

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)	25
Ginger, Lemon and Honey shot.	

DRINKS

COOL DRINKS	
Fresh Pressed Juice	45
Brew Kombucha	52
Coke / Coke Zero	25
Bos Ice Tea - Lemon	29
Bos Ice Tea - Peach	29
Still / Sparkling 500ML	25

COFFEE + HOT DRINKS

Espresso / Americano	28
Flat White	32
Latte	36
Red Cappuccino	38
Tea - Rooibos / Five Roses	26
Ice Latte	38
Chai Latte	39
Hot Chocolate	39
*Sub for Oat Milk	(+10)

BEER + SELTZER:

Castle Light	32
Devils Peak lager	36
Devils Peak lager	35

WINES:

House White	45 / 179
Posh White	185
Rosé	50 / 185
House Red	185
Posh Red	195
Bubbles	329

COCKTAILS:

Bombay G&T	62
Aperol Fizz - Aperol, Bombay, tonic, orange	79



FANCY A POKÉ?

Mon - Fri 8 AM - 8:30PM
Sat - Sun 9 AM - 8:30PM

CBD

90 Loop Street, Cape Town
087 470 0125

SEA POINT

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

KLOOF

47 Kloof Street, Gardens
021 286 9597

CLAREMONT

12 Dreyer Street, Claremont
087 470 0583

STELLENBOSCH

27 Plein Street, Stellenbosch
021 569 9365

SOMERSET WEST

13 Drama Street, Somerset West
021 300 1051

WE CATER!

Parties, weddings and corporate functions.

info@pokecoct.com

OH MAN,
THAT'S
FRESH

Our products may contain traces of nuts, soy, sesame & raw ingredients.



Download The Poké Co.® App
for Collection & Delivery Orders



Also available through



All products are prepared in a kitchen where tree-nuts,
ground nuts and allergens are present.

@pokeco_ct (Facebook) | @the_poke_co (Instagram & TikTok)

Visit our website for more info: www.pokecoct.com

SIGNATURE BOWLS

Choose From:
REGULAR / MAXI

CHARLIE TUNA 115 / 155

Tuna Sashimi, Mango* / Papaya* Salsa, Cucumber, Carrot, Sweet Red Onions with House Shoyu & Creamy Togarashi Dressing and Crispy Onions.

UNDERCURRENT 135 / 179

Salmon Sashimi, Orange, Cucumber, Carrot, Pink Radish with House Ponzu & Creamy Togarashi Dressing and Toasted Almond Flakes.

WINDWARD 120 / 159

Tuna Sashimi, Cucumber, Edamame, Pickled Ginger, Avocado with Hawaiian Heat & Creamy Wasabi Dressing and Shredded Nori.

LEEWARD 139 / 185

Salmon Sashimi, Cucumber, Edamame, Pickled Beetroot, Avocado with House Ponzu & Creamy Togarashi Dressing and Toasted Coco Flakes.

THE CLEANSER 115 / 149

Tuna Sashimi, Kale & Cabbage, Cucumber, Pink Radish, Jalapenos, Avo with Ginger Ponzu Dressing, Toasted Almonds and Shitake Shroom Rub.

THE CHICK 85 / 115

Shredded Chicken, Pineapple, Cucumber, Carrot, Red cabbage with Ginger Ponzu & Miso Tahini Dressing and Toasted Macadamia Nuts.

GARDEN GATE (V) 89 / 120

Tofu, Cucumber, Edamame, Carrot, Pickled Beetroot, Avocado with Miso Tahini Dressing and Toasted Coco Flakes.

UMAMI SALAD - Tofu (V) / Fish Cakes 95 / 125

Choice of protein, Glass Noodle base with Wakame, Kale & Cabbage, Mung beans, Pink Radish, Edamame, Avo, Coriander with Ginger Ponzu & Creamy Wasabi Dressing and Crispy Onions.

WARM BOWLS

Choose From:
REGULAR / MAXI

TIGER BOWL 119 / 149

Pan Fried Prawns, Carrot, Cucumber, Pink Radish, Coriander, Jalapenos, with Hawaiian Heat & Creamy Wasabi Dressing and Crispy Wasabi Salmon Skins.

BEEF BRISKET 105 / 135

Pulled Beef Brisket, Kale & Cabbage, Pickled Beetroot, Sweet Red Onion, Edamame, Pink Radish, Coriander with Creamy Togarashi Dressing and Crispy Onions.

MISO EGGPLANT (V) 89 / 120

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) 85 / 115

Umami Mushroom, Edamame, Carrot, Kale & Cabbage, Pink Radish with Ginger Ponzu & Miso Tahini Dressing and Crispy Onions.

SWEET 'n SOUR BROTH - Tofu (V) / Fish Cakes 79 (reg. only)

House made Sweet 'n Sour Broth, your choice of Protein with Glass Noodles, Mung Bean, Nori, Spring Onion and Coriander.

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 95 / TUNA 85 / PRAWN 85
CHICKEN 65 / TOFU 65 / VEGGIE 60

HOUSE BROTHS + SIDES + DESSERT

Salmon Roses 4pc 85
Salmon Potsticker 3pc 69
Shroom Wontons 3pc 69
House Broth with Fish Cake or Tofu (V) 79
Edamame Beans with Sea Salt 55
Avo & Wakame Salad 55
Prawn on the Lawn (avo, prawn, toast) 95
Tuna Nachos 89
Kiddies Poke Bowl 65
Ice cream see display freezer for flavours

YUM

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

BUILD YOUR OWN BOWLS

Bowls Start at:
REGULAR 65 / MAXI 85

1 CHOOSE YOUR BASE:

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

2 PICK A PROTEIN:

Tuna Sashimi (-60 / 75)
Salmon Sashimi (-75 / 95)
Prawns (-60 / 70)
Beef Brisket (-45 / 55)
Shredded Chicken (-25 / 35)
Tofu (V) (-25 / 35)
Miso Glazed Eggplant (V) (-25 / 35)
Shroomami (V) (-25 / 35)

3 TOP IT OFF: (max 4)

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

4 DRESS IT: (max 2)

House Shoyu (soy - sesame oil)
House Ponzu (soy - citrus) (V)
Ginger Ponzu (soy - ginger citrus) (V)
Hawaiian Heat (soy - pineapple spice) (V)
Creamy Togarashi (siracha mayo - soy)
Creamy Wasabi (wasabi mayo - soy)
Miso Tahini (miso sesame mayo - soy) (V)
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)
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)



BREAKFASTS

APPLE CRUMBLE OATS (GF / RSF / V) 59

Apple soaked Creamy Oats topped with Burnt Vanilla Apples and Toasted Almond Flakes.

AVO SMASH TOAST (SOURDOUGH) (RSF) 65

Avocado Smash, Mung Beans, Coriander and Creamy Togarashi Dressing.

Add: 2 x Poached Eggs (+25)
Prawn (+30)
Smoked Salmon (+45)

SHROOMAMI TOAST (SOURDOUGH) (RSF / V) 75

Mushroom, Edamame, Avo Smash, Pink Radish and Miso Tahini Dressing.

AVO SALMON SCRAMBLE (SOURDOUGH) (RSF) 110

Salmon, Avo, Spring Onion with Creamy Wasabi Dressing.

SMOOTHIE BOWLS (all RSF / V)

GREEN MACHINE 89

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 89

Cacao, Nut Butter, Banana, Rolled Oats, Oat Milk, Almonds an Vanilla. Topped with Fresh Banana, Toasted Macadamia Nuts, Coconut Flakes, Cacao Nibs, Cinnamon and Gluten Free Granola.

MANGO VIBEZ 89

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 89

Bright Pink Pitaya, Mixed Berries, Vanilla, Apple, Maple Syrup and Oat milk. Topped with Fresh Berries, Chia, Goji Berries, Coconut Flakes and Gluten Free Granola.

SMOOTHIES (all RSF / V)

350ML / 500ML

GREEN KANALOA 69 / 75

Spirulina, Spinach, Mango, Banana and Oat Milk.

NUTTY CHARGER 62 / 69

Cacao, Banana, Rolled Oats, Almonds, Vanilla and Oat Milk.

MANGO KICKER 69 / 76

Mango, Ginger, Banana, Orange, Maca, Coconut and Oat Milk.

PINK PITAYA 69 / 76

Pitaya, Mixed Berries, Vanilla, Apple, Maple Syrup and Oat Milk.

*Fruit is seasonal & subject to availability.

All of our House Sauces are available to purchase in-store, or online via our website.

KEY:
GF - Gluten Free • RSF - Refined Sugar Free • V - Vegan

@pokeco_ct (Facebook) | @the_poke_co (Instagram & TikTok)
www.pokecoct.com