

POKE GUYS

All our Poke are made with our in-house marinade which may include scallions, sesame oil, white onions, cucumbers, and shoyu

SIGNATURE BOWLS

Served with your choice of base, sauces and garnishes

PG

R: 15.50 L: 19.50

classic shoyu salmon

edamame, fresh mangoes,
seaweed salad & masago

ALOHA

R: 15.50 L: 19.50

honey ginger salmon

crab meat slaw, pineapples,
seaweed salad & masago

MAUNA LOA

R: 15.75 L: 19.75

spicy shoyu salmon

edamame, spicy cucumbers,
spicy seaweed salad & masago

CALI

R: 15.75 L: 19.75

classic shoyu salmon & tuna

avocado, crab meat slaw
& masago

FIRE FIN

R: 15.75 L: 19.75

spicy shoyu tuna

kimchi, fresh mangoes,
seaweed salad & masago

ANGRY SHRIMP

R: 15.50 L: 19.50

sweet & spicy shrimp

corn, kimchi, pineapples
& masago

VEGETARIAN

R: 15.00 L: 19.00

classic shoyu tofu (GF)

avocado, corn, edamame,
shiitake slaw, & seaweed salad

BUILD YOUR OWN BOWL

Regular: 13.50 Large: 17.50

1

CHOOSE YOUR BASE

White Rice
Brown Rice

Kale Greens

Soba Noodles (+0.50)

2

CHOOSE YOUR PROTEINS

Classic Shoyu Salmon
Spicy Shoyu Salmon
Honey Ginger Salmon

Classic Shoyu Tuna
Spicy Shoyu Tuna

Sweet & Spicy Shrimp
Classic Shoyu Tofu (GF)

3

CHOOSE YOUR TOPPINGS

Regular: 1.00/each Premium: 1.50/each*

Corn
Edamame
Pineapples
Masago

Seaweed Salad
Spicy Cucumbers
Avocados*
Shiitake Slaw*

Crab Meat Slaw*
Fresh Mangoes*
Kimchi*
Spicy Seaweed Salad*

4

CHOOSE YOUR SAUCES

Classic Shoyu
Classic Shoyu Yuzu
Gluten Free Shoyu

Creamy Togarashi
Unagi
Spicy Unagi

Spicy Aioli
Miso Sesame
Wasabi Mayo

5

CHOOSE YOUR GARNISHES

B&W Sesame Seeds
Crispy Garlic
Crispy Onions

Jalapeño
Nori
Pickled Red Ginger

Scallions
Tempura Bites
Watermelon Radish

Substitution Policy: Any proteins can be substituted on our signature bowls for a 2.00 charge. Toppings may only be removed and not replaced.

Gluten-free and vegan options are available upon request. Not all ingredients are listed. Please inform us of any dietary restrictions or allergies prior to ordering. Taxes not included, prices subject to change without prior notice.

JUST POKE (80Z)

CLASSIC SHOYU TOFU (GF)	10.00
CLASSIC SHOYU SALMON	13.00
SPICY SHOYU SALMON	13.00
HONEY GINGER SALMON	13.00
SWEET & SPICY SHRIMP	13.00
CLASSIC SHOYU TUNA	14.00
SPICY SHOYU TUNA	14.00

SIDES (80Z)

EDAMAME	5.00
SEAWEED SALAD	5.00
SPICY CUCUMBERS	5.00
CORN	5.00
PINEAPPLES	5.00
SHIITAKE SLAW	6.00
FRESH MANGOES	6.00
CRAB MEAT SLAW	6.00
SPICY SEAWEED SALAD	6.00
KIMCHI	6.00

DRINKS

BOTTLED WATER (500mL)	1.50
CANNED SOFT DRINK	1.75
CANNED JUICES (250mL)	2.25
ARIZONA (680mL)	2.75
COCONUT WATER (500mL)	3.25

WE DO CATERING!

For groups of 20+ people

For all catering inquiries, please visit www.pokeguys.ca/catering, we will be in touch with you within 24 hours!

CONNECT WITH US!

TORONTO

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

MARKHAM

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

VAUGHAN

2904 Highway 7. Unit 107
Vaughan ON, L4K 0K4
905 660 7753



Allergies? Scan Here To Find Out More

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www.pokeguys.ca | info@pokeguys.ca

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