



## Restaurant Pokeful

Intrarea Tudor Stefan nr 9, Bucuresti

### Informatii Nutritionale si Alergeni



# Informatii Nutritionale

## Valoarea energetica si macronutrienti

### Boluri Poke

Portie medie - 350g

Portie mare - 500g

Fiecare preparat bol poke este compus din baza (la alegere), sos (la alegere) si ingrediente principale.

#### Baza

Produs (Baza)	Portie medie (grame)	Calorii (kcal)	Proteina (g)	Carbohidrati (g)	Grasimi (g)	Portie mare (grame)	Calorii (kcal)	Proteina (g)	Carbohidrati (g)	Grasimi (g)
Orez sushi	140	182	3.36	40.6	0.28	180	234	4.32	52.2	0.36
Orez Integral	140	156.8	3.22	32.9	1.12	180	201.6	4.14	42.3	1.44
Quinoa	140	200.2	7	36.4	3.08	180	257.4	9	46.8	3.96
Salata	60	10.2	0.9	1.92	0.144	80	13.6	1.2	2.56	0.192
Cartofi dulci prajiti	120	339.6	1.92	27.6	25.2	140	396.2	2.24	32.2	29.4

#### Sosul

Produs	Portie medie (ml)	Calorii (kcal)	Proteina (g)	Carbohidrati (g)	Grasimi (g)	Portie mare (ml)	Calorii (kcal)	Proteina (g)	Carbohidrati (g)	Grasimi (g)
Sos de avocado	30	42	0.3	1.2	4.8	40	56	0.4	1.6	6.4
Sos de ierburi	30	225	0	1.05	27	40	300	0	1.4	36
Sos tahini	30	216	6	4.5	18.9	40	288	8	6	25.2
Sos Chipotle	30	195	0.3	0.9	3	40	260	0.4	1.2	4
Sriracha	30	24	0.6	4.8	0.15	40	32	0.8	6.4	0.2
Sriracha Mayo	30	84.3	0.3	7.8	5.7	40	112.4	0.4	10.4	7.6
Sos de mustar	30	36	1.65	2.85	1.5	40	48	2.2	3.8	2
Sos soia	15	11.55	1.5	0.48	0	20	15.4	2	0.64	0
Sos soia light	15	16.05	1.5	1.05	0	20	21.4	2	1.4	0

### 1. Ocean Poke

Ingrediente: baza la alegere, sosul la alegere, somon crud marinat, ton crud marinat, alge wakame, avocado, edamame, rosii cherry, ceapa verde, mango, ceapa crocanta

Valori ingrediente principale (la care se adauga baza si sosul in functie de alegerea facuta):

Portie medie

Calorii 498.8 kcal

Proteine 33.47 g

Carbohidrati 21.51 g

Grasimi 22.225 g

Portie mare

Calorii 720.8 kcal

Proteine 45.17 g

Carbohidrati 32.71 g

Grasimi 30.73 g

### 2. Tuna Poke

Ingrediente: baza la alegere, sosul la alegere, ton crud marinat, avocado, castraveti, spanac, morcovi, ghimbir murat, ceapa verde, icre tobiko

Valori ingrediente principale (la care se adauga baza si sosul in functie de alegerea facuta):

Portie medie

Calorii 169.29 kcal

Proteine 16.155 g

Carbohidrati 10.19 g

Grasimi 7.579 g

Portie mare

Calorii 239.40 kcal

Proteine 21.89 g

Carbohidrati 15.19 g

Grasimi 10.87 g

### 3. Salmon Poke

Ingrediente: baza la alegere, sosul la alegere, somon crud marinat, edamame, castraveti, ridichi, morcovi, ceapa verde, ardei iute, mango, susan

Valori ingrediente principale (la care se adauga baza si sosul in functie de alegerea facuta):

Portie medie

Calorii 254.95 kcal

Proteine 19.51 g

Carbohidrati 14.41 g

Grasimi 14.43 g

Portie mare

Calorii 353.25 kcal

Proteine 26.48 g

Carbohidrati 21.77 g

Grasimi 19.56 g

#### 4. Cooked Salmon Poke

Ingrediente: baza la alegere, sosul la alegere, somon marinat si gatit,avocado,edamame,spanac,alge wakame,rosii cherry,fulgi de migdale

Valori ingrediente principale (la care se adauga baza si sosul in functie de alegerea facuta):

Portie medie

Calorii 388.54 kcal

Proteine 20.48 g

Carbohidrati 13.43 g

Grasimi 19.285 g

Portie mare

Calorii 568.35 kcal

Proteine 27.975 g

Carbohidrati 20.36 g

Grasimi 26.78 g

#### 5. Shrimp Poke

Ingrediente: baza la alegere, sosul la alegere, creveti,edamame,alge wakame,spanac,ridichi,ardei iute,ananas,susan

Valori ingrediente principale (la care se adauga baza si sosul in functie de alegerea facuta):

Portie medie

Calorii 291.35 kcal

Proteine 19.18 g

Carbohidrati 14.75 g

Grasimi 7.45 g

Portie mare

Calorii 427.4 kcal

Proteine 25.03 g

Carbohidrati 23.07 g

Grasimi 9.94 g

#### 6. Sticky Pork Poke

Ingrediente: baza la alegere, sosul la alegere, porc lipicios,edamame,spanac,morcovi,ridichi,castraveti,ceapa verde,ardei iute,fulgi de migdale

Valori ingrediente principale (la care se adauga baza si sosul in functie de alegerea facuta):

Portie medie

Calorii 285.15 kcal

Proteine 17.61 g

Carbohidrati 11.37 g

Grasimi 20.06 g

Portie mare

Calorii 402.2 kcal

Proteine 24.87 g

Carbohidrati 16.56 g

Grasimi 28.11 g

7. Keto Poke

Ingrediente: baza la alegere, sosul la alegere, pui,halloumi,oua de prepelita,avocado,alge wakame,broccoli,ceapa verde,ardei iute,bucatele de bacon

Valori ingrediente principale (la care se adauga baza si sosul in functie de alegerea facuta):

Portie medie

Calorii 683.5 kcal

Proteine 56.77 g

Carbohidrati 11.09 g

Grasimi 36.23 g

Portie mare

Calorii 1041.69 kcal

Proteine 83.32 g

Carbohidrati 17.63 g

Grasimi 55.06 g

8. Crispy Chicken Poke

Ingrediente: baza la alegere, sosul la alegere, pui crocant,avocado,edamame,morcovi,rosii cherry,spanac,ananas,bucatele de bacon

Valori ingrediente principale (la care se adauga baza si sosul in functie de alegerea facuta):

Portie medie

Calorii 417.4 kcal

Proteine 27.33 g

Carbohidrati 39.31 g

Grasimi 16.76 g

Portie mare

Calorii 586.45 kcal

Proteine 37.86 g

Carbohidrati 56.69 g

Grasimi 23.3 g

### 9. Chicken Poke

Ingrediente: baza la alegere, sosul la alegere, pui, hummus cu ardei copti, edamame, broccoli, rosii cherry, ceapa verde, mango, icre tobiko

Valori ingrediente principale (la care se adauga baza si sosul in functie de alegerea facuta):

Portie medie

Calorii 408.45 kcal

Proteine 37.47 g

Carbohidrati 21.82 g

Grasimi 20.83 g

Portie mare

Calorii 584.3 kcal

Proteine 52.78 g

Carbohidrati 32.32 g

Grasimi 29.78 g

### 10. Vegan Poke

Ingrediente: baza la alegere, sosul la alegere, tofu, hummus cu ardei copti, edamame, avocado, broccoli, spanac, ridichi, fulgi de migdale

Valori ingrediente principale (la care se adauga baza si sosul in functie de alegerea facuta):

Portie medie

Calorii 428.75 kcal

Proteine 21.60 g

Carbohidrati 21.52 g

Grasimi 31.31 g

Portie mare

Calorii 653.1 kcal

Proteine 34.35 g

Carbohidrati 32.01 g

Grasimi 47.175 g

### 11. Hummus & Halloumi Poke

Ingrediente: baza la alegere, sosul la alegere, Hummus & Halloumi Poke, halloumi, hummus cu ardei copti, castraveti, rosii cherry, spanac, ceapa verde, rodie, susan

Valori ingrediente principale (la care se adauga baza si sosul in functie de alegerea facuta):

Portie medie

Calorii 478.7 kcal

Proteine 24.67 g

Carbohidrati 17.16 g

Grasimi 37.055 g

Portie mare

Calorii 727.6 kcal  
 Proteine 38.45 g  
 Carbohidrati 24.97 g  
 Grasimi 56.22 g b

## Alte preparate

Produs	Ingrediente	Portie (grame)	Calorii (kcal)	Proteine (g)	Carbohidrati (g)	Grasimi (g)
Broccoli & Cheddar Cheese Soup	supa de broccoli cu branza cheddar si smantana	300	390	15	12	31.5
Crutoane		12	50	2	9	1
Sweet Potato Fries	cartofi dulci prajiti	150	425	2.4	34.5	31.5
Salmon Bao	Chifla bao, somon crud marinat, avocado, edamame, mango, ceapa crocanta	300	493	19.3	62.2	20
Shrimp Bao	Chifla bao, creveti, alge wakame, ridichi, edamame, susan	300	562	26.7	62	11.4
Crispy Chicken Bao	Chifla bao, pui crocant, avocado, rosii cherry, ceapa verde, bucatele de bacon	300	528	20	70	18.5
Hummus & Halloumi Bao	Chifla bao, halloumi, hummus cu ardei copti, spanac, rosii cherry, susan	300	631	22.7	64.5	33.8
Salmon Wrap	Lipie, somon crud marinat, cartofi dulci prajiti, alge wakame, ridichi, edamame	200	562	21.5	48.9	19.8
Crispy Chicken Wrap	Lipie, pui crocant, cartofi dulci prajiti, avocado, ceapa verde, castraveti, rosii cherry	250	498	17.2	59.7	19.55
Hummus & Halloumi Wrap	Lipie, halloumi, cartofi dulci, hummus cu ardei copti, rosii, morcovi, rodie	250	672	23	60	38
Sticky Pork Wrap	Lipie, porc lipicios, cartofi dulci prajiti, ghimbir murat, baby spanac, castraveti, ceapa verde	200	410	13.5	46	18

## Deserturi

Produs	Portie (grame)	Calorii (kcal)	Proteine (g)	Carbohidrati (g)	Grasimi (g)
Coconut Rice*	150	790	10.5	75	49
Chia Pudding	150	333.5	4.5	24.6	25.3
Black Cherry Cheesecake	150	613	6.2	56.5	40.5

\*La produsul Coconut Rice se pot adauga pana la 60 de grame din urmatoarele fructe, la alegere:

Produs	Portie (grame)	Calorii (kcal)	Proteine (g)	Carbohidrati (g)	Grasimi (g)
Afine	20	11.4	0.14	2.9	0.06
Mango	20	12	0.2	3	0.1
Rodie	20	14	0.19	3.43	0.06
Ananas	20	10	0.1	3	0
Avocado	20	32	0.4	1.8	3

## Alergeni

### BOWLS

#### Ocean Poke

Somon marinat - capere, marar, lamaie, ulei de masline, sare - (**\*peste**), ton marinat - sos de soia light, susan, ceapa verde, zahar brun, ghimbir - (**\*peste, soia, gluten, susan**), alge wakame (**\*susan, soia, gluten**), avocado, edamame (**\*soia**), rosii cherry, ceapa verde, mango, ceapa crocanta (**\*sulfiti, gluten**)

#### Tuna Poke

Ton marinat - sos de soia light, susan, ceapa verde, zahar brun, ghimbir - (**\*peste, soia, gluten, susan**), avocado, castraveti, spanac, morcovi, ghimbir murat, ceapa verde, icre tobiko (**\*soia, gluten**).

#### Salmon Poke

Somon marinat - capere, marar, lamaie, ulei de masline, sare - (**\*peste**), edamame (**\*soia**), castraveti, ridichi, morcovi, ceapa verde, ardei iute, mango, susan (**\*susan**)

#### Shrimp Poke

Creveti (**\*crustacee**), edamame (**\*soia**), alge wakame (**\*susan, soia, gluten**), spanac, ridichi, ardei iute, ananas, susan (**\*susan**)

#### Cooked Salmon Poke

Somon marinat - capere, marar, lamaie, ulei de masline, sare - (**\*peste**), alge wakame (**\*susan, soia, gluten**), spanac, rosii cherry, edamame (**\*soia**), avocado, fulgi de migdale (**\*nuci**)

#### Sticky Pork Poke

Porc lipicios – sos de soia light, boia iute, zahar brun, ceapa verde, ghimbir, susan - (**\*soia, susan, gluten**), edamame (**\*soia**), spanac, morcovi, ridichi, castraveti, ceapa verde, ardei iute, fulgi de migdale (**\*nuci**)



## Keto Poke

Pui la gratar, halloumi (**\*lapte**), mini omlete (**\*ou**), avocado, alge wakame (**\*susan, soia, gluten**), broccoli, ceapa verde, ardei iute, bucatele de bacon

## Crispy Chicken Poke

Pui crocant (**\*ou, gluten**), avocado, edamame (**\*soia**), morcovi, rosii cherry, spanac, ananas, bucatele de bacon

## Chicken Poke

Pui la gratar, hummus cu ardei copt (**\*susan**), edamame (**\*soia**), broccoli, rosii cherry, ceapa verde, mango, icre tobiko (**\*soia, gluten**)

## Vegan Poke

Tofu (**\*soia**), hummus cu ardei copti (**\*susan**), edamame (**\*soia**), avocado, broccoli, spanac, ridichi, fulgi de migdale (**\*nuci**)

## Hummus & Halloumi Poke

Halloumi (**\*lapte**), hummus cu ardei copti (**\*susan**), castraveti, rosii cherry, spanac, ceapa verde, rodie, susan (**\*susan**)

## BAO BUNS

### Salmon Bao

Chifla bao (**\*gluten, soia**), somon marinat - capere, marar, lamaie, ulei de masline, sare - (**\*peste**), avocado, edamame (**\*soia**), mango, ceapa prajita (**\*sulfiti, gluten**)

### Shrimp Bao

Chifla bao (**\*gluten, soia**), creveti (**\*crustacee**), alge wakame (**\*susan, soia, gluten**), ridichi, edamame (**\*soia**), susan (**\*susan**)

### Crispy Chicken Bao

Chifla bao (**\*gluten, soia**), pui crocant (**\*ou, gluten**), avocado, rosii cherry, ceapa verde, bucatele de bacon

### Hummus & Halloumi Bao

Chifla bao (**\*gluten, soia**), halloumi (**\*lapte**), hummus (**\*susan**), spanac, rosii cherry, susan (**\*susan**)

## WRAPS

### Salmon Wrap

Lipie (**\*gluten**), somon marinat - capere, marar, lamaie, ulei de masline, sare - (**\*peste**), cartofi dulci prajiti, alge wakame (**\*susan, soia, gluten**), ridichi, edamame (**\*soia**)

### Crispy Chicken Wrap

Lipie (**\*gluten**), pui crocant (**\*ou, gluten**), cartofi dulci prajiti, avocado, ceapa verde, rosii cherry, castraveti

### Sticky Pork Wrap

Lipie (**\*gluten**), porc lipicios – sos de soia light, boia iute, zahar brun, ceapa verde, ghimbir, susan - (**\*soia, susan, gluten**), cartofi dulci prajiti, ghimbir murat, baby spanac, castraveti, ceapa verde

### Hummus & Halloumi Wrap

Lipie (**\*gluten**), halloumi (**\*lapte**), cartofi dulci prajiti, hummus cu ardei copti (**\*susan**), rosii cherry, morcovi, rodie

## SOUP

Shrimp, tomato, sweet potato, and coriander soup

Supa de creveti cu rosii, cartofi dulci si coriandru (**\*crustacee, telina**)

## DESSERTS

Coconut rice

orez cu lapte de cocos, lime si la alegere: afine, mango, rodie, ananas sau avocado

Chia pudding

chia, lapte de cocos, afine si rodie

Greek Yogurt, Honey, and Peanuts Bao

Chifla Bao, iaurt grecesc cu miere, alune si la alegere: afine, mango, rodie, ananas, avocado sau kiwi (**\*gluten, soia, lapte, nuci**)

## MAKE YOUR OWN BOWL

### Baze

- Orez de sushi
- Orez integral
- Quinoa
- Cartofi dulci prajiti
- Salata crocanta

### Proteine

- Ton marinat - sos de soia light, susan, ceapa verde, zahar brun, ghimbir - (**\*peste, soia, gluten, susan**)
- Somon marinat - capere, marar, lamaie, ulei de masline, sare - (**\*peste**)
- Creveti (**\*crustacee**)
- Porc lipicios – sos de soia light, boia iute, zahar brun, ceapa verde, ghimbir, susan - (**\*soia, susan, gluten**)
- Pui crocant (**\*ou, gluten**)
- Pui la gratar
- Halloumi (**\*lapte**)
- Mini omlete (**\*ou**)
- Tofu (**\*soia**)

### Sosuri

- Sos de avocado (**\*nuci**)
- Sos de ierburi cu ulei de masline
- Chipotle mayo (**\*ou, mustar**)
- Sriracha (**\*sulfiti**)
- Sos Unagi (**\*soia, gluten**)
- Sos de soia light (**\*soia, gluten**)
- Sos de iaurt cu mustar si miere (**\*mustar**)
- Tahini (**\*susan**)
- Sriracha mayo (**\*soia, gluten, mustar**)

### Legume/fructe

- Edamame (**\*soia**)
- Avocado
- Broccoli
- Castraveti
- Morcovi
- Rosii cherry
- Ridichi
- Ceapa verde
- Spanac
- Ghimbir murat
- Alge wakame (**\*susan, soia, gluten**)
- Ardei iute
- Rodie
- Mango
- Ananas
- Hummus cu ardei copti (**\*susan**)

### Ceva crocant

- icre tobiko (**\*soia, gluten**)
- fulgi de migdale (**\*nuci**)
- susan (**\*susan**)
- ceapa crocanta (**\*sulfiti, gluten**)
- bucatele de bacon

