




POKE GUYS

112 Elizabeth St. Unit 1
Toronto ON, M5G 1P5, Canada
416 - 506 - POKE (7653)

8110 Birchmount Rd. Unit 10
Markham ON, L6G 0E3, Canada
905 - 477 - POKE (7653)

 @Poke Guys

 @pokeguysto

 @pokeguysto

For all catering inquiries, please email info@pokeguys.ca

Ingredients may change
based on seasonality


Please inform us of any dietary
restrictions and food allergies
before ordering.


Taxes not included & prices
are subject to change with-
out prior notice.


POKE GUYS

Menu

info@pokeguys.ca
www.pokeguys.ca

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Regular: \$12.50 Large: \$15.75

Vegetarian Bowl



brown rice, classic shoyu tofu, avocado, edamame, seaweed salad, grape tomatoes, clementines, pickled red ginger, nori, B&W sesame seeds

PG's Bowl



white rice, classic shoyu salmon, masago, edamame, seaweed salad, corn, fried onion, pickled red ginger, B&W sesame seeds

Cali Bowl



white rice, classic shoyu salmon & tuna, avocado, crab meat slaw, masago, fried onions, nori, B&W sesame seeds

Aloha Bowl



white rice, honey ginger salmon, crab meat slaw, edamame, seaweed salad, masago, fried onions, B&W sesame seeds

Mauna Loa Bowl (Volcano Bowl)



white rice, spicy shoyu salmon, spicy seaweed salad, spicy cucumbers, edamame, masago, fried onions, jalapenos

Angry Shrimp 2.0 Bowl



white rice, sweet and spicy shrimp, corn, kimchi, masago, pineapples, fried onions, B&W sesame seeds, masago

Wasabi Octopus Bowl



white rice, wasabi octopus, edamame, grape tomatoes, seaweed salad, jalapeno, pickled ginger, nori



Regular: \$10.75 Large: \$14.00

1) Base



Brown Rice



White Rice



Spring Mix



Soba Noodles (+\$0.50)

2) Protein



Classic Shoyu Salmon
Spicy Shoyu Salmon
Honey Ginger Salmon

Classic Shoyu Tuna
Spicy Shoyu Tuna
Wasabi Octopus
Tofu



Yuzu Tuna
Yuzu Salmon
Sweet & Spicy Shrimp

3) Toppings for \$.85



Clementines
Corn
Edamame
Grape Tomatoes



Masago
Pineapples
Seaweed Salad
Spicy Cucumbers



*Avocado
*Crab Meat Slaw
*Kimchi
*Spicy Seaweed Salad

*Premium Toppings \$1.25

4) Like It Saucy?

Creamy Togarashi
Spicy Aioli
Spicy Yuzu
Wasabi Mayo
Me So Sesame

Classic Shoyu
(Available
gluten-free)
Ginger Yuzu
Unagi



5) Garnish

Fried Onions
Togarashi
Nori
Jalapeno

Pickled Red Ginger
B&W Sesame Seeds
Watermelon Radish
Tempura Bits



Gluten Free & Vegan Option Available Upon Request