

100% PLANT BASED, GLUTEN & NUT FREE
 COMPLETELY HOMEMADE

KANU POKE

TAKE AWAY MENU
 12-4PM



POKE BOWLS

CHILLED TOPPINGS 6.95

+0.75
 Coconut black rice
 upgrade

+1.95 Go large

MEXICANA

BBQ pipikaula (hawaiian style 'beef' jerky), firecracker sushi rice, takuan, refried-beans, pickled slaw, pineapple, edamame, avocado salsa & spicy charred corn salsa. *Crispy shallots, chilli, spring onion. & smokey mayo.*

FORBIDDEN

Toasted sesame & coconut tofu, sushi rice, pickled pink slaw, mango, charred corn, avocado- salsa, wakamesalad, takuan & edamame beans. *Coconut shavings & sweet N salty sauce.*

IPU HULU HULU

Shoyu-tahini roasted watermelon, sushi rice, avocado salsa, pickled pink slaw, mango, charred corn, cucumber, edamame beans & takuan. *Pickled ginger, toasted sesame seeds & sunflower satay sauce.*

EARTH

Toasted sesame shiitake mushrooms, sushi rice, pickled carrots, avocado salsa, pineapple, samphire, charred corn, edamame beans & takuan. *Toasted sunflower seeds, sesame seeds, pickled ginger & pea & thai basil sauce.*

PHOENIX

Pineapple & chilli tofu, firecracker sushi rice, chilli mango salsa, spicy charred corn salsa, pickled carrots, pineapple, red cabbage & takuan. *Sunflower seeds, crispy shallots, chillis & siricha sauce.*

HOT TOPPINGS 8.95

+1.95
 Go large

LOWKANU

Teriyaki grilled 'beef', sushi rice, pickled pink slaw, mango salsa, avocado- salsa, samphire, takuan edamame beans & pineapple. *Spring onions, toasted sesame seeds, chillis & smokey mayo.*

KANU RAAGE

Asian fried popcorn 'chicken', sushi rice, mango, cucumber, pickled carrots, charred corn, red cabbage, takuan & edamame beans. *Spring onions, sesame seeds, pickled ginger & pea thai basil sauce.*

**POKE BOWL
 DRINK* AND DESSERT*
 MEAL DEAL**
 from 9.95

CURRY BOWLS

GREEN MANGO CURRY 9.95

Fresh mangos simmered in a warm and comforting mildly spiced coconut sauce run through with canolini beans and kale with sushi rice.

+0.75 to add firecracker rice instead.

**CRISPY TOFU VEGGIE
 SUNFLOWER SATAY** 7.95

Pan seared seasonal vegetables & deep fried tofu in a creamy mouth watering nutty sauce with sushi rice.

+0.75 to add firecracker rice instead.

SNACKS

BBQ pipikaula
 (Hawaiian 'beef' Jerky) pot 2.25

Mango salsa pot 2.25

Spicy corn salsa pot 2.25

Pickled Shitake pot 3.5

Firey Kanu Kimichi 3.5

Haupia slice 3.5

Hawaiian-style baked mochi bars* 2.5

Organic black sesame cookie* 1.95

DESSERTS

COFFEE

Americano 2.5
 Latte 3.1
 Cappuccino 2.9
 Flate White 2.9
 Hot Chocolate 3.1
 Mocha 3.3
 Chai latte 3.3
 Dirty Chai 3.5
 Single Espresso 2.1
 Double Espresso 2.5

TEA

Shropshire Brew 2.5
 Decafe Breakfast Tea 2.5
 Camomile 2.7
 Blood Orange Infusion 2.7
 Gunpowder Green 2.7
 Mango 2.7
 Japanese Cherry
 Blossom Green 2.7
 Chai Tea 2.7
 Blue Lady 2.7

DRINKS

BOTTLED*

Ginger Beer -Gingerella 2.25
 Passion Fruit -Lemonaid 2.25
 Lime -Lemonaid 2.25
 Blood Orange -Lemonaid 2.25
 Mate Ice Tea -Charitea 2.25