CLUSTERS

GREEN JUICE - \$9

KALE - CUCUMBER - LEMON
CELERY - GINGER - APPLE

RED JUICE - \$9

BEETROOT - GINGER - APPLE - CARROT
LEMON

TROPICAL JUICE - \$9

PINEAPPLE - APPLE - ORANGE - PASSION FRUIT

\$11 WINES \$11

CHARDONNAY

RIESLING

ROSE

SAUV BLANC

SHIRAZ

"ICE" * \$8 FURPHY * COLD \$8 SOL BEERS! * \$8 CIDER

* \$16 CARIBBEAN COCKTAILS \$16 *

PASSIONFRUIT
MOJITO

PINA
COLADA

STRAWBERRY
DAQUIRI

COCONUT
MARGARITA

RUM & FRESH APPLE - \$12

SANGRIA JUG - \$25