



Pokéloha



Delivery by
Bolt Food

Take Away
☎ 25 278 024

Columbia Plaza 223 Agiou Andreou Street, Limassol, 3036

  Pokeloha www.poke-loha.com



MAKE YOUR OWN POKÉ BOWL

1



CHOOSE YOUR BASE

- Sushi Rice
- Quinoa
- Wild Rice
- Greens

2



PICK A PROTEIN

	Regular	Large
Miso Tofu	€9.75	€11.75
Poached Shrimps 🍤	€10.75	€12.75
Steamed Chicken	€10.25	€12.25
Tuna	€12.00	€14.00
Salmon	€10.75	€13.75

3



PICK A MARINADE

- Wasabi Shoyu ●
Wasabi / Lemon Juice / Vegan Soy Sauce
- Pokéloha ●
Caramelized Garlic / Lemon Juice / Ginger / Vegan Soy Sauce
- Sesame Kimchi 🍷
Kimchi / Sesame Oil / Vegan Soy Sauce / Lime Juice
- Honey Ginger ●
Honey / Ginger / Vegan Soy Sauce / Lemon Juice
- Yuzu Ponzu ●
Yuzu / Mirin / Vegan Soy Sauce

4



MIX IN CHOOSE UP TO 4 additional €0.50 each

- Cucumber
- Mango
- Edamame Beans
- Jalapeño Peppers
- Radish
- Red Onions
- Pomegranate
- Pickled Cabbage
- Spring Onion
- Fresh Coriander
- Sweetcorn
- Feta Cheese
- Seaweed Salad

5



SAUCE IT CHOOSE 1 additional €0.50 each

- Spicy Japanese Mayo 🍷
- Peanut Butter Yoghurt ● 🍷
- Tahini ●
- Avocado Coconut ●
- Beetroot Teriyaki

6



TOP IT as many as you like!

- Cashews
- Ground Coconut
- Crispy Onion Rings
- Crispy Rice
- Sesame
- Nori Sesame Crisp
- Extra €1.00**
- Avocado
- Wakame Seaweed
- Tobiko Caviar (Flying Fish Roe)

Extra Protein	Regular	Large	Extra Protein	Regular	Large
Miso Tofu	€2.50	€3.50	Chicken	€2.50	€3.50
Prawns	€4.00	€5.00	Tuna	€4.50	€6.00
			Salmon	€4.00	€5.00



SIGNATURE POKÉ BOWLS

	Regular	Large
THE POKÉLOHA 🍣	€10.50	€13.50
Salmon, Pokéloha Sauce, Edamame, Cucumber, Pickled Cabbage, Avocado, Beetroot Teriyaki, Crispy Rice, Sesame, Spring Onion, Cashews, Tobiko Caviar		
SHRIMPY DELICIOUS 🍤	€10.50	€12.50
Shrimps, Yuzu Ponzu, Cucumber, Mango, Radish, Fresh Coriander, Avocado Cream, Nori Sesame Crisp, Spring Onion, Sesame		
MISO VEGAN 🌱	€9.50	€11.50
Tofu, Wasabi Shoyu, Cucumber, Red Onion, Seaweed Salad, Sweetcorn, Jalapeños, Avocado, Wakame Seaweed, Tahini, Spring Onion, Sesame, Ground Coconut		
TUNA AFFAIR 🍣	€10.75	€13.75
Tuna, Sesame Kimchi, Cucumber, Radish, Edamame, Sweetcorn, Pickled Cabbage, Spicy Japanese Mayo, Spring Onion, Sesame, Crispy Rice		
THE FISH CALLED CHICKEN 🍗	€9.75	€11.75
Chicken Breast, Honey Ginger, Edamame, Red Onion, Cucumber, Sweetcorn, Avocado, Peanut Butter Yoghurt, Cashews, Crispy Onion Rings, Sesame		



BAO BUNS

	2 PCS
TOFU BAO BUN	€6.25
Tofu Slice, Pink Wasabi Cream, Pickled Onion, Cucumber, Carrot	
BEEF BAO BUN	€7.95
Six Hour Slow Roasted Aromatic Beef, Radish, Wasabi Mayo, Carrot, Crispy Onions	
CHILI PRAWN BAO BUN 🍣🍤	€7.95
Panko Prawn, Sweet Chili, Crushed Avocado, Fresh Coriander, Black Sesame	
PULLED PORK BAO BUN 🍖	€7.95
Aromatic Pork, Cucumber, Chives, Fresh Coriander, Salty Cashews	
DUCK BAO BUN	€7.95
Marinated Duck, Carrot, Cucumber, Spring Onion Hoisin Sauce	
CHICKEN BAO BUN	€7.95
Crispy Chicken Breast, Coconut Sriracha Cream, Carrot	

HOSOMAKI ROLLS

SALMON ROLL

9 PCS €8.75

Salmon, Spring Onion, Capers, Spicy Mayo

PRAWN ROLL

9 PCS €8.75

Prawns & Ponzu Sauce, Seaweed, Tobiko, Sweet Chili Cream

TUNA ROLL

9 PCS €9.25

Tuna & Unagi Sauce, Mango, Wasabi Mayo, Crispy Onion

BEEF ROLL

9 PCS €9.25

Beef fillet, Philadelphia Chili Cream, Pickled Onion, Cucumber, Teriyaki, Crispy Onion

DUCK ROLL

9 PCS €8.75

Duck Breast, Peking Duck Cream, Crispy Onion, Cucumber, Crispy Rice, Spicy Mayo

TOFU ROLL

9 PCS €7.50

Tofu & Soy Sauce, Avocado, Pickled Onion, Fresh Coriander, Avocado Coconut Cream, Panko

SUSEA COMBO

€9.00

3 x Salmon Roll / 3 x Prawn Roll / 3 x Tuna Roll

SUMAKI COMBO

€9.00

3 x Beef Roll / 3 x Duck Roll / 3 x Tofu Roll

MOCHI

Strawberry Cheesecake

Vegan Chocolate

Black Espresso

Vanilla

Hazelnut

Salted Caramel





Mango Passion Fruit

Mango

Green Tea

Honey Roasted Pistachio

Coconut

 Vegan  Spicy  Shellfish  Contains Nuts