

BREAKFASTS

APPLE CRUMBLE OATS (GF / RSF / V)	65
Apple soaked Creamy Oats topped with Burnt Vanilla Apples and Toasted Almond Flakes.	
AVO SMASH TOAST (SOURDOUGH) (RSF)	69
Avoc Smash, Mung Beans, Coriander & Creamy Togarashi Dressing.	
Add: 2 x Poached Eggs	(+25)
Prawn	(+40)
Smoked Salmon	(+45)
SHROOMAMI TOAST (SOURDOUGH) (RSF / V)	79
Umami Mushroom, Edemame, Avo Smash, Pink Radish and Miso Tahini Dressing.	
AVO SALMON SCRAMBLE (SOURDOUGH) (RSF)	105
Smoked Salmon, Avo, Spring Onion with Creamy Wasabi Dressing.	

SMOOTHIE BOWLS (all RSF / V)

Boost Your Bowl: Whey / Vegan Protein	(+15)
GREEN MACHINE	95
Spirulina, Ppinach, Mango, Banana and Oat Milk, drizzled with Nut Butter. Topped with Strawberry, Frozen Blueberries, Chia, Coconut Flakes and Gluten Free Granola.	
CACAO DREAM	95
Cacao, Nut Butter, Banana, Rolled Oats, Oat Milk, Almonds an Vanilla. Topped with Fresh Banana, Toasted Macademia Nuts, Coconut Flakes, Cacao Nibs, Cinnamon and Gluten Free Granola.	
MANGO VIBEZ	95
Mango, Ginger, Banana, Orange, Maca, Coconut and Oat Milk. Topped with Fresh Pineapple, Papaya/Mango, Goji Berries with Toasted Almond Flakes, Gluten Free Granola and Fresh Mint.	
PINK BERRIES	105
Bright Pink Pitaya, Banana, Mixed Berries, Vanilla, Apple, Maple Syrup and Oat milk. Topped with Fresh Berries, Chia, Goji Berries, Coconut Flakes and Gluten Free Granola.	
CREAMY POWER BOWL	105
Whey / Vegan Protein Powder, Banana, Peanut Butter, Oat Milk and Cinnamon. Topped with Banana, Cinnamon, Chia, Coco Flakes, Toasted Almond Flakes and Gluten Free Granola.	

SMOOTHIES (all RSF / V)

Boost Your Smoothie: Whey / Vegan Protein	(+15)
GREEN KANALOA	69 / 79
Spirulina, Spinach, Mango, Banana and Oat Milk.	
NUTTY CHARGER	69 / 75
Cacao, Banana, Rolled Oats, Almonds, Vanilla and Oat Milk.	
MANGO KICKER	72 / 79
Mango, Ginger, Banana, Orange, Maca, Coconut and Oat Milk.	
PINK PITAYA	75 / 85
Pitaya, Banana, Mixed Berries, Vanilla, Apple, Maple Syrup and Oat Milk.	
CINNAMON SURPRISE	72 / 79
Whey / Vegan Protein Powder, Banana, Peanut Butter, Oat Milk & Cinnamon.	



JUICES

250ML

SUNBAE (RSF / V)	45
Orange, Pineapple, Ginger, Carrot, Turmeric and Lemon.	
BEETBOOM (RSF / V)	45
Beetroot, Lemon, Apple, Cucumber and Orange.	
GREEN ROOM (RSF / V)	45
Apple, Pineapple, Cucumber, Kale, Spinach, Ginger, Lemon and Mint.	
CAPE DOCTOR (30ML SHOT)	30
Ginger, Lemon and Honey shot.	

DRINKS

COOL DRINKS

Brew Kombucha	55
Coke / Coke Zero	25
Bos Ice Tea - Lemon	29
Bos Ice Tea - Peach	29
Still / Sparkling 500ML	25



COFFEE + HOT DRINKS

Espresso / Americano	30
Flat White	35
Latte	38
Red Cappucino	39
Tea - Rooibos / Five Roses	28
Ice Latte	39
Chai Latte	39
Hot Chocolate	39
*Sub for Oat Milk	(+10)

BEER + WINE + COCKTAILS:

Castle Light	32
Devils Peak lager	36
Diemersdal Sauvignon Blanc	40 / 160
Babylonstoren Chenin Blanc	159
Diemersdal Rosé	40 / 160
Bombay G&T	62
Aperol Fizz - Aperol, Bombay, tonic, orange	79

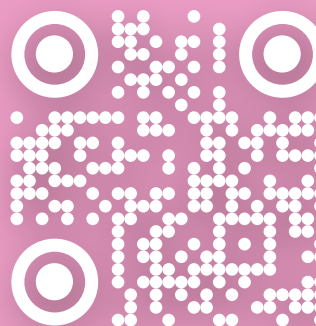
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THE
POKÉ
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OUR PRODUCTS MAY CONTAIN TRACES OF NUTS, SOY, SESAME, AND RAW INGREDIENTS. WE WILL DO OUR BEST TO MINIMISE CROSS CONTAMINATION, HOWEVER WE CANNOT GAURANTEE THIS.

CBD

90 Loop Street, Cape Town
087 470 0125

KLOOF

47 Kloof Street, Gardens
021 286 9597

STELLENBOSCH

27 Plain Street, Stellenbosch
021 569 9365

SEA POINT

The Point Mall - Ground Floor - Shop 3
76 Regent Street, Sea Point
087 701 9692

CLAREMONT

12 Dreyer Street, Claremont
087 470 0583

SOMERSET WEST

13 Drama Street, Somerset West
021 300 1051

SIGNATURE BOWLS

* All Bowls come standard with Sticky Rice, Sesame Seeds, Spring Onion & Togarashi Spice.

Choose From:
REGULAR / MAXI

CHARLIE TUNA	129 / 169
Tuna Sashimi, Mango* / Papaya* Salsa, Cucumber, Carrot, Sweet Red Onions with House Shoyu & Creamy Togarashi Dressing and Crispy Onions.	
UNDERCURRENT	145 / 189
Salmon Sashimi, Orange, Cucumber, Carrot, Pink Radish with House Ponzu & Creamy Togarashi Dressing and Toasted Almond Flakes.	
WINDWARD	139 / 179
Tuna Sashimi, Cucumber, Edamame, Pickled Ginger, Avocado with Hawaiian Heat & Creamy Wasabi Dressing and Shredded Nori.	
LEEWARD	155 / 195
Salmon Sashimi, Cucumber, Edamame, Pickled Beetroot, Avocado with House Ponzu & Creamy Togarashi Dressing and Toasted Coco Flakes.	
THE CHICK	99 / 129
Shredded Chicken, Pineapple, Cucumber, Carrot, Red cabbage with Ginger Ponzu & Miso Tahini Dressing and Toasted Macadamia Nuts.	
WASABI CHICKEN SURPRISE	99 / 129
Shredded Chicken, Kale & Cabbage, Edamame, Wakame Salad, Jalapenos, Coriander with Hawaiian Heat & Creamy Wasabi Dressing and Crispy Onions.	
GARDEN GATE (V)	99 / 129
Marinated Tofu, Cucumber, Edamame, Carrot, Pickled Beetroot, Avocado with Miso Tahini Dressing and Toasted Coco Flakes.	

WARM BOWLS

* Please note: only the protein is served warm!

Choose From:
REGULAR / MAXI

TIGER BOWL	129 / 165
Pan Fried Prawns, Carrot, Cucumber, Pink Radish, Coriander, Jalapenos, with Hawaiian Heat & Creamy Wasabi Dressing and Crispy Wasabi Salmon Skins.	
BEEF BRISKET	115 / 145
Pulled Beef Brisket, Kale & Cabbage, Pickled Beetroot, Sweet Red Onion, Edamame, Pink Radish, Coriander with Creamy Togarashi Dressing and Crispy Onions.	
MISO EGGPLANT (V)	99 / 129
Roasted Miso Eggplant, Kale & Cabbage, Sweet Red Onion, Pickled Beetroot, Edamame, Pink Radish with Ginger Ponzu & Miso Tahini Dressing and Toasted Coco Flakes.	
SHROOMAMI (V)	99 / 129
Umami Mushroom, Edamame, Carrot, Kale & Cabbage, Pink Radish with Ginger Ponzu & Miso Tahini Dressing and Crispy Onions.	
UMAMI FISHCAKE SALAD	105 / 135
Fish Cakes, Glass Noodle base with Wakame, Kale & Cabbage, Mung beans, Pink Radish, Edamame, Avo, Coriander with Ginger Ponzu & Creamy Wasabi Dressing and Crispy Onions.	
HOUSE BROTH SPECIAL	99
Sweet 'n Sour Broth with Glass Noodles, Togarashi Spice, Spring Onion and your choice of Fish Cake / Tofu / Chicken / Eggplant / Shrooms +5 / Prawn +10 / Beef +10	

HOUSE BROTHS + SIDES + DESSERT

House Broth Special - Fish Cake / Tofu / Chicken / Eggplant / Shrooms +5 / Prawn +10 / Beef +10	99
Salmon Roses 4pc	89
Salmon Potsticker 3pc	75
Shroom Wontons 3pc	69
Edamame Beans with Sea Salt	59
Avo & Wakame Salad	59
Prawn on the Lawn (avo, prawn, toast)	109
Tuna Nachos	95
Kiddies Poke Bowl	69
Ice cream	see display freezer for flavours

BUILD YOUR OWN BOWLS

* All Bowls come standard with Sticky Rice, Sesame Seeds, Spring Onion & Togarashi Spice.

Bowls Start at:
REGULAR 75 / MAXI 95

1 CHOOSE YOUR BASE:

Sticky Rice	
Kale & Red Cabbage	
Glass Noodles	(+10)
Brown Rice	(+10)
Quinoa	(+15)

2 PICK A PROTEIN:

Tuna Sashimi	(+65 / 80)
Salmon Sashimi	(+75 / 95)
Prawns	(+60 / 75)
Beef Brisket	(+45 / 55)
Shroomami (V)	(+30 / 40)
Shredded Chicken	(+25 / 35)
Tofu (V)	(+25 / 35)
Miso Glazed Eggplant (V)	(+25 / 35)

3 TOP IT OFF: (max 4)

Mango / Papaya Salsa	Edamame Beans
Orange	Pickled Ginger
Pineapple	Radish
Cucumber	Pickled Beetroot
Sweet Red Onion	Jalapenos
Carrot	Coriander
Red Cabbage	Mung Bean Sprouts



4 DRESS IT: (max 2)

House Shoyu	(soy - sesame oil)
House Ponzu (V)	(soy - citrus)
Ginger Ponzu (V)	(soy - ginger citrus)
Hawaiian Heat (V)	(soy - pineapple spice)
Creamy Togarashi	(siracha mayo - soy)
Creamy Wasabi	(wasabi mayo - soy)
Miso Tahini (V)	(miso sesame mayo - soy)
Gluten Free Tamari (V)	(+10)
Additional Sauce	(+6)

5 ADD CRUNCH: (max 1)

Crispy Onions	
Toasted Almond Flakes	(GF)
Toasted Macadamia Nuts	(GF)
Toasted Coco Flakes	(GF)
Shredded Nori	(GF)
Crispy Wasabi Salmon Skin	(GF)



6 ADD EXTRA:

Avocado	(+15 / 20)
Edamame Beans	(+10 / 20)
Fish Cakes x2	(+30)
Pickled Ginger	(+10)
Coriander	(+10)
Macadamia Nuts, Almond Flakes	(+10 / 15)
Aburi Seared Sashimi	(+15 / 20)
Tobiko Caviar, Seaweed Salad	(+10)
Additional Crunch	(+10 / 15)
Extra Protein	(as per regular prices)

BUILD YOUR OWN BROTH (V)

* All Bowls come standard with Sweet 'n Sour Broth with Glass Noodles, Togarashi Spice, Spring Onion & a slice of Lemon.

BOWLS FROM R75

1 PICK A PROTEIN:

Fish Cakes x2	(+30)
Tofu (V)	(+25)
Chicken	(+25)
Shroomami (V)	(+30)
Eggplant (V)	(+25)
Beef	(+45)
Prawn	(+60)

2 TOP IT OFF: (max 3)

Sweet Red Onion	
Red Cabbage	
Radish	
Jalapenos	
Mung Bean Sprouts	
Pickled Ginger	
Coriander	



3 ADD CRUNCH: (max 1)

Crispy Onions	
Crispy Wasabi Salmon Skin	(GF)
Shredded Nori	(GF)

4 ADD EXTRA:

Boiled Egg (Popular)	(+15)
Wakame	(+10)
Edamame Beans	(+10)
Pickled Ginger	(+10)
Coriander	(+10)
Crispy Salmon Skin (GF)	(+10)
Shredded Nori	(+10)
Tobiko Caviar	(+10)
Aburi Sashimi	(+15)

POKÉ BURRITO

Your choice of Protein wrapped in Nori, together with Cucumber, Carrot, Ginger, Avocado and a choice of your favourite Dressing.

(see BYOB Menu "DRESS IT" for choices)

SALMON 105 / TUNA 95 / PRAWN 95

CHICKEN 69 / TOFU 69 / VEGGIE 65

All of our House Sauces are available to purchase in-store, or online via our website | MENU KEY: GF - Gluten Free - RSF - Refined Sugar Free - V - Vegan



WE CATER!
Parties, weddings and
corporate functions.
info@pokecoct.com

OH MAN,
THAT'S
FRESH