

# SCEGLI IL TUO POKE



## 1. La base

- RISO BIANCO
- RISO INTEGRALE
- META'/META'
- INSALATA

## 2. Le proteine

- |                                       |  |                                    |
|---------------------------------------|--|------------------------------------|
| <input type="radio"/> SALMONE CRUDO   | <input type="radio"/> TONNO SOTTOLIO     | <input type="radio"/> SURIMI       |
| <input type="radio"/> SPICY SALMONE   | <input type="radio"/> GAMBERO COTTO      | <input type="radio"/> POLLO        |
| <input type="radio"/> SALMONE GRIGLIA | <input type="radio"/> GAMBERO FRITTO     | <input type="radio"/> POLLO FRITTO |
| <input type="radio"/> TONNO CRUDO     | <input type="radio"/> GAMBERO ROSSO +€ 2 | <input type="radio"/> VITELLO      |
| <input type="radio"/> SPICY TONNO     | <input type="radio"/> POLIPO             |                                    |

## 3. I condimenti

- |                                    |                                    |  |
|------------------------------------|------------------------------------|--|
| <input type="radio"/> AVOCADO      | <input type="radio"/> CETRIOLI     | <input type="radio"/> CIPOLLA FRITTA         |
| <input type="radio"/> EDAMAME      | <input type="radio"/> MANGO        | <input type="radio"/> GRANELLA DI PISTACCHIO |
| <input type="radio"/> GOMMA WAKAME | <input type="radio"/> FRAGOLA      | <input type="radio"/> FARINA TEMPURA         |
| <input type="radio"/> ZUCCHINE     | <input type="radio"/> BURRATA      | <input type="radio"/> PASTA KATAIFI          |
| <input type="radio"/> MAIS         | <input type="radio"/> PHILADELPHIA | <input type="radio"/> CHIPS PATATE           |
| <input type="radio"/> CAROTE       | <input type="radio"/> TOBIKO       | <input type="radio"/> SESAMO                 |
| <input type="radio"/> ARACHIDI     | <input type="radio"/> ALGHE NORI   | <input type="radio"/> SCAGLIE DI MANDORLE    |

## 4. Le salse

- |                                       |                                    |                                     |                                      |
|---------------------------------------|------------------------------------|-------------------------------------|--------------------------------------|
| <input type="radio"/> SOIA            | <input type="radio"/> MAIONESE     | <input type="radio"/> OLIO DI OLIVA | <input type="radio"/> SALSA SPICY    |
| <input type="radio"/> SOIA no glutine | <input type="radio"/> SALSA PONZU  | <input type="radio"/> ZENZERO       | <input type="radio"/> SALSA MANGO    |
| <input type="radio"/> TERIYAKI        | <input type="radio"/> SALSA TARTAR | <input type="radio"/> WASABI        | <input type="radio"/> SALSA COCKTAIL |

REGULAR  
10,90

1BASE +  
2PROTEINE +  
4CONDIMENTI +  
SALSE

BIG  
12,90

1BASE +  
3PROTEINE +  
4CONDIMENTI +  
SALSE

Eventuali extra: PROTEINE € 2 - CONDIMENTI € 1 - SALSE € 0,3