

# TO EAT

## SUSHI BOWL

**CHOOSE YOUR BASE** Sushi rice | Black rice | Quinoa

<b>SALMON</b> <i>Salmon, avocado, edamame, masago, nori seaweed, sesame seeds</i>	11,90 €
<b>TERIYAKI SALMON</b> <i>Steamed teriyaki salmon steak, broccoli, snow pea, sesame seeds</i>	12,90 €
<b>MARINATE SALMON</b> <i>Marinated salmon, avocado, mango, masago, nori seaweed, sesame seeds</i>	12,90 €
<b>TUNA</b> <i>Tuna, avocado, edamame, masago, nori seaweed, sesame seeds</i>	12,90 €
<b>HIGH-PROTEIN SALMON &amp; TUNA</b> <i>Salmon, tuna, avocado, edamame, masago, nori seaweed, sesame seeds</i>	15,90 €
<b>SHRIMP &amp; AVOCADO</b> <i>Shrimp, avocado, edamame, masago, nori seaweed, sesame seeds</i>	12,90 €

## OUR MACHAPOKÈS

<b>HOT PULLED SALMON</b> <i>Black rice, hot pulled salmon, avocado, cream cheese, tomatoes, corn, poppy seeds, sunflower seeds, chives, spicy sauce</i>	12,50 €
<b>BEST OF POKÈ</b> <i>Sushi rice, salmon, marinated salmon, edamame, avocado, tomatoes, red cabbage, crispy onion, sesame seeds, soy sauce</i>	12,50 €
<b>HAWAII POKÈ</b> <i>Sushi rice, salmon, tuna, shrimp, avocado, pineapple, baby spinach, edamame, walnuts, nori seaweed, chives, sesame seeds</i>	14,90 €
<b>SALMON TUNA</b> <i>Sushi rice, tuna, salmon, edamame, avocado, mango, radish, red cabbage, sesame seeds, poppy seeds, flax seeds, avo mayo sauce</i>	13,50 €
<b>SALMON POKÈ</b> <i>Sushi rice, salmon, baby spinach, avocado, edamame, nori seaweed, masago, sesame seeds, spicy mango sauce</i>	11,90 €
<b>SEARED SALMON</b> <i>Sushi rice, seared salmon, edamame, avocado, nori seaweed, sweet potato, red cabbage, cashew nuts, sesame seeds, flax seed</i>	12,50 €
<b>CHICKEN POKÈ</b> <i>Sushi rice, teriyaki chicken, baby spinach, boiled egg, tomatoes, zucchini, cashew nuts, walnuts, poppy seeds, sunflower seeds, soy sauce</i>	11,90 €
<b>VEGAN POKÈ</b> <i>Quinoa, tofu, avocado, broccoli, carrots, chickpeas, sweet potato, sunflower seeds, pumpkin seeds, flax seeds, soy sauce</i>	11,90 €
<b>WARM POKÈ</b> <i>Sushi rice, tofu, hot pulled salmon, broccoli, feta, sweet potato, corn, sesame seeds, teriyaki sauce</i>	9,90 €

## ROLL

<b>SUPER SALMON ROLL</b> <i>Sushi rice, seared salmon, avocado, cucumber, cream cheese, chives, masago, sesame seeds</i>	11,00 €
<b>SALMON ROLL</b> <i>Sushi rice, salmon, avocado, cream cheese, chives, masago, baby spinach, sesame seeds, ponzu sauce</i>	10,90 €
<b>SPICY TUNA ROLL</b> <i>Sushi rice, tuna, avocado, cucumber, chives, spicy sauce, sesame seeds</i>	10,90 €
<b>SHRIMP ROLL</b> <i>Sushi rice, sautéed shrimp, avocado cream, mango, carrots, masago, sesame seeds</i>	10,90 €
<b>VEGAN ROLL</b> <i>Sushi rice, avocado, wakame seaweed, carrots, red cabbage, cucumber, sesame seeds</i>	10,90 €

## SUPER BOWL

<b>TERIYAKI CHICKEN</b> <i>Teriyaki chicken, braised cauliflower, broccoli, sweet potato, edamame, sesame seeds</i>	11,00 €
<b>SALMON POWER</b> <i>Smoked salmon, black rice, edamame, feta, walnuts, cucumber, flax seeds, sesame seeds, ponzu sauce</i>	11,00 €
<b>QUINOA BALANCE</b> <i>Vegan burger, quinoa, avocado, chickpeas, snow peas, chives, avocado cream, poppy seeds, sesame seeds</i>	11,00 €

## FISH BURGER

**WITH CORN CHIPS AND MULTIGRAIN BREAD**

<b>TARTARE BURGER</b> <i>Salmon tartare 100g, avocado, cream cheese, red lettuce, spicy sauce, mayonnaise, chives</i>	13,50 €
<b>SHRIMPS AVO BURGER</b> <i>Shrimp 100g, avocado, baby spinach, zucchini carpaccio, mayonnaise, spicy mango sauce</i>	13,50 €
<b>SMOKED SALMON BURGER</b> <i>Smoked salmon 60g, fried egg, avocado, red lettuce, cream cheese, crispy onion, spicy sauce</i>	13,50 €
<b>SALMON BURGER</b> <i>Salmon burger 120g, avocado cream, cream cheese, tomato, red lettuce, caramelised onion</i>	13,50 €
<b>TUNA BURGER</b> <i>Tuna tartare 100g, avocado, green lettuce, cream cheese, crispy onion, spicy sauce</i>	14,50 €
<b>VEGAN BURGER</b> <i>Vegan burger 140g, tomato, red lettuce, caramelised onion, vegan mayonnaise</i>	13,50 €

## MACHA PANCAKES

**WITH MATCHA GREEN TEA**

<b>SALMON TASTY</b> <i>Smoked salmon, fried egg, cream cheese, lamb's lettuce</i>	12,00 €
<b>AVOCADO</b> <i>Fried egg, avocado, cream cheese, avocado cream, corn chips</i>	12,00 €
<b>CHOCOLATE SWEET</b> <i>Dark chocolate, strawberries</i>	10,00 €
<b>CLASSIC SWEET</b> <i>Maple syrup</i>	8,00 €

## AVOCADO & FRIENDS

<b>AVOCADO BURGER</b> <i>Whole avocado, smoked salmon, cucumber, zucchini, baby spinach, sesame seeds</i>	10,90 €
<b>SUSHI BURGER</b> <i>Sushi rice, salmon, avocado, baby spinach, masago, kabayaki sauce, sesame seeds</i>	10,90 €
<b>SALMON TARTARE</b> <i>Salmon, avocado, goji berries</i>	100gr. 9,90 € 150gr. 13,90 €

## AVOCADO TOAST

*with multigrain bread*

<b>100% AVOCADO</b> <i>Avocado, avocado cream, flax seeds, oil</i>	6,00 €
<b>SUNNY SIDE UP</b> <i>Avocado cream, avocado, fried egg</i>	6,50 €
<b>SMOKED SALMON</b> <i>Avocado cream, smoked salmon, oil</i>	6,50 €
<b>FETA</b> <i>Avocado cream, avocado, feta, poppy seeds, oil</i>	6,00 €
<b>SELECTION</b> <i>4 half avocado toast</i>	12,00 €

## SWEET & MORE

<b>CHOCOLATE CHEESECAKE</b> <i>Dark chocolate</i>	4,50 €
<b>BLUEBERRY CHEESECAKE</b> <i>Blueberries and matcha green tea</i>	4,50 €
<b>COCONUT &amp; LIME CHEESECAKE</b> <small>vegan</small> <i>Lime&amp;coconut and matcha green tea</i>	4,50 €
<b>AÇAÏ BOWL</b> <i>Açaï, granola, banana, strawberries, kiwi</i>	7,00 €
<b>GREEK YOGHURT BOWL</b> <i>Greek yoghurt, granola, banana, strawberries, kiwi</i>	6,00 €
<b>FRUIT SELECTION</b>	4,00 €

# TO DRINK

## BUT FIRST MACHA

**CHOOSE YOUR MILK** Milk | Soy | Almond

<b>MACHA CEREMONIAL GRADE COLD   HOT</b> <i>High quality</i>	4,00 €
<b>MACHA HOT</b>	2,50 €
<b>MACHA COLD</b> <i>Classic   Ginger&amp;lime   Mint&amp;lemon</i>	3,50 €
<b>MACHA CAPPUCCINO</b>	2,50 €
<b>MACHA LATTE CEREMONIAL GRADE COLD   HOT</b> <i>High quality</i>	4,50 €
<b>MACHA LATTE COLD   HOT</b>	3,50 €
<b>GOLDEN LATTE COLD   HOT</b> <i>Turmeric, agave syrup</i>	3,50 €

## JUICING

<b>JUICE</b> <i>Orange   Grapefruit</i>	3,50 €	4,50 €
<b>JUICE PLUS</b> <i>Orange, matcha, goji berries</i>	4,00 €	5,00 €
<b>MACHA GREEN SUPER BOOST</b> <i>Green apple, cucumber, baby spinach, matcha, spirulina</i>	4,50 €	6,50 €
<b>FOREVER YOUNG</b> <i>Orange, carrot, lemon, goji berries</i>	4,00 €	6,00 €
<b>DETOX MINT</b> <i>Green apple, celery, fennel, mint</i>	4,00 €	6,00 €
<b>RED ENERGY</b> <i>Red apple, grapefruit, ginger</i>	4,00 €	6,00 €
<b>FRUIT POWER</b> <i>Pineapple, green apple, strawberries, kiwi</i>	4,00 €	6,00 €

## DRINKS

<b>WATER</b> <i>Still   Sparkling</i>	1,20 €
<b>COCA-COLA</b> <i>Classic   Zero</i>	2,50 €
<b>ORANGE SODA</b> <i>"San Pellegrino"</i>	2,90 €
<b>ORANGE SODA</b> <i>"Lemonaid"</i>	3,90 €
<b>ICED TEA</b> <i>"Wanderfuse"</i>	2,90 €
<b>ICED TEA BIO</b> <i>"Mangajo"</i>	3,50 €
<b>FUZETEA ICED TEA</b>	2,90 €
<b>ICED GREEN TEA</b> <i>"Pokka"</i>	2,90 €
<b>ICED GREEN TEA</b> <i>"Chari Tea"</i>	3,90 €
<b>COCONUT WATER</b>	2,50 €
<b>BEER</b> <i>Asahi   Ichinusa   Menabrea</i>	4,00 €

All underlined products are defrosted. All the dishes served can contain substances that can cause allergies or intolerance. For more information please consult the documentation available at checkout, on our website in the dedicated section or ask our staff. The fish intended to be eaten raw or partially raw has undergone a preventive treatment in compliance with the requirements of EC Reg. 853/2004.