

# MENU



# PokéFlash

## Create

### Your Poké

**SNACK**  
1 Base  
3 Seasonings  
1 Protein  
1 Sauce  
1 Topping

8,90

**REGULAR**  
1 Base  
4 Seasonings  
2 Proteins  
2 Sauces  
2 Topping

10,90

**LARGE**  
1 Base  
4 Seasonings  
3 Proteins  
2 Sauces  
2 Topping

12,90

### Your Sushi Burrito

SUSHI RICE BASE + 3 SEASONINGS + 1 PROTEIN + 1 TOPPING + 2 SAUCES

NEW

9,90

#### Step 1 Base

Sushi Rice  
Basmati Rice  
Spicy Basmati Rice 6, 12 **NEW**  
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  
Olives  
Ginger  
Zucchini Mint and Lemon  
Pomegranate  
Rocket Salad  
Fresh Salad  
Fennel Marinated in Orange  
Philadelphia 10 +0,50 **★**  
Avocado +0,50 **★**  
Mango +0,50 **★**  
Goma Wakame\* 6, 7 +0,50 **★**  
Extra Condimenti +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  
**COOKED**  
Bamboo  
Squid Parsley and Lemon\* 2, 3, 4 +0,50 **★**  
Shrimps\* 2, 14  
Cooked Salmon\* **NEW**  
Chicken\*  
Teriyaki Chicken\* 1, 6 +0,50 **★ NEW**  
Pulled Pork  
Boiled Egg 11  
Chickpea Hummus 8, 10, 11  
Extra Proteins +2,00

#### Step 4 Sauces

Soy Sauce 6  
Extra Virgin Olive Oil  
Oil Parsley and Lemon **NEW**  
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  
Homemade Mayo Wasabi 11, 12 +0,30 **★**  
Mango&Habanero Sauce 3, 6, 7, 8, 10, 11, 12, 13 +0,30 **★**  
Homemade Poké Sauce 1, 3, 6, 7 +0,30 **★**  
Mayo Spicy 6, 12 +0,30 **★**  
Guacamole Sauce 10 +0,30 **★**  
Truffle Sauce 1, 8, 9 +0,30 **★ NEW**  
Extra Sauces +0,30

#### Step 5 Topping

Crispy Onion 1  
Peanut 8, 9  
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  
Dried Tomatoes  
Chopped Pistachio 8, 9 +0,50 **★**  
Extra Topping +0,50 **★**

## Flash Bowl

### Classic

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

+2 Sauces of your choice  
REGULAR 11,90 LARGE 13,90  
1, 3, 6, 7



### Octopus

Quinoa  
Squid Parsley and Lemon\*  
Philadelphia  
Olives  
Chickpeas  
Marinated Red Onions  
Nachos  
Sunflower Seed

+2 Sauces of your choice  
REGULAR 12,90 LARGE 15,40  
1, 4, 6, 7, 8, 9, 10, 14



### Healthy

Black Rice  
Tuna\*  
Avocado  
Mango  
Edamame\*  
Carrots  
Almond  
Flaxseed

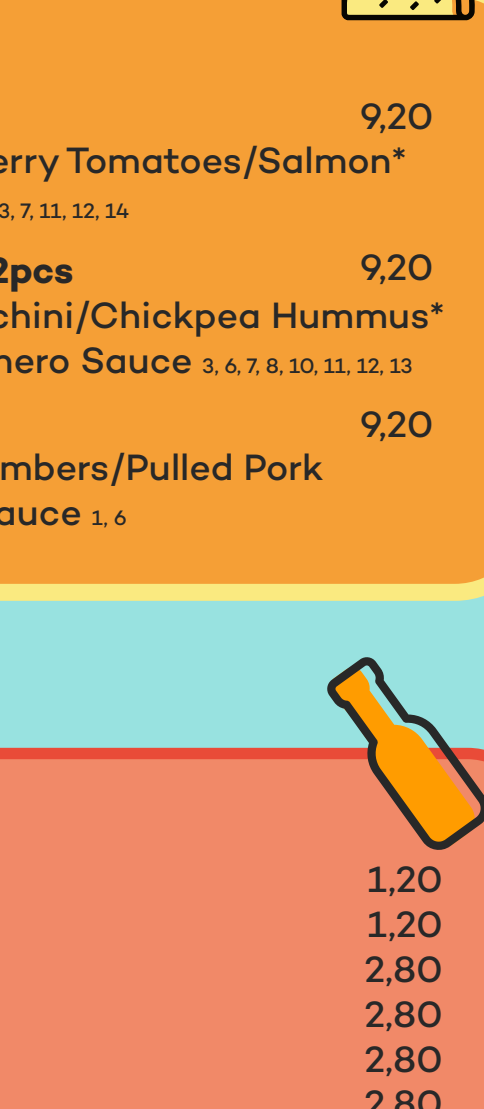
+2 Sauces of your choice  
REGULAR 12,90 LARGE 15,40  
1, 2, 3, 5, 6, 7, 8, 9



### Gym

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

+2 Sauces of your choice  
REGULAR 10,90 LARGE 12,90  
1, 6, 7, 8, 9, 12



### Green Salad

Fresh Salad  
Carrots  
Corn  
Cucumbers  
Zucchini Mint and Lemon\*  
Mozzarella Beads  
Dried Tomatoes  
Flaxseed

+2 Sauces of your choice  
REGULAR 10,90 LARGE 12,90  
1, 5, 6, 7, 8, 9, 10, 12



### Veggy

Black Rice  
Red Cabbage  
Zucchini Mint and Lemon\*  
Fennel Marinated in Orange  
Edamame\*  
Bamboo  
Almonds  
Flaxseed

+2 Sauces of your choice  
REGULAR 10,90 LARGE 12,90  
1, 5, 6, 7, 8, 9, 12, 13, 14



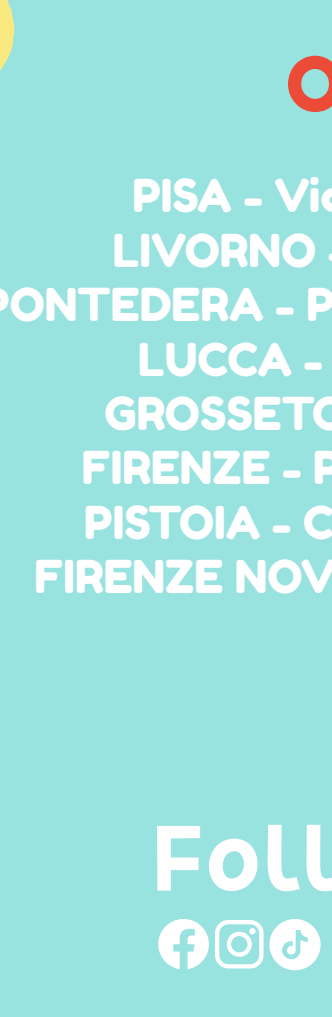
## Healthy & Hot Bowl

NEW



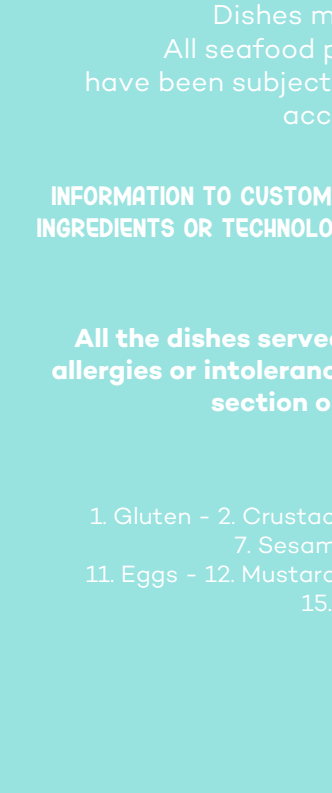
### Teriyaki Hot Chicken

Sushi Rice/Salad/Avocado/Cherry Tomatoes/Zucchini/Mint and Lemon Teriyaki Chicken\*/Yogurt Sauce Sesam Seed  
ONE-DISH MEAL 12,90  
1, 6, 7, 10, 11, 12, 13



### Salmon Grill

Basmati Rice/Salad Edamame/Mango/Avocado Cooked Salmon\*/Flash Sauce Sunflower Seed  
ONE-DISH MEAL 12,90  
1, 5, 6, 7, 8, 9, 11, 12, 14



### Golden Egg

Quinoa/Salad/Corn Cherry Tomatoes/Chickpeas Boiled Egg/Orange Infused Oil Flaxseed  
ONE-DISH MEAL 12,90  
5, 6, 7, 8, 9, 11, 12



### Royal Truffle

Black Rice/Salad Red Cabbage/Carrots/Mango Shrimps\*/Truffle Sauce Almond  
ONE-DISH MEAL 12,90  
1, 2, 5, 6, 8, 9, 14

## Appetizers

Spring Rolls 6pcs* 6, 7 <b>NEW</b> ✓	3,50
Gyoza Ravioli Vegetables 3pcs* 1, 4, 6, 7, 10, 11	3,50
Gyoza Ravioli Beef 3pcs* 1, 2, 6, 7, 11, 13	3,50
Gyoza Ravioli Shrimp 3pcs* 1, 2, 3, 4, 6, 7, 10, 11, 12, 14	3,80
Nachos and Guacamole Sauce 6, 10, 13	3,80
Nachos and Sweet and Sour Sauce 6, 10, 13	3,80
Edamame Single Portion* 6	3,80
Goma Wakame Single Portion* 6, 7 ✓	3,80
Chicken Nuggets 5pcs* 1, 5, 6, 7, 9, 10, 11, 13, 14 <b>NEW</b>	5,20
Tempura Shrimp 3pcs* 1, 2, 14 <b>NEW</b>	6,00
Takoyaki with Teriyaki Sauce 4pcs* 1, 4, 6 <b>NEW</b>	6,00
Bucket XXL*: 6 Nuggets, 10 Rolls, 6 Beef Ravioli <b>NEW</b>	14,90

## Tacos

<b>SALMON TACOS 2pcs</b>	9,20
Fresh Salad/Avocado/Cherry Tomatoes/Salmon* Flaxseed + Flash Sauce 1, 3, 7, 11, 12, 14	
<b>SPICY HUMMUS TACOS 2pcs</b>	9,20
Fresh Salad/Carrots/Zucchini/Chickpea Hummus* Almonds + Mango&Habanero Sauce 3, 6, 7, 8, 10, 11, 12, 13	
<b>PORKED TACOS 2pcs</b>	9,20
Fresh Salad/Mango/Cucumbers/Pulled Pork Crispy Onion + Teriyaki Sauce 1, 6	

## Drinks

Natural Water 50cl	1,20
Sparkling Water 50cl	1,20
Coca Cola 33cl	2,80
Coca Cola Zero 33cl	2,80
Fanta 33cl	2,80
Estathè Peach 33cl	2,80
Estathè Lemon 33cl	2,80
Lemon Soda 33cl	2,80
Red Bull 33cl	3,50
Corona 33cl 1	3,50
Ichnusa Unfiltered 33cl 1	3,50
Lisa - Birra del Borgo 33cl 1	3,50
Arizona Mucho Mango 50cl	3,80
Arizona Green Tea w. Honey 50cl	3,80
Arizona Green Tea Melograno 50cl	3,80
Arizona Blueberry White Tea 50cl <b>NEW</b>	3,80

## Dessert

Single Mochi (various flavors available)* 15	2,50
Tris of Mochi* 15	6,00
Fruit Salad Mix (fresh seasonal fruit) ✓	2,80
Chocolate Brownie* 1, 6, 8, 10, 11	3,50
Green Tea Cheesecake* 1, 6, 8, 9, 10, 11	4,50

Exclusively in the stores of FIRENZE NOVOLI - PONTEDERA LIVORNO - PISTOIA - GROSSETO

## Flash Bubble Tea

**Bloody Berry** 4,50  
Flavor: Raspberry and Cherry  
Bubbles: Strawberry and Grape

**Bali**  
Flavor: Pineapple and Passion Fruit  
Bubbles: Peach and Mango

**Breeze Me Baby**  
Flavor: Kiwi and Green Apple  
Bubbles: Passion Fruit and Lemon

**Blu Celeste**  
Flavor: Blueberry and Blue Tropical  
Bubbles: Yogurt and Litchi

or... CREATE IT AS YOU LIKE!

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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](http://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