

MENU



Pokè Flash

Create your Pokè



Snack

1 Base
3 Seasonings
1 Protein
1 Sauce
1 Topping

BOWL 8,40

MENU 12,30

mochi + soft drink

Regular

1 Base
4 Seasonings
2 Proteins
2 Sauces
2 Topping

BOWL 10,40

MENU 14,30

mochi + soft drink

Large

1 Base
4 Seasonings
3 Proteins
2 Sauces
2 Topping

BOWL 12,90

MENU 16,80

mochi + soft drink

Step 1

Base

Sushi Rice
Basmati Rice
Black Rice ^{1, 5, 6, 8}
Rice Mix
Fresh Salad
Quinoa ^{5, 6, 7, 12} +0,50

Step 2

Seasonings

Edamame* ⁶
Cherry Tomatoes
Corn
Pineapple
Marinated Red Onion ¹⁴
Red Cabbage
Cucumbers
Carrots
Chickpeas
Bean Sprouts* ⁶
Olives
Ginger
Zucchini
Cantaloupe Melon **NEW**
Rocket Salad
Fresh Salad
Celery ¹³ **NEW**
Philadelphia ¹⁰ +0,50
Avocado +0,50
Mango +0,50
Goma Wakame* ^{6, 7} +0,50
Extra Seasonings +0,50

Step 3

Proteins



RAW

Salmon* ³
Tuna* ^{2, 3} +0,50
Flash Salmon (marinated)* ^{1, 3, 6, 7} +0,50
Mozzarella Beads ¹⁰
Tofu ⁶
Feta ¹⁰

COTTO

Bamboo **NEW**
Octopus* ⁴ +0,50
Shrimps* ^{2, 14}
Surimi* ^{1, 2, 3, 6, 11}
Chicken*
Spicy Chicken* ⁷ +0,50 **NEW**
Boiled Egg ¹¹
Extra Proteins +2,00

Step 4

Sauces

Soy Sauce ⁶
Extra Virgin Olive Oil
Balsamic Vinegar ¹⁴
Teriyaki Sauce ^{1, 6}
Flash Homemade Sauce ^{7, 11, 12, 14}
Ponzu Sauce ^{1, 6}
Yogurt Sauce ^{10, 11, 12, 13}
Mayonnaise ¹¹
Spicy Sweet and Sour Sauce ¹
Mayo Spicy ^{6, 12} +0,30 ¹
Homemade Mayo Wasabi ^{11, 12} +0,30 ¹
Mango&Habanero Sauce ^{3, 6, 7, 8, 10, 11, 12, 13} +0,30 ¹
Homemade Pokè Sauce ^{1, 3, 6, 7} +0,30
Guacamole Sauce ¹⁰ +0,30
Extra Sauces +0,30

Step 5

Topping

Crispy Onion ¹
Peanut ^{8, 9}
Corn Flakes ^{1, 6, 8, 10}
Nachos ^{6, 10, 13}
Almond ^{1, 5, 6, 8, 9}
Sesame Seed ^{1, 7, 12, 13}
Flaxseed ^{6, 7, 8, 9}
Sunflower Seed ^{1, 5, 6, 7, 8, 9, 12}
Nori Seaweed
Jalapeño
Platano Chips +0,50
Chopped Pistachio ^{8, 9} +0,50
Extra Topping +0,50

Flash Menü

add 3,90

1 Bowl + 1 Mochi + 1 Soft Drink included

Flash Kids Menü

9,90

1 Bowl Snack: Sushi Rice, Chicken, Carrots, Corn, Cherry Tomatoes, 1 Topping, 1 Sauce
Soft Drink + Fruit Salad Mix + Surprise Included

Flash Bowl

Classic

Sushi Rice
Salmon
Goma Wakame*
Edamame*
Cucumbers
Avocado
Crispy Onion
Sesame Seed

+2 sauces of your choice

REGULAR 11,40 **LARGE 13,90**

MENU 15,30 **MENU 17,80**

1, 3, 6, 7



Octopus

Quinoa
Octopus*
Philadelphia
Bean Sprouts*
Chickpeas
Marinated Red Onion
Nachos
Sunflower Seed

+2 sauces of your choice

REGULAR 12,40 **LARGE 15,40**

MENU 16,30 **MENU 19,30**

1, 4, 6, 7, 8, 9, 10



Healthy

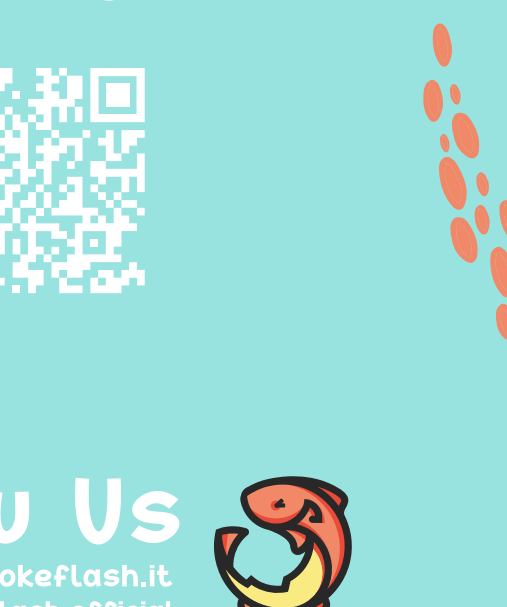
Black Rice
Tuna*
Avocado
Mango
Edamame*
Carrots
Almond
Flaxseed

+2 sauces of your choice

REGULAR 12,40 **LARGE 15,40**

MENU 16,30 **MENU 19,30**

1, 2, 3, 5, 6, 7, 8, 9



Gym

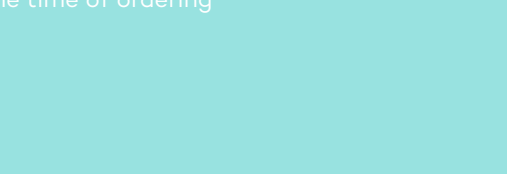
Basmati Rice
Chicken*
Cherry Tomatoes
Corn
Red Cabbage
Edamame*
Peanut
Sesame Seed

+2 sauces of your choice

REGULAR 10,40 **LARGE 12,90**

MENU 14,30 **MENU 16,80**

1, 6, 7, 8, 9, 12



Green 2.0

Fresh Salad
Shrimps*
Philadelphia
Pineapple
Cucumbers
Carrots
Almond
Flaxseed

+2 sauces of your choice

REGULAR 10,90 **LARGE 13,40**

MENU 14,80 **MENU 17,30**

1, 2, 5, 6, 7, 8, 9, 10, 14

Vegan

Black Rice
Tofu
Red Cabbage
Zucchini
Cucumbers
Corn
Almond
Flaxseed

+2 sauces of your choice

REGULAR 10,40 **LARGE 12,90**

MENU 14,30 **MENU 16,80**

1, 5, 6, 7, 8, 9

Drinks



Soft Drinks

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
Estathè peach 33cl 2,50
Estathè lemon 33cl 2,50



Flash Drinks

Arizona Mucho Mango 50cl 3,50
Arizona Green Tea w. Honey 50cl 3,50
Arizona Green Tea Pomegranate 50cl 3,50
Arizona Cowboy Fruit Punch 50cl 3,50



Beer and Wine

Corona 33cl ¹ 3,00
Ichnusa not filtered 33cl ¹ 3,00
Lisa - Birra del Borgo 33cl ¹ 3,50
Privè Lounge Glera Extra Dry 75cl 15,00

Sweets



Single Mochi (various flavors available)* ¹⁵ 2,50
Fruit of mochi* ¹⁵ 6,00
Fruit Salad Mix (mango, pineapple and melon) 2,50

Not Fast But Flash

Flash Delivery

With our best partners!

Flash Take Away

With our App Skip the line and withdraw in less than one minute!

Our stores

- PISA - Via Lungarno Mediceo 57
- LIVORNO - Piazza Luigi Orlando 1
- PONTEREDERA - Piazza Martiri della Libertà 43
- LUCCA - Piazza Santa Maria 31
- GROSSETO - Via Bettino Ricasoli 2
- FIRENZE - Piazza della Stazione 11 R
- PISTOIA - Corso Antonio Gramsci 42

Restaurant details and how to order on:

pokeflash.it

Follow Us

www.pokeflash.it
[@pokeflash.official](https://www.instagram.com/pokeflash.official)

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

1. Gluten - 2. Crustaceans - 3. Fish - 4. Molluscs - 5. Lupin - 6. Soya
7. Sesame - 8. Nuts - 9. Peanuts - 10. Milk
11. Eggs - 12. Mustard - 13. Celery - 14. Sulphur Dioxide or Sulphites
15. Ask at the time of ordering