

MANA POKE

HAWAIIAN FOOD

APPETIZERS

SWEET POTATO (50g)
OR MANIOC CHIPS (80g)
CRUNCHY CORN (100g)
PEANUTS (170g)

MANA

VEGAN

POKES SUGGESTIONS

Choose the size according to your hunger.



MAROLA
80 g of protein



TSUNAMI
120 g of protein



DELIVERY
100 g of protein

PIPELINE

Pupunha Palm spaghetti, salad leaves mix, salmon with cream cheese, ponzu sauce, cherry tomato, mango, avocado, sweet potato chips and cashew nut. *Served with purple onion, spring onion and sesame seeds.*

MAUI

Japanese rice, salad leaves mix, salmon, classic sauce, sunomono, carrot, kiwi, crispy kale, manioc chips and almond slices. *Served with purple onion, spring onion and sesame seeds.*

OAHU

Zucchini spaghetti, tuna fish, ponzu sauce, japanese cucumber, avocado, edamame, sweet potato chips, nori slices and peanut. *Served with purple onion, spring onion and sesame seeds.*

MANA

Quinoa, salad leaves mix, chicken, cherry tomato, carrot, japanese cucumber, mango, avocado, manioc chips, crispy kale, peanut and mana sauce. *Served with purple onion, spring onion and sesame seeds.*

VEGAN

Zucchini spaghetti, salad leaves mix, shimeji, ponzu sauce, cherry tomato, carrot, sunomono, crispy onion, manioc chips and almond slices. *Served with purple onion, spring onion and sesame seeds.*

THE PERFECT POKE

Japanese rice, salad leaves mix, salmon with cream cheese, shimeji, tarê sauce (sweet-sour), sunomono, carrot, cream cheese, manioc chips, ginger and almond slices. *Served with purple onion, spring onion and sesame seeds.*

HAWAIIAN CEVICHE

Mix of leaves, quinoa, Hawaiian ceviche (Saint Peter marinated in lemon with pink salt), ponzu sauce, avocado, cherry tomatoes, sunomono, sweet potato chips, cashew nuts. *Served with purple onion, spring onion and pepper pout.*

PIPELINE

CREATE YOUR POKE

Chicken or Quail egg
Ceviche or Shimeji
Salmon or Tuna

MAROLA
 MAROLA
 MAROLA

TSUNAMI
 TSUNAMI
 TSUNAMI

DELIVERY
 DELIVERY
 DELIVERY



MAROLA
80 g of protein



TSUNAMI
120 g of protein



DELIVERY
100 g of protein

1 CHOOSE UP TO 2 BASES

Chickpeas
 Japanese rice
 Pupunha palm spaghetti
 Purple Cabbage
 Quinoa
 Salad leaves mix
 Zucchini spaghetti
 Wholegrain rice

2 CHOOSE UP TO 3 TOPPINGS

Avocado
 Carrot
 Cherry tomato
 Cream cheese
 Edamame
 Japanese cucumber
 Kani
 Kiwi
 Mango
 Pineapple
 Sunomono
 Wakame

EXTRA TOPPING:

3 CHOOSE UP TO 2 CRUNCHES

Crispy kale
 Crispy onion
 Manioc chips
 Nori slices
 Plantain Chips
 Sweet potato chips

EXTRA CRUNCH:

4 CHOOSE UP TO 2 PROTEINS*

Chicken
 Chicken Lemon Pepper
 Quail egg

DOUBLE
PROTEIN FOR

Grilled Salmon
 Hawaiian Ceviche
 Saint Peter marinated in lemon and pink salt
 Salmon
 Salmon with cream cheese
 Shimeji
 Tuna
 Tuna with cream cheese

DOUBLE
PROTEIN FOR

*It will always be charged the most expensive protein

5 CHOOSE 1 NUT

Almond slices
 Cashew nut
 Brazilian nut
 Crunchy corn
 Wasabi pea
 Peanut

EXTRA NUT:

6 CHOOSE 1 SAUCE

Classic
 shoyu and sesame oil
 Fresh Lime
 olive oil, lemon, pink salt and garlic
 Mana
 lemon, pineapple, passion fruit and honey
 Honey mustard
 Ponzu
 shoyu, sesame oil and lemon
 Shoyo
 Shoyo Light
 Spice
 shoyu, sesame oil, lemon and sriracha pepper
 Tarê
 Shoyu, sugar and onion
 EXTRA SAUCE:

7 FINISH AS YOU WISH

Truffled olive oil
 Pepper pout
 Ginger
 Wasabi
 Purple onion
 Spring onion
 Sesame seeds

DESSERTS

ICE CREAM

Prices on request

PINEAPPLE WITH LEMON ZEST (100g)

BANOFFEE

BROWNIE FIT



BEVERAGES

Soft drinks
Chá (tea)
Energy drink Pow Push Matcha
H2O (soft drink)
Water
Sparkling water
Natural coconut water
Takeaway Natural Coconut 300ml
Bizzi Tropical Fruits
Bizzi Strawberry and Lemon

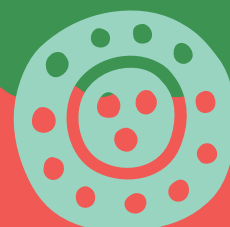
NATURAL JUICES

Pineapple 300ml
Lemon 300ml
Detox 300ml
(pineapple, lemon, kale and ginger)

BEERS

Corona 330ml
Stella Artois 330ml
Budweiser 330ml

DON'T DRINK AND DRIVE



#MANAPOKE
#POKEENOSSAPRAIA

MAHALO!

📷 mana.poke

MANA POKE

HAWAIIAN FOOD



CONSUMER: access to the premises where food is prepared and stored is guaranteed by law. Law nº 8.431, of July 17, 1995.