

SEAFOOD
FROM
NORWAY

ONLY 100%
NORWEGIAN SALMON



IT'S
**MACHA
POKÉ**
O' CLOCK!



@machacafemilano
www.machapokemilano.it



MACHAPOKÈ



1. Choose a **SIZE**



SNACK 9,90€

1 base | **3 ingredients**
1 protein | 1 topping
1 sauce | 1 seed

REGULAR 11,90€

2 bases | **4 ingredients**
2 proteins | 1 topping
1 sauce | 2 seeds

LARGE 13,90€

2 bases | **5 ingredients**
3 proteins | 2 toppings
2 sauces | 3 seeds

EXTRA ingredients: +1,20 € | EXTRA protein: +2,00 € | EXTRA topping: +0,50 €

EXTRA sauce: +0,30 €

2. Choose a **BASE**



Basmati rice | Sushi rice | Black rice | Quinoa |
Lamb's lettuce | Baby spinach | Sweet potato

3. Add **INGREDIENTS**



Chickpea hummus
Mozzarella
Olives
Avocado **+0,60 €**
Wakame seaweed*
Pineapple
Broccoli
Carrots
Red cabbage
Chickpeas
Cucumber
Cream cheese
Edamame
Green beans
White cheese
Corn
Mango **+0,60 €**
Sweet potato
Tomatoes
Baby spinach
Zucchini

Meatballs
Mozzarella
Tofu
Boiled egg
White cheese

5. Add **SAUCES**



Wasabi mayo
Oil and balsamic vinegar
Yoghurt
Spicy mayo
Oil and lime
Extra virgin olive oil
Ponzu
Soy
Spicy
Teriyaki
Mango
Mayo

6. Add **TOPPINGS**



Nori seaweed
Crispy onion
Almond grain
Ginger

4. Add **PROTEINS**



Salmon nuggets
Gyoza
Norwegian salmon
Pulled Norwegian salmon
Smoked Norwegian salmon
Teriyaki Norwegian salmon
Shrimp
Tuna **+0,60 €**
Teriyaki tuna **+0,60 €**
Chicken
Teriyaki chicken

7. Add **SEEDS&SPICES**



Chives
White sesame seeds
Black sesame seeds
Sunflower seeds
Flax seeds
Poppy seeds
Pumpkin seeds

ADD THE SIDES!

ALL FOR JUST **5,50€**



MEATBALLS (5pcs)

with lamb's lettuce, mayo, crispy onion



SALMON NUGGETS (7pcs)

with lamb's lettuce, wasabi mayo, chives



CHICKEN & VEGETABLE GYOZA (5pcs)

with soy sauce, chives

OUR POKÈ BESTSELLER

Available in **REGULAR** size. Also available in **LARGE** size for just 3,00€ more.



BEST OF POKÈ BOWL

12,50 €

Sushi rice, Norwegian salmon, teriyaki Norwegian salmon, edamame, avocado, tomatoes, red cabbage, crispy onion, sesame, ponzu sauce



WARM POKÈ BOWL

11,90 €

Sushi rice, pulled Norwegian salmon, edamame, white cheese, sweet potato, corn, sesame, teriyaki sauce

Try it hot!



SALMON POKÈ BOWL

11,90 €

Sushi rice, Norwegian salmon, baby spinach, avocado, edamame, nori seaweed, sesame, soy sauce



HAWAII POKÈ BOWL

14,90 €

Sushi rice, Norwegian salmon, tuna, shrimp, avocado, pineapple, baby spinach, edamame, nori seaweed, chives, sesame, mango sauce

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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.

*Contains colouring agents (E102, E110, E129) which may have a negative effect on the activity and attention of children.