

# MENU



# Pokè Flash

Get off to the right start!

## Appetizers

Spring Rolls 6pcs* 1, 6, 7, 12, 13	3,50
Gyoza Ravioli (Vegetables, Beef or Shrimps) 3pcs* 15	3,80
Nachos + Sauce of your Choice 6, 10, 13	3,80
Edamame Single Portion* 6	3,80
Goma Wakame Single Portion* 1, 6, 7	3,80
Chicken Nuggets 5pcs* 1, 5, 6, 7, 9, 10, 11, 13, 14	5,20
Vegetables Baozi 3pcs* 1, 6, 7 <b>NEW</b>	8,90
Chicken and Vegetables Baozi 3pcs* 1, 6, 7 <b>NEW</b>	8,90
Bucket XXL*: 6 Nuggets, 10 Rolls, 6 Beef Ravioli	14,90
Bucket Gyoza*: 3 Vegetables, 3 Beef, 3 Shrimps <b>NEW</b>	9,90

## Tacos

<b>SALMON TACOS 2pcs</b>	9,20
Fresh Salad/Avocado/Cherry Tomatoes/Raw Salmon*/Sesame Seed + Flash Sauce 1, 3, 7, 11, 12, 14	
<b>SPICY HUMMUS TACOS 2pcs</b>	9,20
Fresh Salad/Carrots/Zucchini/Chickpea Hummus* Almonds + 2 Proteins and Sour Sauce 1, 5, 6, 8, 9, 10, 11	
<b>PORKED TACOS 2pcs</b>	9,20
Fresh Salad/Mango/Cucumbers/Pulled Pork Crispy Onion + Teriyaki Sauce 1, 3, 6	

## Bao Bun

<b>SALMON BAO BUN* 2pz</b>	9,90
Raw Salmon*/Avocado/Goma Wakame Teriyaki Sauce/Sesame Seed 1, 3, 6, 7, 8, 9, 10, 11, 12, 13	
<b>TUNA BAO BUN* 2pz</b>	9,90
Raw Tuna*/Mango/Carrots/Mayo Spicy Almonds 1, 2, 3, 5, 6, 7, 8, 9, 10, 11, 12	
<b>PORK BAO BUN* 2pz</b>	9,90
Pulled Pork/Fresh Salad/Red Onion Yogurt Sauce/Crispy Onion 1, 6, 8, 9, 10, 11, 12, 13, 14	

## You create the highlight

### Pokè

<b>SNACK</b> 2 Base 3 Seasonings 1 Protein 1 Sauce 1 Topping	<b>REGULAR</b> 2 Base 4 Seasonings 2 Proteins 2 Sauces 2 Topping	<b>LARGE</b> 2 Base 4 Seasonings 3 Proteins 2 Sauces 2 Topping
8,90	10,90	12,90

## Sushi Burrito

SUSHI RICE BASE + 3 SEASONINGS + 1 PROTEIN + 1 TOPPING + 2 SAUCES **9,90**

### Step 1 Base

- Sushi Rice
- Basmati Rice
- Spicy Basmati Rice 6, 12
- Black Rice 1, 5, 6, 8
- Cous Cous 1, 6, 12 **NEW**
- 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
- Pitted Black Olives
- Ginger
- Zucchini Mint and Lemon
- Pomegranate **NEW**
- Rocket Salad
- Fresh Salad
- Philadelphia 10 +0,50
- Avocado +0,50
- Mango +0,50
- Goma Wakame\* 1, 6, 7 +0,50
- Extra Seasoning +0,50

### Step 3 Proteins

- RAW**
- Salmon\* 3
- Tuna\* 2, 3
- Flash Salmon (marinated)\* 1, 3, 6, 7 +0,50
- Spicy Salmon\* 3, 6, 12 +0,50
- Spicy Tuna\* 2, 3, 6, 12 +0,50 **NEW**
- Mozzarella Beads 10
- Tofu 6
- Feta 10
- COOKED**
- Squid Parsley and Lemon\* 2, 3, 4 +0,50
- Shrimps\* 2, 14
- Cooked Salmon\* 3
- Chicken\*
- Teriyaki Chicken\* 1, 3, 6
- Pulled Pork
- Boiled Egg 11
- Chickpea Hummus\* 1, 8, 10, 11
- Extra Protein +2,00

### Step 4 Sauces

- Soy Sauce 6
- Extra Virgin Olive Oil
- Oil Parsley and Lemon
- Balsamic Vinegar 14
- Teriyaki Sauce 1, 6
- Flash Homemade Sauce 7, 11, 12, 14
- Ponzu Sauce 1, 6
- Yogurt Sauce 10, 11, 12, 13
- Cocktail Sauce 3, 12, 13 **NEW**
- Mayonnaise 11
- Spicy Sweet and Sour Sauce
- Wasabi Soy Homemade
- Sriracha Sauce +0,30
- Homemade Pokè Sauce 1, 3, 6, 7 +0,30
- Mayo Spicy 6, 12 +0,30
- Guacamole Sauce 10 +0,30
- Extra Sauce +0,30

### Step 5 Topping

- Peanut 8, 9
- Nachos 6, 10, 13
- Crispy Onion 1
- Almonds 1, 5, 6, 8, 9
- Sesame Seed 1, 7, 12, 13
- Pumpkin Seed 1, 6, 8 **NEW**
- Nori Seed
- Dried Chives **NEW**
- Crunchy Rice Beans +0,50 **NEW**
- Chopped Pistachio 8, 9 +0,30
- Extra Topping +0,50

...or try our Bowls!

## Flash Bowl

**Classic**

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

+2 Sauces of your choice  
RECOMMENDED WITH FLASH SAUCE

REGULAR 11,90 | KCAL 458 | PROTEINS 32G  
LARGE 13,90 | KCAL 673 | PROTEINS 47G  
1, 3, 6, 7



**Healthy**

Black Rice  
Tuna\*  
Avocado  
Mango  
Edamame\*  
Carrots  
Almond  
Sesame Seed

+2 Sauces of your choice  
RECOMMENDED WITH TERIYAKI SAUCE

REGULAR 11,90 | KCAL 382 | PROTEINS 33G  
LARGE 13,90 | KCAL 548 | PROTEINS 48G  
1, 2, 3, 5, 6, 7, 8, 9, 12, 13




**Gym**

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

+2 Sauces of your choice  
RECOMMENDED WITH YOGURT SAUCE

REGULAR 10,90 | KCAL 386 | PROTEINS 39G  
LARGE 12,90 | KCAL 546 | PROTEINS 53G  
1, 6, 7, 8, 9, 12



**Veggy** **NEW**

Cous Cous  
Tofu  
Red Cabbage  
Zucchini Mint and Lemon  
Edamame\*  
Corn  
Almonds  
Sesame Seeds

+2 Sauces of your choice  
RECOMMENDED WITH MAYO VEG SPICY

REGULAR 10,90 | KCAL 410 | PROTEINS 23G  
LARGE 12,90 | KCAL 547 | PROTEINS 33G  
1, 5, 6, 7, 8, 9, 12, 13



## Healthy & Hot Bowl

**Teriyaki Hot Chicken**

Warm teriyaki chicken served with sushi rice, fresh salad, zucchini with mint and lemon, avocado and cherry tomatoes. Finished with yogyurt sauce and sesame seeds for the perfect balance between lightness and intensity. A bowl with an enveloping, spicy flavour.

**HOT BOWL 12,90**  
KCAL 395 | PROTEINS 24G  
1, 3, 6, 7, 10, 11, 12, 13



**Salmon Grill**

Salmon cooked with basmati rice, edamame, mango and avocado. A hot bowl with a tropical vibe, enriched with flash sauce and pumpkin seeds for a crunchy and decisive touch.

**HOT BOWL 12,90**  
KCAL 573 | PROTEINS 32G  
1, 3, 5, 6, 7, 8, 9, 11, 12, 14



**Noodles with veggies\***

Yakisoba with sautéed mixed vegetables, soy sauce and an oriental touch, for a hot and light dish rich in flavour.

**HOT BOWL 9,90**  
KCAL 409 | PROTEINS 13G  
1, 3, 4, 6, 7, 8, 9, 10, 11



## 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
Estathe Peach 33cl	2,80
Estathe 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

## 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
Chocolate Dorayaki* 1, 6, 10, 11	3,50

Exclusively in the stores of **PISTOIA - GROSSETO**

## Flash Bubble Tea

<b>Bloody Berry</b> Flavor: Raspberry and Cherry Bubbles: Strawberry and Grape	<b>4,50</b>
<b>Bali</b> Flavor: Pineapple and Passion Fruit Bubbles: Peach and Mango	
<b>Breeze Me Baby</b> Flavor: Kiwi and Green Apple Bubbles: Passion Fruit and Lemon	
<b>Blu Celeste</b> 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 OR TECHNOLOGICAL 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