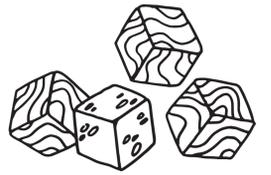


BUILD YOUR OWN



	Bowl /	Extra scoop
FISH	£8	£2.5
CHICKEN	£7	£2
VEG	£6.5	£1.5
NO POKE	£5.5	-

1. THE POKÉ



Miso salmon (gf)

Sesame tuna (gf)

Spicy tuna

Korean salmon ceviche (gf)

Sumac chickpea (v/ve/gf)

Hoisin sesame roast chicken

Teriyaki glazed tempeh (v/ve)

Go naked tuna (plain fish/gf)

Go naked salmon (plain fish/gf)

2. SALAD

Choose up to 4 salads (5 if no poke)



Bean sprouts

Charred corn

Edamame

Kimchi cucumbers

Pickled ginger

Seaweed salad

Sesame carrot

Sweet pickled beets

Mango

Pineapple

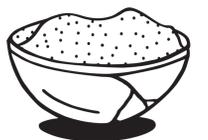
Shaved radish

Shaved lemon fennel

Add **Kimchi** (+50p) or **Umami mashed avocado** (+75p) to any bowl

3. BASE

Choose 1 or go 50/50



Wholegrain sushi rice*

Coconut brown rice*

Courgetti & napa cabbage†

Vietnamese slaw†

* Dressed with unagi. † Dressed with vegan nuoc cham.

Gluten free unagi available on request, wasabi aioli is optional, vegan available on request.

4. PIMP IT



Add an optional house sauce then help yourself to toppings at our DIY bar

Please ask if you have any dietary restrictions. All dishes contain sesame seeds.

Follow us on Instagram @lordsofpoke tag your bowls #freshcuts #lordsofpoke

HOUSE BOWLS

Choose a bowl then pick your base



KOREAN BOWL (GF)

Korean gochujang salmon ceviche with kimchi, charred broccoli, shaved radish and bean sprouts
£8 / £2.5 extra scoop



LUCKY CLUCKER

Hoisin sesame chicken with edamame, kimchi cucumbers, bean sprouts and sesame carrot
£7 / £2 extra scoop



CALI (GF)

Miso salmon with mango, sweet pickled beets, charred corn and shaved radish
£8 / £2.5 extra scoop



THE LORDS (GF)

Sesame tuna with edamame kimchi cucumbers, pineapple and pickled ginger
£8 / £2.5 extra scoop



VEG OUT (V/VE)

Teriyaki tempeh & pickled shitake with edamame, seaweed salad, sesame carrot and shaved radish
£6.5 / £1.5 extra scoop



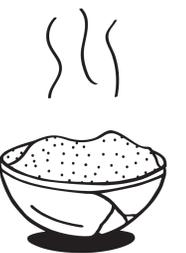
VEGANUARY (V/VE/GF)

Sumac chickpea with cumin roast cauliflower, sweet pickled beets, sesame carrot and lemon shaved fennel
£6.5 / £1.5 extra scoop

Add **Kimchi** (+50p) or **Umami mashed avocado** (+75p) to any bowl

HOT FOOD

Served from 12pm - 3pm



Huli huli chicken

Hawaiian sweet soy chicken on rice with edamame, charred broccoli salad, pineapple, mouli and toasted sesame

£6.5

Kālua bowl

Hawaiian smoked pulled pork or jackfruit on rice with caramelised pineapple salsa, spring onions, house slaw, crispy onions and optional chilli

£6.5 pork / **£6** jackfruit (v/ve)

Kālua roll

Smoked pulled pork or jackfruit with slaw, gherkins, crispy onions and spicy honey mustard aioli or vegan aioli

£6 pork / **£5.5** jackfruit (v/ve)

SIDES

Miso soup

House miso with tofu, wakame, spring onion and toasted sesame

£1.5 / £1 with a bowl

Poke nachos

A scoop of poke on tortilla chips, mashed avocado, coriander, chilli with coriander & lime aioli

£6

ICE CREAM MOCHI

Little moons

Coconut
Sesame
Mango

Chocolate genache
Vanilla

£1.5 ea / **£4** for 3

BREAKFAST

Made fresh to order, served from 8am - 11am

ACAI

Açaí is good for your skin, heart, immune system, lowers cholesterol and helps you lose weight. It's also powerful energy booster so the perfect start to your day.

OUR BASE

Our açaí base is a blend of açaí, banana, strawberry, blackberry and almond milk. We then top it with other delicious healthy toppings on each of our house breakfast bowls



Morning glory

Raspberry, banana, almond butter and cacao nibs



Kick start

Kiwi, banana, chia seeds, toasted coconut and almond butter



Brain booster

Blueberry, banana, bee pollen, cacao nibs and peanut butter



Cholesterol killer

Strawberry, banana, flax seeds, chia seeds and honey

£5.5 all served with house granola / **+50p** to add hemp protein

TOASTS



Mashed avocado

Avocado mashed with lemon, salt and pepper on toasted sourdough with rocket and optional chilli

£4.5 / **+50p** to add feta

Almond butter banana

Sliced banana, almond butter and honey on toasted sourdough

£3.5

PBJ

Peanut butter, house strawberry jam on toasted sourdough

£2.5

SMOOTHIES

Made fresh to order, served all day



Banana

Banana, milk*, honey, yoghurt[†] and granola

Green detox

Banana, cucumber, apple, spinach, avocado and coconut water

Strawberry

Strawberry, milk*, yoghurt[†], honey and chia

Blackberry

Strawberry, banana, blackberry, yoghurt[†], milk*, honey and granola

£4.5 each / **+50p** to add hemp protein

COFFEE



Volcano is a small batch, ethically traded coffee hand roasted in Brixton.

Flat white	£2.4
Latte	£2.4
Cappuccino	£2.4
Americano	£2
Cortado	£2.1
Espresso	£1.7

TEA



Pukka create organic teas that combine nature's finest ethically sourced herbs.

English breakfast

Earl grey

Pukka tumeric gold

Pukka supreme matcha green

Pukka elderberry + echinacea

£1.5 each