

- MENÙ -

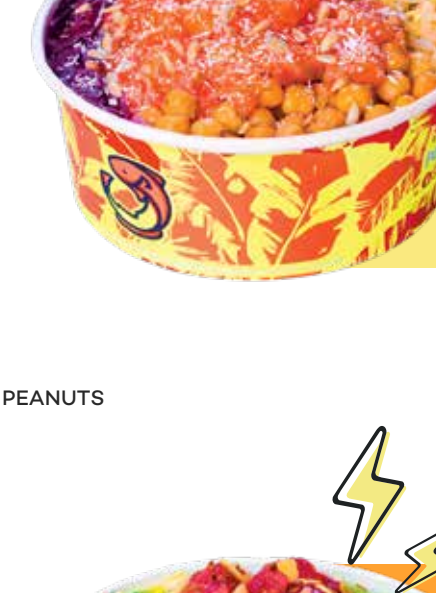


Pokè Flash

Flash Bowl

Classic Pokè

Sushi rice
Salmon (raw)
Goma Wakame
Edamame*
Cucumbers
Avocado
Crispy Onion
Sesame seed
+2 sauces of your choice



REGULAR €11,90
LARGE €13,90

ALLERGENS: SOY, SESAME, FISH AND DERIVATES

Flash Pokè 2.0

Quinoa
Salmon (raw)
Philadelphia
Bean Sprouts
Marinated Red Onion
Chickpeas
Coconut Chips
Sunflower Seed
+2 sauces of your choice



REGULAR €11,40
LARGE €14,40

ALLERGENS: SOY, SESAME, FISH AND DERIVATES, PEANUTS
LACTOSE, GLUTEN, MILK, NUTS

Healthy Pokè

Black Rice
Tuna (raw)*
Avocado
Mango
Edamame*
Radishes
Almond
Flax Seed
+2 sauces of your choice



REGULAR €11,90
LARGE €15,40

ALLERGENS: LUPINS, SOY, CEREALS AND TRACES OF NUTS,
FISH AND DERIVATES, SHELLFISH, SESAME, PEANUTS

Gym Pokè

Sushi Rice
Chicken
Cherry Tomatoes
Corn
Red Cabbage
Edamame*
Peanuts
Sesame Seed
+2 sauces of your choice



REGULAR €9,90
LARGE €12,90

ALLERGENS: SULFUR DIOXIDE, SOY, SESAME,
PEANUTS, NUTS

Green Pokè

Fresh Salad
Shrimps*
Feta
Pineapple
Cucumbers
Carrot
Almond
Flax Seed
+2 sauces of your choice

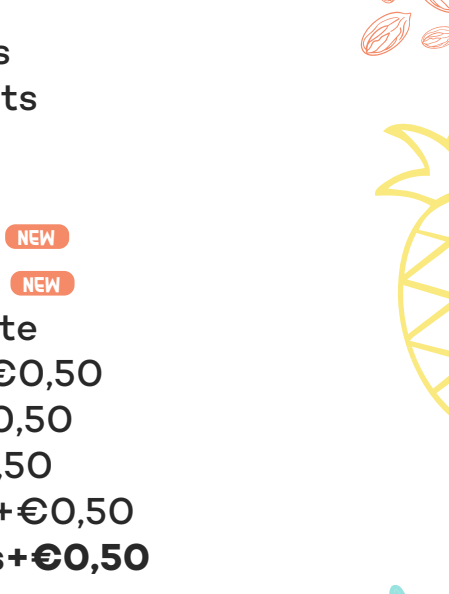


REGULAR €9,90
LARGE €12,90

ALLERGENS: SHELLFISH, SULPHITES, MILK AND DERIVATES, LUPINS,
SOY CEREALS AND TRACES OF NUTS, SESAME, PEANUTS

Vegan Pokè

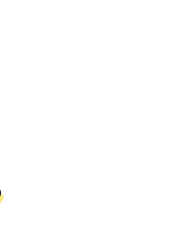
Black Rice
Tofu
Red Cabbage
Radishes
Cucumbers
Corn
Almond
Flax Seed
+2 sauces of your choice



REGULAR €9,90
LARGE €12,90

ALLERGENS: LUPINS, SOY, CEREALS AND TRACES OF NUTS,
PEANUTS, SESAME

Create your Bowl



Snack Regular Large

1 Base
3 Seasonings
1 Protein
1 Sauce
1 Topping
€7,90

1 Base
4 Seasonings
2 Proteins
2 Sauces
2 Topping
€9,90

1 Base
4 Seasonings
3 Proteins
2 Sauces
2 Topping
€12,90

Step 1

Base

Sushi Rice
Black Rice
Rice Mix
Fresh Salad
Quinoa +€0,50

Step 2

Seasonings

Edamame*
Cherry Tomatoes
Corn
Pineapple
Marinated Red Onion
Red Cabbage
Cucumbers
Radishes
Carrots
Feta
Chickpeas
Bean Sprouts
Olives
Ginger
Zucchini NEW
Jalapeno NEW
Pomegranate
Philadelphia +€0,50
Avocado +€0,50
Mango +€0,50
Goma Wakame +€0,50
Extra Seasonings +€0,50

Step 3

Protein

Flash Salmon (raw)
Tuna (raw)* +€0,50 NEW
Tuna in Oil
Octopus (cooked) +€0,50 NEW
Shrimp*
Surimi*
Boiled Egg NEW
Tofu
Extra Proteins +€2

Step 4

Sauce

Soy Sauce ☒
Extra Virgin Olive Oil ☒
Balsamic Vinegar ☒
Teriyaki Sauce
Flash Sauce ☒
Ponzu Sauce
Yogurt Sauce ☒
Spicy Sweet and Sour Sauce ☒🌶️
Mayonnaise ☒
Spicy Mayonnaise +€0,30 ☒🌶️
Mango&Habanero Sauce +€0,30 ☒🌶️
Guacamole Sauce +€0,30 ☒ NEW
Extra Sauces +€0,30

Step 5

Topping

Crispy Onion
Peanut
Corn Flakes
Nachos
Almond
Sesame seed
Flax seed
Sunflower seed
Coconut Chips +€0,50 NEW
Platano Chips +€0,50 NEW
Tobiko +€0,50 NEW
Chopped Pistachio +€0,50
Extra Topping +€0,50

Beverages and sweet

Natural Water (50cl)	€1,00
Sparkling Water (50cl)	€1,00
Coca Cola (33cl)	€2,50
Coca Cola Zero (33cl)	€2,50
Fanta (33cl)	€2,50
Estathe peach (33cl)	€2,50
Estathe lemon (33cl)	€2,50

Special Drinks

Arizona Mucho Mango (50cl)	€3,50
Arizona Green Tea w. Honey (50cl)	€3,50
Arizona Green Tea Melograno (50cl)	€3,50
Arizona Cowboy Fruit Punch (50cl)	€3,50

Our beers

Corona (33cl)	€3,00
Ichnusa not filtered (33cl)	€3,00
Lisa - Birra del Borgo (33cl)	€3,50

Sparkling Wine

Privè Lounge Glera	€10,00
Extra Dry (75 cl)	
Cuvée Astoria	€15,00
Fashion Victim (75 cl)	

Sweet

Mochi (various flavors)	€2,50
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The pokè has never been ready so fast!



Flash Delivery
With our best partner!

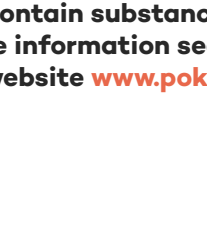
Flash Take Away
With our App



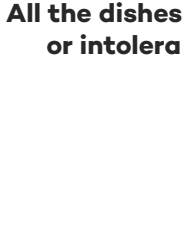
Our stores

- PISA** - Via Lungarno Mediceo, 57
- LIVORNO** - Piazza Luigi Orlando, 1
- PONTEDERA** - Piazza Martiri della Libertà, 43
- LUCCA** - Piazza Santa Maria, 31
- GROSSETO** - Via Bettino Ricasoli, 2

Restaurant details and how to order on:



WWW.POKEFLASH.IT



PokèFlash
be friendly, be healthy, be Pokè

Dishes marked with the* may be frozen
All seafood products intended to be eaten raw have been subjected to preventive remediation treatment according to reg. Ce853 / 04
INFORMATION TO CUSTOMERS REGARDING THE PRESENCE IN THE FOOD OF THE INGREDIENTS OR TECHNOLOGICAL ADJUVANTS CONSIDERED ALLERGENS OR THEIR OWN DERIVATIVES
All the dishes served may contain substances that can cause allergies or intolerances. For more information see the dedicated section on the website www.pokeflash.it