

# poke THEORY

*Bulk orders & catering*





# signature bowls

**\$11.5**  
light

- 🌿🐟 75g poke
- 🐔 100g poke



**\$14.5**  
regular

- 🌿🐟 100g poke
- 🐔 150g poke



**\$17.5**  
large

- 🌿🐟 150g poke
- 🐔 200g poke



all signature bowls come with  
**7 toppings**  
sweet corn, honey pineapple, carrot, cherry tomato, pickled beetroot, japanese cucumber & wakame seaweed,  
**3 garnishes**  
tobiko, furikake & garlic chips,  
**1 free paid topping (worth \$1)**  
and **1 sauce**

*e.g. salmon* 🐟

original shoyu salmon, regular toppings, teriyaki edamame & signature umami sauce

*e.g. tuna* 🐟

original shoyu tuna, regular toppings, teriyaki edamame & signature umami sauce

*green goddess* 🐟

avocado miso salmon, regular toppings, smoked almonds & avocado miso sauce

*spicy garlic trippin* 🐟

spicy garlic sesame tuna, regular toppings, ramen egg & spicy garlic sesame sauce

*spicy lifey* 🐟

spicy mayo salmon, regular toppings, smoked almonds & spicy mayo sauce

*dashi chica* 🐔

sous vide dashi chicken, regular toppings, ramen egg & signature umami sauce

*mentaiko madness* 🐟

mentaiko mayo salmon, regular toppings, ramen egg & mentaiko mayo sauce

*avocado livin* 🌿

avocado poke, regular toppings, pomegranate & signature umami sauce

\*only garlic chips will be included as a vegan-friendly garnish\*



# build-your-own bowl individual order chit

name:

need utensils?  yes / no

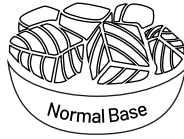
*pick a size*



**\$10.5**

light

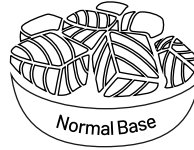
75g poke  
 100g poke



**\$13.5**

regular

100g poke  
 150g poke



**\$16.5**

large

150g poke  
 200g poke

Add Poke (\$3)  
50g poke

*pick a base* (choose up to 2)

Signature  
Sushi Rice

Brown  
Rice

Lemon Herb  
Quinoa

Romaine  
Lettuce

Sesame  
Soba (\$0.5)

*pick your colours* (choose up to 7)

Sweet Corn

Honey Pineapple

Carrot

Pomegranate (\$1)

Wakame Seaweed

Pickled Beetroot

Japanese Cucumber

Kimchi (\$1.5)

Cherry Tomato

Jalapeno & Sweet  
Onion Relish

Cajun Rosemary  
Sweet Potato Mash

Lime Avocado (\$1.5)

*pick your poke* (choose up to 2)

Original Shoyu Tuna

Spicy Garlic Sesame Tuna

Original Shoyu Salmon

Spicy Mayo Salmon

Avocado Miso Salmon

Mentaiko Mayo Salmon

Seasonal Special Poke  
(check our poke counter or social media!)

Avocado Poke (Vegan)

Sous Vide Dashi Chicken

*add some flavour*

Ramen Eggs (\$1)

Smoked Almonds (\$1)

Teriyaki Edamame (\$1)

Crispy Salmon Skin (\$2)

Kale Chips (\$2)

Spiced Roasted Cashews (\$2)

*add some sauce* (choose 1)

Signature Umami Drizzle

Honey Sesame Shoyu

Seasonal Special

Avocado Miso

Spicy Garlic Sesame

Spicy Mayo

Mentaiko Mayo

*pick your garnishes* (choose up to 3)

Furikake

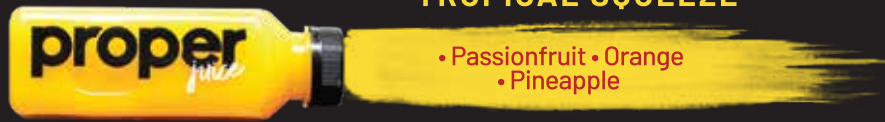
Garlic Chips

Tobiko

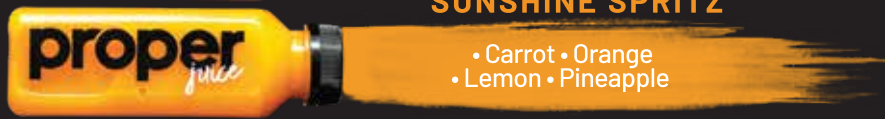


# coldpressed juice \$5.5

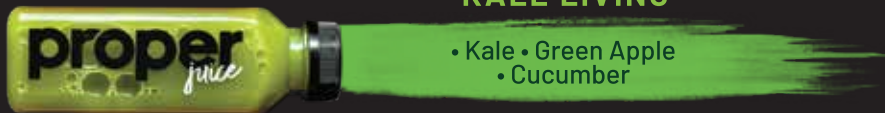
## TROPICAL SQUEEZE



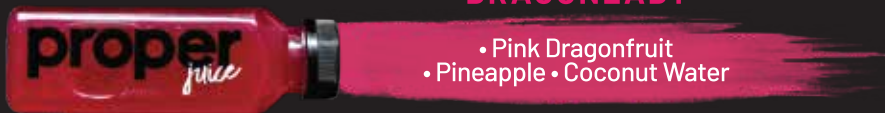
## SUNSHINE SPRITZ



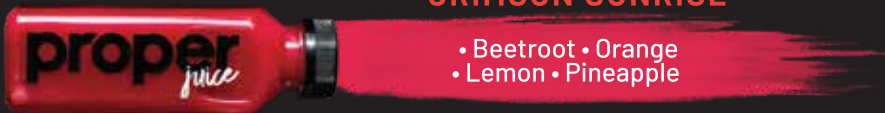
## KALE LIVING



## DRAGONLADY



## CRIMSON SUNRISE



# teas & others



- GREEN TEA \$2.5
- OOLONG TEA \$2.5
- COCO WATER \$3.5
- EVIAN STILL WATER \$3.5
- BADOIT SPARKLING WATER \$4



# hot soup \$2

DASHI BROTH

# snack packs \$6

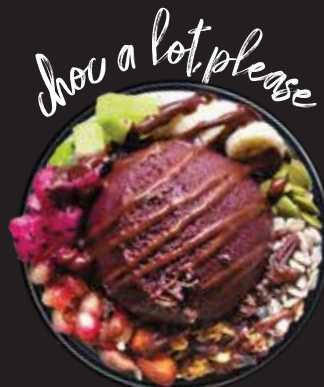


KALE CHIPS  
CRISPY SALMON SKIN  
SPICED ROASTED CASHEWS  
SMOKED ALMONDS

# acai bowls \$6.5



honey, acai, fruits & seeds, maple granola, coconut chia pudding



coconut chocolate, acai, fruits & seeds, maple granola, coconut chia pudding



almond butter, acai, fruits & seeds, maple granola, coconut chia pudding

# bulk order bundles

get more value in your meal with specially discounted add-ons! valid for orders with 6 poke bowls & above.

## \$1 Broth Bundle

add on bowls of dashi broth at \$1 each! (U.P. \$2)



## Tea Bundle

add on teas at \$1.5 each! (U.P. \$2.5)



## Juice Bundle

add on coldpressed juice at \$4.5 each! (U.P. \$5.5)

# snack bundles

make tea time a real treat with some extra goodies! prices valid with minimum purchase of 6 acai bowls or snack packs.



any regular acai bowl at \$5.9 each! (U.P. \$6.5)



any snack pack at \$4 each! (U.P. \$6)

# build your own poke bowl d.i.y. buffet





get to customise your own poke bowls in a buffet-style line!  
great for a more interactive & fun lunch experience in the comfort of your own office.  
you will receive large containers of each ingredient & the bowls to build your own  
bowl - just the way you like it!

## poke bowl prices

**\$9.9**

light

 75g poke  
 100g poke



**\$12.9**


regular

 100g poke  
 150g poke



**\$15.9**

large

 150g poke  
 200g poke



choose from all options of base & poke  
all bowls include all 7 signature bowl toppings

**+ \$1 per pax**

to add \$1 paid toppings

**+ \$2 per pax**

to add \$2 paid toppings

simply email us at [catering@poketheory.com.sg](mailto:catering@poketheory.com.sg) for more details!



# how to order

delivery is free with a minimum order of \$60!  
email [catering@poketheory.com.sg](mailto:catering@poketheory.com.sg) to arrange.

ADD SOME COLOUR  
ONTO YOUR WORLD,  
ONE RAINBOW BOWL  
AT A TIME!

cross street (ex-telok ayer)

change alley (chevron)

great world city

duo galleria

somerset

novena

bishan

sembawang

paya lebar

tampines

dementi

harvester @ hillsta

kent ridge