

Ola Poke



@ola.poke | olapoke.es

Español

ENTRANTES

Poke Nachos

Nachos, atún, aguacate, cilantro, cebolleta, alga nori, sésamo, salsa teriyaki, ^{poke!} ^{¡picante!}

9.50

Guacamole

con chips vegetales

8.50

Ensalada de wakame

3.95

Edamames

3.95

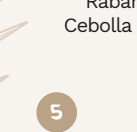
POKES DE LA CASA



Cali Poke

Arroz de sushi, salmón, mango, aguacate, edamame, queso crema, salsa teriyaki, cebolleta, alga nori, sésamo.

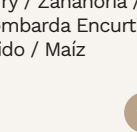
13.95 | 15.95



Spicy Tuna

Arroz de sushi, atún, aguacate, edamame, rabanito, wakame, salsa Spicy Mayo, shichimi, cebolleta, sésamo.

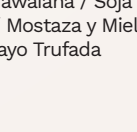
13.95 | 15.95



Hawaii Bowl

Arroz de sushi, salmón, atún, aguacate, edamame, wakame, salsa Teriyaki y Spicy Mayo, sésamo, cebolleta, cebolla frita.

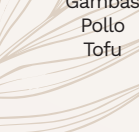
13.95 | 15.95



Gamba Tropical

Arroz de sushi, gambas, aguacate, edamame, mango, salsa Ola Poke y Clásica Hawaiana, cebolla frita, cebolleta, sésamo.

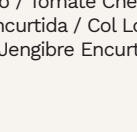
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Pollo Teriyaki

Arroz integral, pollo, piña, aguacate, edamame, salsa Teriyaki, anacardos, cebolla frita, sésamo.

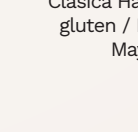
13.95 | 15.95



Quinoa Salmón

Quinoa, salmón, mango, aguacate, pepino, rabanito, salsa Clásica Hawaiana y Teriyaki, cebolleta, sésamo, coco tostado.

13.95 | 15.95



Vegano

Arroz de sushi, tofu, aguacate, mango, wakame, edamame, salsa Teriyaki, cebolleta, cacahuete, sésamo.

13.95 | 15.95

CREA TU POKE

PEQUEÑO 13.95 (1 base, 1 proteína, 3 ingredientes, 1 salsa, 2 toppings)
GRANDE 15.95 (1 o 2 bases, 1 o 2 proteínas, 5 ingredientes, 1 salsa, 3 toppings)

1

Base

Arroz de sushi
Arroz integral
Quinoa
Hojas Verdes

2

Proteína

Salmón
Atún
Gambas
Pollo
Tofu

3

Ingredientes

Aguacate / Edamame / Wakame /
Mango / Piña / Pepino / Queso Crema /
Rabanito / Tomato Cherry / Zanahoria /
Cebolla Encurtida / Col Lombarda Encurtida
/ Jengibre Encurtido / Maíz

4

Salsas

Teriyaki / Spicy Mayo / Ola Poke
Acevichada / Wasabi Alioli /
Clásica Hawaiana / Soja sin
gluten / Mostaza y Miel /
Mayo Trufada

5

Toppings

Cebolla Frita
Coco Tostado
Sésamo
Alga Nori
Cachuetes

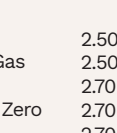
+

Extras

Proteína 2
Ingrediente 0.50
Salsa 0.50
Aguacate 1
Mango 1

NOTA: Les informamos que nuestro salmón y atún han sido congelados previamente un mínimo de 24 horas, siguiendo el real decreto 1420/06.

SMOOTHIE BOWLS



Bali

Base de açai, plátano, frutos rojos, leche de almendras. Topping de granola, plátano, fresas, chia, mantequilla de cacahuete y miel.

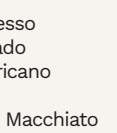
10.95



Ola

Base de plátano, mantequilla de cacahuete, miel, leche de almendras. Topping de granola, plátano, fresas y nutella.

10.95



Cocoa

Base de plátano, dátiles, cacao, mantequilla de cacahuete, leche de almendras. Topping de granola, plátano, fresas, coco tostado, mantequilla de almendras y miel.

10.95

Extras

Nutella +0.50
Fresa +0.50
Mango +0.50
Granola +0.50
Mantequilla de cacahuete +0.50
/ Mantequilla de almendras +1
Proteína de vainilla +1.5

ZUMOS

450ML

Green Detox 6.50

Manzana, espinaca, pepino, limón, jengibre.

Vitamin C 6.50

Naranja, manzana, zanahoria, jengibre.

Heart Beet 6.50

Remolacha, zanahoria, naranja, manzana.

Pink Lady 6.50

Fresa, manzana, limón, hierba buena.

Celery Glow 6.50

Apio, jengibre, limón, manzana.

Limonada 4.95

limón, hierba buena, jengibre, azúcar, agua.

Zumo de naranja 4.95

SMOOTHIES

450ML

Tropical Passion 7.50

Fruta de la pasión, mango, plátano, miel, hierba buena, zumo de naranja.

Energy Boost 7.50

Espresso shot, proteína de vainilla, dátiles, mantequilla de almendras, plátano, canela, leche de coco.

Açaí Shake 7.50

Açaí, frutos rojos, plátano, mantequilla de cacahuete, leche de almendras.

Choco Bomb 7.50

Plátano, dátiles, mantequilla de cacahuete, cacao, leche de almendras.

Green Power 7.50

Espinaca, jengibre, maracujá, mango, plátano, zumo de naranja.

EXTRA Proteína de vainilla +1.5

POSTRES

Mousse de Nutella y Oreo 4.95

Cheesecake 4.95

Tarta de Limón 4.95

Mochis (2) 4.95

Matcha / Chocolate y Avellanas / Mango y Maracujá

BEBIDAS

Agua	2.50	Cerveza Japonesa	3.00
Agua con Gas	2.50	Rosa Blanca	3.00
Coca-Cola	2.70	Estrella Galicia	3.00
Coca-Cola Zero	2.70	Radler	3.00
Fuze Tea	2.70	Estrella Galicia 0.0%	3.00
Kombucha	3.95	Copa de vino blanco	3.50
Limón & Jengibre		Copa de vino tinto	3.50
Frutos Rojos		Botella de vino	17.00
Supergreen		Blanco / Tinto / Rosado	

CAFÉ Y TÉ

Espresso	1.80	Matcha Latte	4.50
Cortado	2.00	Iced Matcha Latte	5.50
Americano	1.90	Mango Iced	
Latte	2.50	Matcha Latte	5.95
Latte Macchiato	3.00	Té Verde	2.50
Iced Latte	4.95	Té Chai	2.50
Cappuccino	2.70	Earl Grey	2.50
Mocha	3.00	Infusión	2.50
Flat White	3.00	Frutos Rojos / Rooibos	
Chai Latte	3.50	Poleo menta / Manzanilla	
Iced Chai Latte	4.95	Leche vegetal	0.50

Todos los precios están expresados en euros. 10% IVA incluido. Información sobre alérgenos a su disposición con nuestro personal.

English

SNACKS

Poke Nachos

Nachos topped with tuna, avocado, teriyaki sauce, green onions, coriander, nori seaweed, sesame seeds.

9.50 ^{poke!} ^{¡spicy!}

Guacamole

with vegetable chips

8.50

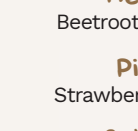
Wakame Salad

3.95

Edamames

3.95

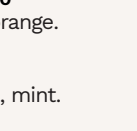
HOUSE SPECIALS



Cali Poke

Sushi rice, salmon, mango, avocado, edamame, cream cheese, Teriyaki sauce, sesame seeds, nori seaweed, green onions.

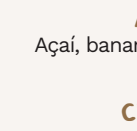
13.95 | 15.95



Spicy Tuna

Sushi rice, tuna, avocado, wakame, edamame, radish, Spicy Mayo sauce, sesame seeds, shichimi, green onions.

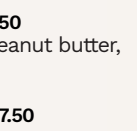
13.95 | 15.95



Hawaii Bowl

Sushi rice, salmon, tuna, avocado, edamame, wakame, Teriyaki and Spicy Mayo sauce, sesame seeds, crunchy onions, green onions.

13.95 | 15.95



Tropical Shrimp

Sushi rice, shrimp, mango, avocado, edamame, Hawaiian Classic and Ola Poke sauce, sesame seeds, crunchy onions, green onions.

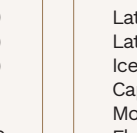
13.95 | 15.95



Chicken Teriyaki

Brown rice, chicken, avocado, pineapple, edamame, Teriyaki sauce, sesame seeds, crunchy onions, cashews.

13.95 | 15.95



Quinoa Salmon

Quinoa, salmon, avocado, mango, cucumber, radish, Teriyaki sauce, sesame seeds, green onions, coconut flakes.

13.95 | 15.95



Vegan

Sushi rice, tofu, avocado, mango, edamame, wakame, Teriyaki sauce, sesame seeds, peanuts, green onions.

13.95 | 15.95

BUILD YOUR OWN

SMALL 13.95 (1 base, 1 protein, 3 ingredients, 1 sauce, 2 toppings.)
LARGE 15.95 (1 or 2 bases, 1 or 2 proteins, 5 ingredients, 1 sauce, 3 toppings.)

1

Base

Salmon
Brown rice
Quinoa
Mixed greens

2

Protein

Tuna
Shrimp
Chicken
Tofu

3

Ingredients

Avocado / Edamame / Wakame
Mango / Pineapple / Cream cheese /
Cucumber / Radish / Cherry tomato
Corn / Carrot / Pickled onions
Pickled red cabbage / Pickled ginger

4

Sauces

Teriyaki / Spicy Mayo / Ola Poke
Acevichada / Wasabi Alioli /
Hawaiian Classic / GF Soy Sauce
Honey Mustard / Truffle Mayo

5

Toppings

Crunchy onions
Coconut flakes
Sesame seeds
Nori seaweed

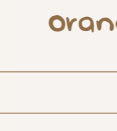
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Extras

Protein 2
Ingredient 0.50
Sauce 0.50
Avocado 1
Mango 1

NOTE: We inform you that our salmon and tuna have been previously frozen for at least 24 hours, following the royal decree 1420/06.

SMOOTHIE BOWLS



Bali

Açaí, banana, berries, almond mylk. Topped with granola, banana, strawberries, chia seeds, peanut butter, honey.

10.95



Ola

Banana, peanut butter, honey, almond mylk. Topped with granola, banana, strawberries, Nutella.

10.95



Cocoa

Banana, dates, cocoa, peanut butter, almond mylk. Topped with granola, banana, strawberries, toasted coconut, almond butter, honey.

10.95

Extras

Nutella +0.50
Strawberries +0.50
Mango +0.50
Granola +0.50
Peanut butter +0.50
Almond butter +1
Vanilla protein +1.5

COLD PRESSED JUICES

450ML

Green Detox 6.50

Apple, spinach, cucumber, lemon, ginger.

Vitamin C 6.50

Orange, Apple, carrot, ginger.

Heart Beet 6.50

Beetroot, carrot, apple, orange.

Pink Lady 6.50

Strawberry, apple, lemon, mint.

Celery Glow 6.50

Celery, ginger, lemon, apple.

Lemonade 4.95

Lemon juice, mint, ginger, sugar.

Orange Juice 4.95

SMOOTHIES

450ML

Tropical Passion 7.50

Passion fruit, mango, banana, honey, mint, orange juice.

Energy Boost 7.50

Espresso shot, vanilla protein, dates, banana, almond butter, cinnamon, coconut mylk.

Açaí Shake 7.50

Açaí, banana, red berries, peanut butter, almond mylk.

Choco Bomb 7.50

Banana, dates, cocoa, peanut butter, almond mylk.

Green Power 7.50

Spinach, ginger, passion fruit, mango, banana, orange juice.

EXTRA Vanilla protein +1.5

DESSERTS

Nutella and Oreo Mousse 4.95

Cheesecake 4.95

Lemon tart 4.95

Mochis (2) 4.95

Matcha / Chocolate and hazelnuts / Mango and passion fruit

DRINKS

Water	2.50	Japanese beer	3.00
Sparkling water	2.50	Rosa Blanca	3.00
Coca-Cola	2.70	Estrella Galicia	3.00
Coca-Cola Zero	2.70	Radler	3.00
Fuze Tea	2.70	Estrella Galicia 0.0%	3.00
Kombucha	3.95	Glass of white wine	3.50
Lemon & Ginger		Glass of red wine	3.50
Red berries		Bottle of wine	17.00
Supergreen		White / Red / Rosé	

COFFEE AND TEA

Espresso	1.80	Matcha Latte	4.50
Cortado	2.00	Iced Matcha Latte	5.50
Americano	1.90	Mango Iced	
Latte	2.50	Matcha Latte	5.95
Latte Macchiato	3.00	Green Tea	2.50
Iced Latte	4.95	Chai Tea	2.50
Cappuccino	2.70	Earl Grey	2.50
Mocha	3.00	Infusion	2.50
Flat White	3.00	Red Berries / Pennyroyal	0.50
Chai Latte	3.50	Mint / Rooibos / Chamomile	
Iced Chai Latte	4.95	Vegetable mylk	0.50

All our prices are in euros. 10% VAT included. Please let us know if you have any food allergies or intolerances.