



KANU POKE

EVERYTHING IS HOMEMADE
VEGAN, GLUTEN FREE & NUT FREE



**Our menu is 100% homemade,
vegan, gluten-free & nut-free.**

The vibrant tastes of the Pacific Rim - reimagined with our own playful twist.

From our artisan ice creams to unique sodas - even our delicious meat-inspired alternatives are crafted right here in-house - using plant-based proteins, our signature marinades, rubs, and spice blends.

OUR STORY...



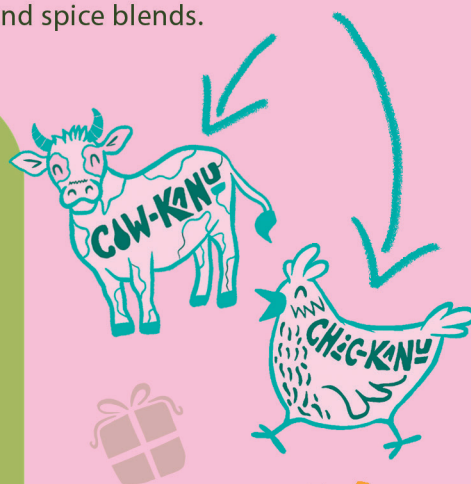
Our story began back in 2020, when chef George and artist Katie - two neighbours who met and fell for each other during lockdown (and for the idea of building something special together) - started crafting poké bowls from their tiny home kitchen as a take-away. What began as a simple passion project soon turned into a love-fuelled creative adventure, that has blossomed into the cosy, colourful spot you're sitting in today - decorated and painted by Katie herself.

Thank you, your support has helped us flourish - not just as a small independent business built by a wonderful dedicated team, but as part of a vibrant community.

Please snap & share a pic, leave a review, give us a follow and keep those good vibes flowing.

With love,

George & Katie



If you have a food allergy or special dietary requirement, please inform a member of our team.

A 10% discretionary gratuity is added to our bills and shared equally among our team.

If you'd prefer not to include it, just let us know - Thank you.



Pickled Shiitakes Mushrooms	4
Tender & juicy, infused with warming Chinese spices.	
Fiery Red Kimchi 🌶️🌶️	4
Bold, spicy, full of bite.	
Carrot Kimchi	4
Crunchy, tangy, and lightly fermented with a gentle zing.	
Pickled Beansprouts	4
Vietnamese-inspired with lemongrass & coriander	



CRISPY COW-KONU BOTANICAL SALAD

Crispy fried umami 'beef' strips with fresh green botanical salad, juicy chili mango salsa and pea & Thai basil sauce.

7.5

CRISPY TOFU BITES:

TERIYAKI /OR PINEAPPLE & HABANERO 🌶️🌶️

Glazed crispy tofu, pan fried with juicy red onions & peppers on a bed of crisp Chinese leaf.

Choose your sauce? siriacha 🌶️ / pea & Thai basil sauce

7

HUMMUS TRIO & MULTI-SEED CRACKERS

A deliciously unique trio – pea & Thai basil, Chinese black sesame, beetroot & lime – served with satisfyingly crunchy multi-seed crackers.

7

PLANTAIN KOFTAS SUNFLOWER SATAY

Crispy fried hand-rolled koftas with a hint of fresh mint, served in creamy, mouth-wateringly nutty sunflower satay sauce.

6.75

POPCORN CHICK-KONU

Asian-style crispy fried popcorn 'chicken' on a bed of fresh green botanical salad. Drizzled with sriracha mayo sauce.

7

HOISIN OYSTER MUSHROOM SALAD

Tender pan-seared oyster mushrooms in sticky hoisin, served with a vibrant Vietnamese-inspired beansprout botanical salad with beetroot & lime sauce.

7.5

100% homemade • vegan • gluten-free • nut-free



All poké bowls include a warm
teriyaki sushi rice base.
Toppings listed in bold served hot.

ADORO

Succulent seared 'pork', marinated in bayleaf, peppercorn, coconut & pineapple
Chilli mango salsa, pickled carrots, charred corn, edamame, pineapple, takuan & red cabbage.
Drizzled with beetroot & lime sauce.

15

TERYAKI TOFU

Sweet teriyaki 5 spice glazed crispy fried tofu with onions & peppers
Wakame salad, pickled carrots, pineapple, edamame, cucumber, takuan, & red cabbage.
Drizzled with pea & Thai basil sauce.

14.5

HOISIN OYSTER MUSHROOM

Tender pan-seared oyster mushrooms in sticky hoisin,
Chinese black sesame hummus, avocado salsa, charred corn, pickled slaw, pineapple,
wakame salad & cucumber. Drizzled with beetroot & lime sauce.

15

AUBERGINE

Sweet & sticky peppercorn shoyu glazed aubergine
Pea & Thai basil hummus, sesame & pickled beansprouts, mango, pickled slaw,
edamame, takuan, & cucumber. Drizzled with sriracha mayo.

14.5

PINEAPPLE & HABANERO TOFU 🌶️🌶️

Spicy pineapple & habanero glazed crispy fried tofu with onions & peppers
Chilli mango salsa, chilli charred corn salsa, pickled carrots, pineapple, red cabbage,
takuan, & cucumber. Drizzled with sriracha 🌶️

14.5

POPCORN CHICK-KANU

Pan-Asian spiced crispy fried popcorn 'chicken'
Chinese black sesame hummus, chilli charred corn salsa, mango, pickled carrots, edamame,
red cabbage, & cucumber. Drizzled with pea & Thai basil sauce.

14.5

SMOKY COW-KANU

Smoky & rich umami BBQ marinated grilled 'beef'
Avocado salsa, chilli mango salsa, pickled slaw, edamame, charred corn, takuan, & cucumber.
Drizzled with sriracha mayo.

15

Bowl upgrades:

+ 1.75 (swap sushi rice) Shoyu-tahini green botanical salad
+ 2 Carrot kimichi / Fiery red kimchi 🌶️🌶️ + 0.75 Habanero rice 🌶️ + 0.75 Crispy shallots

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FILIPINO ADOBO CUTLETS

Succulent pan-seared 'pork' cutlets, marinated in a rich blend of bayleaf, peppercorn, coconut & pineapple adobo. Served on a bed of creamy floral purple sweet potato mash, with buttery miso-glazed vegetables and beetroot & lime sauce.

16

LOADED THAI CURRY NOODLES

Aromatic coconut & lime Thai red curry served over rice noodles, topped with a pickled bean sprout salad & miso-glazed pan-seared seasonal vegetables.

Choose your topping:

Crispy fried Cow-Kanu 'beef' / Sticky shoyu aubergine / Pan-fried hoisin oyster mushrooms.

+2 to add on carrot kimchi or fiery red kimchi 🌶️🌶️

15

FIESTA CHICK-KANU & WAFFLE

Indulgent sweet & savoury combo of Hawaiian-style crispy fried mochiko 'chicken' served on a Hong Kong bubble waffle, layered with zesty avocado salsa and a pot of luxurious miso caramel.

Choose your sauce:

Pea & Thai basil / Sriracha 🌶️ / Sriracha mayo

15

CRISPY TOFU SUNFLOWER SATAY

Pan seared fresh seasonal vegetables & deep-fried tofu in our creamy mouth-wateringly nutty sauce, with sushi rice.

14

GOLDEN PLANTAIN KOFTAS

Hand-rolled fried plantain koftas lightly infused with mint. Served with buttery miso-glazed seasonal vegetables, creamy beetroot & lime hummus, pea & Thai basil sauce, and pickled takuan

15



Creamy floral purple sweet potato mash	5
Shoyu-tahini green botanical salad	3.5
Buttery miso-glazed pan seared seasonal veg	4.5
Sushi rice	3
Teriyaki sushi rice	3.5
Pineapple & Habanero sushi rice 🌶️🌶️	3.5

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OUR HOMEMADE ICE CREAM FLAVOURS

- | | |
|-------------------------|----------------------|
| 1. Ube: (nutty vanilla) | 3. Caramel cacao |
| 2. Pandan: (biscuity) | 4. Hibiscus (floral) |

ICE CREAM

Savour 3 scoops of our handcrafted artisan ice cream, elegantly drizzled with your choice of forrest berries & bay leaf compote or velvety miso caramel sauce.

6.25

BUILD YOUR OWN POKE BOWL...

For ages 8 and under

All bowls come with sushi rice.

1. Choose 1 main topping:

- Teriyaki crispy fried tofu
- Fried popcorn 'chicken'
- Pan-fried hoisin oyster mushrooms
- Sticky sweet aubergine

2. Choose up to 3 toppings:

- | | |
|---------------------|-------------------|
| - Pineapple | - Edamame beans |
| - Mango | - Pickled carrots |
| - Charred sweetcorn | - Pickled slaw |
| - Cucumber | - Avocado salsa |
| - Red cabbage | - Pickled daikon |

3. Choose 1 sauce:

- Beetroot & lime
- Pea & Thai basil
- Sriracha mayo

(Let us know if you prefer sauce on the side)

BUBBLE WAFFLE & ICE CREAM

Indulge in a warm, crispy bubble waffle topped with any 3 scoops of our artisan ice cream. Finished with a drizzle of luxurious miso caramel sauce and oaty biscuit crumbs.

7.75

AFFOGATO

Choose 1 scoop of our ice cream with an espresso on the side to pour over.
+ 2.5 for a shot of our caramel cacao liqueur.

4.5

MOCHI DOUGHNUT BALLS

Hand-rolled mochi doughnut bites, deep fried and tossed in cinnamon sugar, with a dreamy miso caramel dip for dunking.

Choose your flavour:

Ube (Vanilla) / Pandan (biscuity) / Mix of both!

6.5



6.5

For ages 8 and under

CRISPY TOFU SUNFLOWER SATAY

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

CHICK'N' WAFFLE

Hawaiian style fried 'chicken', on a Hong Kong-style bubble waffle with luxurious miso caramel drizzle pot. An indulgent sweet & savoury combo!

Enjoyed your visit?

If so, we'd love it if you could leave us a review on Google or TripAdvisor.
Your support means the world to our little independent restaurant!



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www.kanupoke.co.uk

Follow our journey @kanupoke.uk



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