

TOSCANA

BREAKFAST * LUNCH * CAFE

POKE

Poke (pronounced poh-kay) is Hawaiian for “to section” or “to slice or cut.” Raw fish or meat is tossed over rice or greens and topped with vegetables. Served as a salad, an appetizer or main course, enjoy your poke here or take away. Poke contains a high amount of protein and healthy fats such as Omega 3.

SIZE

- Big 10oz 13.50 JUMBO 16oz 17.50

THE BASE

- white rice brown rice
 baby kale

THE PROTEIN

- Marinated *sesame & shoyu*
 Naked *plain & simple*
- big eye tuna
 albacore tuna
 salmon
 imitation crab
 roasted chicken
 tofu

INGREDIENT

- sweet shoyu shiitake
- cucumber red peppers
 pickled carrots
- seaweed fresh jalapeño
 edamame avocado
 pineapple pickled ginger
 scallion togarashi
 poke seasoning sesame seeds

SAUCES

- house dragon sauce
 sweet shoyu
- wasabi aioli spicy mayo
 yuzu citrus aioli
 miso ginger vinaigrette

CRUNCH

- lotus chips almonds
 onion crisps shredded nori
 wonton crisps

Soft Poached Egg - \$2

Extra Protein - \$5