

JUICES

250ML

SUNBAE (RSF / V)	42
Orange, pineapple, ginger, carrot, turmeric & lemon.	
BEETBOOM (RSF / V)	42
Beetroot, lemon, apple, cucumber & orange.	
GREEN ROOM (RSF / V)	42
Apple, Pineapple, cucumber, kale, spinach, ginger, lemon & mint.	
CAPE DOCTOR (30ML SHOT)	25
Ginger, lemon & honey shot.	

DRINKS

COOL DRINKS	
Fresh Pressed Juice	42
Brew Kombucha	52
Coke / Coke Zero	25
Apple / Grape Tiser	30
San Pellegrino	40
Dope	36
Still / Sparkling 500ML	25

COFFEE + HOT DRINKS

Espresso	26
Flat White	30
Latte	34
Red Cappuccino	36
Tea Selection	25
Ice Latte	36
Chai Latte	38
Hot Chocolate	38
*Sub for Oat Milk	(+10)

BEER:

Castle Light	29
Devils Peak lager	35

WINES:

House White	40 / 179
Posh White	45 / 179
Rosé	50 / 185
House Red	45 / 175
Posh Red	55 / 210
Bubbles	50

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

WE CATER!

Parties, weddings and
corporate functions.

info@pokecoct.com

Skip the queue,
download the Poké app

OH MAN,
THAT'S
FRESH



Also available through

Uber
Eats



Bolt Food



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

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SIGNATURE POKÉ BOWLS

Choose From:

REGULAR / MAXI

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

CHARLIE TUNA 109 / 145

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

UNDERCURRENT 125 / 162

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

WINDWARD 115 / 152

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

LEEWARD 129 / 169

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

TIGER BOWL 115 / 145

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

THE CHICK 79 / 105

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

BEEF BRISKET 99 / 129

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

GARDEN GATE (V) 85 / 110

Tofu, Cucumber, Edamame, Carrot, Pickled Beetroot, Avocado with Miso Tahini dressing and toasted Coco Flakes.

MISO EGGPLANT (V) 79 / 105

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) 79 / 105

Umami mushroom, edamame, carrot, pickled ginger, pink radish with ginger ponzu & Miso Tahini dressing and Crispy onions.

POKÉ BURRITO

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

(see BYOB Menu "DRESS IT" for choices)

SALMON 89 / TUNA 79 / PRAWN 79

CHICKEN 65 / TOFU 65 / VEGGIE 60

HOUSE BROTHS + SIDES + DESSERT

Salmon Potsticker 3pc	60
House Broth with Fish Cake or Tofu (V)	75
Edamame Beans with Sea Salt	55
Avo & Wakame Salad	55
Prawn on the Lawn (avo, prawn, toast)	79
Tuna Nachos	85
Kiddies Poke Bowl	60
Ice cream	see display freezer for flavours

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

*Fruit is seasonal & subject to availability.

BUILD YOUR OWN BOWL

Bowls Start at:

REGULAR 60 / MAXI 80

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

1 CHOOSE YOUR BASE:

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

2 PICK A PROTEIN:

Tuna Sashimi	(+55 / 70)
Salmon Sashimi	(+70 / 85)
Prawns	(+55 / 70)
Beef Brisket	(+40 / 50)
Shredded Chicken	(+25 / 30)
Tofu (V)	(+25 / 30)
Miso Glazed Eggplant (V)	(+25 / 30)
Shroomami (V)	(+25 / 30)

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)	
Creamy Togarashi (siracha mayo - soy)	
Ginger Ponzu (soy - ginger citrus) (V)	
Hawaiian Heat (soy - pineapple spice) (V)	
House Ponzu (soy - citrus) (V)	
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)
Macadamia Nuts, Almond Flakes	(+10 / 15)
Aburi Seared Sashimi	(+15 / 20)
Tobiko Caviar, Seaweed Salad	(+10)
Additional Crunch	(+10 / 15)
Additional Veg	(+10)
Extra Protein	(as per regular prices)



BREAKFAST

Available till 12pm

APPLE CRUMBLE OATS (GF / RSF / V) 59

Apple soaked creamy oats topped with burnt vanilla apples & toasted almond flakes.

AVO SMASH TOAST (SOURDOUGH) (RSF) 60

Avocado smash, mung beans, Coriander & creamy togarashi.

Add: 2 x Poached Eggs (+19)

Prawn (+19)

Smoked Salmon (+45)

SHROOMAMI TOAST (SOURDOUGH) (RSF / V) 72

Mushroom, Edamame, Avo smash, radish & Miso Tahini.

ASIAN SALMON SCRAMBLE (SOURDOUGH) (RSF) 105

Salmon, edamame, spring onion with creamy wasabi dressing.

SMOOTHIE BOWLS

(all RSF / V)

GREEN MACHINE 85

Spirulina, spinach, mango, banana & oat milk, drizzled with nut butter. Topped with strawberry, frozen blueberries, chia & coconut flakes & gluten free granola.

CACAO DREAM 85

Cacao, nut butter, banana, rolled oats, oat milk, almonds & vanilla. Topped with fresh banana, toasted macadamia nuts, coconut flakes, cacao nibs, cinnamon & gluten free granola.

MANGO VIBEZ 85

Mango, ginger, banana, orange, maca, coconut & oat milk. Topped with fresh pineapple, papaya/mango, goji berries with toasted almond flakes, gluten free granola & fresh mint.

PINK BERRIES 89

Bright pink Pitaya, mixed berries, vanilla, apple, maple syrup & oat milk. Topped with fresh berries, chia, goji berries, coconut flakes & gluten free granola.

SMOOTHIES

(all RSF / V)

350ML / 500ML

GREEN KANALOA 62 / 69

Spirulina, spinach, mango, banana & oat milk.

NUTTY CHARGER 62 / 69

Cacao, banana, rolled oats, almonds, vanilla & oat milk.

MANGO KICKER 69 / 75

Mango, ginger, banana, orange, maca, coconut & oat milk.

PINK PITAYA 72 / 79

Pitaya, mixed berries, vanilla, apple, maple syrup & oat milk.

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

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

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