

Desserts

Ice cream - new monthly flavours SQ

Juices

250ml & all GF / RSF / V



SUNBAE 42

Orange, pineapple, ginger, carrot, tumeric & lemon.

BEETBOOM 42

Beetroot, lemon, apple, cucumber & orange.

GREEN ROOM 42

Apple, Pineapple, cucumber, kale, spinach, ginger, lemon & mint.

CAPE DOCTOR (25ml) 28

Ginger, lemon & honey shot.

Drinks

*Alcoholic beverages only available at the Loop branch

COOL DRINKS

Still / Sparkling 500 / 750ml 22 / 52

Brew Kombucha 48

Coke / Coke Zero 25

Apple / Grape Tiser 30

San Pellegrino 36

Dope 36

Fresh Pressed Juices 42



HOT DRINKS

Espresso 22

Americano 24

Flat White 26

Latte 28

Red Cappuchino 30

Tea Selection 22

Ice Latte 29

Hot Choc 30

Decaf 28

Chai Latte 34

Turmeric Latte 36

Macha Latte 38

* Sub for Oat Milk (+9)

BEER

Castle Light 29

Tafel lager 29

Devils Peak lager 32

WINES

House White 36 / 169

Rose 40 / 169

House Red 45 / 175

Bubbles 299



COME SAY HI!

CLAREMONT STORE

12 Dreyer Street, Cape Town

Mon - Fri: 7am - 21:30

Sat: 9am - 21:30 Sun 10:00 - 21:00

087 470 0583

CBD STORE

90 Loop Street, Cape Town

Mon - Fri: 08:00 - 21:30

Sat: 09:00 - 21:30 Sun: 12:00 - 21:00

087 470 0125

SEA POINT STORE

The Point Mall - Ground Floor - Shop 3

76 Regent Street

Mon - Fri: 07:00 - 21:00

Sat: 08:00 - 21:00 Sun 09:00 - 21:00

087 701 9692

KLOOF STORE

47 Kloof St, Gardens

Mon - Friday 09:00 - 21:30

Sat: 10:00 - 21:30 Sun: 12:00 - 21:00

021 286 9597

WE CATER!

Parties, weddings & corporate functions

info@pokecoct.com

Skip the queue, download the Poké app



Also available through



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

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Signature Poké Bowls

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

CHARLIE TUNA

..... REGULAR 105 / MAXI 139
Tuna Sashimi, Mango* / Papaya* Salsa, Cucumber, Carrot, Sweet Red Onions with House Shoyu & Creamy Togarashi dressing and Crispy Onions.

UNDERCURRENT

..... 115 / 152
Salmon Sashimi, Orange, Cucumber, Carrot, Pink Radish with House Ponzu & Creamy Togorashi dressing and toasted Almond Flakes.

WINDWARD

..... 110 / 149
Tuna Sashimi, Cucumber, Edamame, Pickled Ginger, Avocado with Hawaiian Heat & Creamy Wasabi dressing and Shredded Nori.

LEEWARD

..... 119 / 159
Salmon Sashimi, Cucumber, Edamame, Pickled Beetroot, Avocado with House Ponzu & Creamy Togorashi dressing and toasted Coco Flakes.

TIGER BOWL

..... 99 / 129
Pan fried Prawns, Carrot, Cucumber, Pink Radish, Coriander, Jalapenos, with Hawaiian Heat & Creamy Wasabi Dressing and Crispy Wasabi Salmon Skins.

CHICK

..... 79 / 105
Shredded Chicken, Pineapple, Cucumber, Carrot, Red cabbage with Ginger Ponzu & Miso Tahini dressing and toasted Macadamia Nuts.

BEEF BRISKET

..... 95 / 125
Braised Beef Brisket, Kale & Cabbage, Pickled Beetroot, Sweet Red Onion, Edamame, Radish, Coriander with House Shoyu & Creamy Togarashi dressing and Crispy Onions.

GARDEN GATE (V)

..... 79 / 105
Tofu, Cucumber, Edamame, Carrot, Pickled Beetroot, Avocado with House Shoyu dressing and toasted Coco Flakes.

MISO EGG PLANT (V)

..... 75 / 95
Roasted Miso Eggplant, Kale & Cabbage, Sweet Red Onion, Pickled Beetroot, Edamame, Pink Radish with Ginger Ponzu & Miso Tahini dressing and toasted Coco Flakes

*Fruit is seasonal & subject to availability

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 85 / TUNA 75 / PRAWN 72 / CHICKEN 65 / TOFU 65 / VEG 60

Broths + Sides + Specials

Salmon Potsticker 3pc	55
House Vegan / Fish Cake Broth	60
Edamame Beans with Sea Salt	45
Wakame Seaweed Avo Salad	45
Prawn on the Lawn (avo, prawn, toast)	65
Tuna Nachos	65
The Grom Poke (kiddies)	59
See Monthly Specials Board	50

Build Your Own Bowl

Bowls start at **REGULAR 60 / MAXI 80**
All Poké Bowls come standard with Sesame seeds, Spring Onion and Togarashi Spice.

1 CHOOSE YOUR BASE

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

2 PICK A PROTEIN

Tuna Sashimi	 (+49 / 65)
Salmon Sashimi	 (+59 / 79)
Prawns	 (+45 / 59)
Beef Brisket	 (+39 / 49)
Shredded Chicken	 (+25 / 29)
Tofu	 (+25 / 29)
Miso Glazed Eggplant	 (+19)

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)	 (V)
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	 (GF)
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)
Seared Sashimi (Aburi)	 (+10 / 15)
Tobiko Caviar, Seaweed Salad	 (10)
Additional Veg & Crunch	 (+5 / 10)
Extra Protein	(as per regular prices)

Smoothie Bowls

Alternatively available as a smoothie, all toppings excluded.
ADD EXTRA HOUSE GF GRANOLA (+10)

GREEN KANALOA (GF/RSF/V)

..... 69
Spirulina, spinach, mango, coconut milk, maca & banana, drizzled with nut butter. Topped with kiwi, frozen blueberries, chia & coconut flakes & gluten free granola.
SMOOTHIE (pineapple added) 350 / 500ML - 59 / 69

NUTTY CHARGER (GF/RSF/V)

..... 69
Cacao, banana, rolled oats, coconut milk, nut butter & vanilla. Topped with whipped coconut cream, fresh banana, toasted macadamia nuts, coconut flakes, cacao nibs, cinnamon & gluten free granola.
SMOOTHIE (no oats, almonds added) 350 / 500ML - 59 / 69

MANGO KICKER (GF/RSF/V)

..... 69
Mango, ginger, banana, orange, coconut water & maca. Topped with fresh pineapple, papaya, goji berries, *pomegranate rubies with toasted almond flakes, gluten free granola & fresh mint.
SMOOTHIE 350 / 500ML - 49 / 62

PINK PITAYA / ACAI POWER (GF/RSF)

..... 69 / 85
Bright pink Pitaya or Real Acai with strawberries, blueberries, yoghurt, lime, honey & vanilla. Topped with fresh berries, chia, goji berries, coconut flakes & gluten free granola.
PINK PITAYA SMOOTHIE (apple added) 350 / 500ML - 59 / 69
ACAI POWER SMOOTHIE (apple added) 350 / 500ML - 69 / 85

Breakfast

APPLE CRUMBLE OATS (GF/RSF)

..... 55
Apple soaked creamy oats topped with burnt vanilla apples, micro textured milk & toasted almond flakes.

HONEY GLAZED BANANA

QUINOA PORRIDGE (GF/RSF) 65
Warm Quinoa spiced with cinnamon & almond milk. Topped with a honey glazed banana, a sprinkle of cinnamon & toasted almond flakes.

STRAWBERRIES & CREAM CHIA POT (GF/RSF/V)

..... 65
Chilled coconut chia pot with strawberry compote, toasted coconut flakes, whipped coconut cream & fresh strawberries.

AVO SMASH TOAST (RYE / SOURDOUGH) (RSF/V)

..... 45
Avocado smash, mung beans, togarashi spice, coriander & sesame seeds.

Add: 2 x Poached Eggs (+14)
Prawn (+20)
Smoked Salmon (+30)

NUT BUTTER TOAST (RYE / SOURDOUGH) (RSF)

..... 45
Almond & Macadamia Nutt butter, banana, activated chia seeds, honey & coco flakes.

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

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