



KANU POKE

EVERYTHING IS HOMEMADE
VEGAN, GLUTEN FREE & NOT 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...

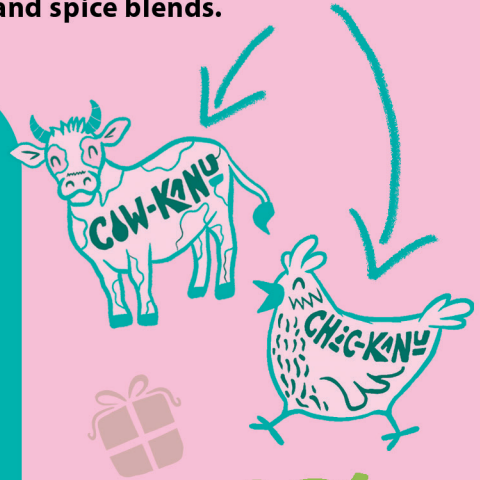


Our story began back in 2020, when chef George and artist Katie - two neighbours who met and fell for each other during lockdown (and for the idea of building something special together) - started crafting poké bowls from their tiny home kitchen as a take-away. What began as a simple passion project 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.**



Pickled Shiitakes	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.	
Seasonal Pickled Veg	4
— ask what we've been pickling!	



CRISPY COW-KUN BOTANICAL SALAD

Crispy fried umami ('beef') inspired strips tossed with juicy green botanical salad & fresh chili mango salsa.

7.5

MANGO GOCHUJANG 🌶️ / TERIYAKI CRISPY TOFU BITES

Glazed crispy tofu. Pan fried with juicy red onions & peppers on a bed of fresh Chinese leaf. Finished with your choice of siriacha or Pea & Thai basil sauce.

7

THAI RED SWEET POTATO SOUP

Velvety coconut curry soup bursting with warming, fragrant aromatics and slow-roasted sweet potatoes, finished with a delicate drizzle of Thai basil oil.

6.5

HUMMUS TRIO & MULTI-SEED CRACKERS

Deliciously unique trio of dips - Beetroot & Lime, Pea & Thai Basil, and Thai Red Sweet Potato served with our satisfyingly crunchy multi-seed crackers.

6.75

PLANTAIN KOFTAS SUNFLOWER SATAY

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

7

POPCORN CHICK-KUN

Asian-style crispy fried popcorn 'chicken' on a bed of our green salad. Drizzled with fresh pea & Thai basil sauce & pickled ginger.

7



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

ADOBO

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

SHIITAKE

Toasted sesame and garlic shiitake mushrooms

Thai sweet potato hummus, avocado salsa, charred corn, pickled slaw, pineapple, wakame salad, & cucumber. Drizzled with pea & Thai basil sauce.

14

AUBERGINE

Sweet & sticky peppercorn shoyu glazed aubergine

Pea & Thai basil hummus, sesame & garlic beansprouts, mango, pickled slaw, edamame, takuan, & cucumber. Drizzled with gochujang mayo.

14.5

GOCHUJANG TOFU

Spicy mango gochujang glazed crispy fried tofu with onions & peppers

Chilli mango salsa, chilli charred corn salsa, pickled carrots, pineapple, red cabbage, takuan, & cucumber. Drizzled with sriracha sauce.

14.5

POPCORN CHICK-KANU

Pan-Asian spiced crispy fried popcorn 'chicken'

Pea & Thai basil hummus, chilli charred corn salsa, mango, pickled carrots, edamame, red cabbage, & cucumber. Drizzled with gochujang mayo.

14.5

SMOKY COW-KANU

Smoky & rich umami BBQ marinated grilled 'beef'

Avocado salsa, chilli mango salsa, pickled slaw, edamame, mango, takuan, & cucumber. Drizzled with smoky mayo.

15

Upgrades:

+ 1.75 (swap sushi rice) Shoyu-tahini green botanical salad
+ 2 carrot Kimichi/ Fiery Red Kimchi  + 0.75 Gochujang rice  + 0.75 crispy shallots



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, a crisp green salad, & beetroot and lime sauce.

16

LOADED THAI CURRY NOODLES

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

Choose your topping:

Crispy fried Cow-Kanu ('Beef') / Sticky Shoyu Aubergine / Toasted Sesame Shiitakes.

+2 to add one of our delicious kimchis!

15

FIESTA CHICKEN & 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 🌶️ / Gochujang 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

PLANTAIN KOFTAS MEDLEY

Golden fried hand-rolled plantain koftas lightly minted. With buttery miso glazed seared seasonal veg, on a bed of creamy beetroot & lime hummus, with pea & Thai basil sauce, & pickled takuan.

15



Creamy floral purple sweet potato mash	5
Garlic & sesame beansprout salad	4
Shoyu-tahini green botanical salad	3.5
Buttery miso-glazed pan seared seasonal veg	4.5
Sushi rice	3
Teriyaki sushi rice	3.5
Gochujang sushi rice 🌶️	3.5



OUR HOMEMADE ICE CREAMS:

- | | |
|-------------------------|------------------|
| 1. Ube: (nutty vanilla) | 3. Caramel cacao |
| 2. Pandan: (buisuity) | 4. Black sesame |

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

7.5

ICE CREAM

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

6

BUILD YOUR OWN KIDS POKÉ BOWL 6.5

For ages 8 and under

All bowls come with sushi rice.

1. Choose up to 3 toppings:

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

2. Choose 1 main topping:

- Asian style popcorn 'chicken'
- Toasted sesame mushrooms
- Sticky sweet aubergine

3. Choose 1 sauce:

- Smoky mayo
- Gochujang mayo
- Beetroot & lime
- Pea & Thai basil

TAHINI MACHA BROWNIE

Fudgy chocolate tahini brownie with coffee undertones & miso white chocolate drizzle with your choice of 1 of our ice creams & winter berries bay leaf compote.

6.5

WINTER HAUPIA

Light, creamy fresh orange & coconut haupia. Ginger bread oaty biscuit crumb, paired with winter berries bay leaf compote.

5.5

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

MACHI DOUGHNUT BALLS

Heavenly deep fried chewy bites, dusted with cinnamon sugar & luxurious miso caramel dip.

Choose your flavour:

Ube (Vanilla) / Banana/ 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 natty 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!



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