



SIGNATURE POKE

CYCAS

White and black rice, Shrimps, Tuna, Pineapple, Mango, Guacamole, Plantain chips, Coconut

ARALIA

White rice, Salmon, Tuna, Wakame seaweeds, Bean sprouts, Edamame, Teriyaki sauce, Sesame

CACTUS

Black rice, Grilled chicken, Boiled egg, Beans, Cucumber, Avocado, Peanuts, Spicy mayo, Crispy onion

THALIA

White rice, Salmon, Italian canned tuna, Cabbage, Onion, Yogurt sauce, Crispy onion

LAURUS

White rice, Teriyaki and Sesame Chicken, Peanuts, Cabbage, Tomatoes, Teriyaki sauce, Sesame

VEGAN

White and black rice, Tofu, Carrots, Beans, Avocado, Cabbage, Teriyaki sauce, Plantain chips, Sesame

RUSSELIA

Salad, Shrimps, Feta, Cucumbers, Olives, Tzatziki sauce, Sesame

LAZISE, Via Gardesana 28.
PESCHIERA del Garda, Via Venezia 19.

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*If you have allergies or intolerances and you have any doubts about our preparations, ask the dining room staff.
Allergens are: Cereals, Crustaceans, Eggs, Fish, Peanuts, Soybeans, Milk, Nuts, Celery, Mustard, Sesame Seeds, Sulfur dioxide and sulphites, Lupins, Mollusks and all that derives from these products.



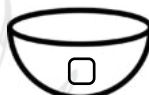
CREATE YOUR POKE

NAME: _____

TAKE AWAY



POKE REGULAR - €10,90



POKE LARGE - €12,90

1. BASE 1 included

- WHITE RICE BLACK RICE EXTRA SALSA on RICE? +0,30
 WHITE AND BLACK RICE FRESH SALAD which sauce? _____

2. PROTEINS 2 included, extra €2,00

- | | | |
|--|-------------------------------------|--------|
| <input type="checkbox"/> SALMON* | <input type="checkbox"/> TUNA* | RAW |
| <input type="checkbox"/> ITALIAN CANNED TUNA * | <input type="checkbox"/> SHRIMPS * | COOKED |
| <input type="checkbox"/> GRILLED CHICKEN | <input type="checkbox"/> BOILED EGG | VEGAN |
| <input type="checkbox"/> TERIYAKI CHICKEN AND SESAME 🌿 | <input type="checkbox"/> TOFU | |
- MARINATED _____ *SOY or TERIYAKI +0,50

3. VEGETABLES 4 included, extra €0,50

- | | | |
|--|--|---|
| <input type="checkbox"/> ZUCCHINI | <input type="checkbox"/> AVOCADO +0,50 | <input type="checkbox"/> JALAPEÑOS 🌶️ |
| <input type="checkbox"/> CARROTS | <input type="checkbox"/> PINEAPPLE | <input type="checkbox"/> EDAMAME* +0,50 |
| <input type="checkbox"/> CHERRY TOMATOES | <input type="checkbox"/> MANGO 🍌 +1,00 | <input type="checkbox"/> ONION |
| <input type="checkbox"/> CABBAGE | <input type="checkbox"/> CUCUMBER | <input type="checkbox"/> GINGER |
| <input type="checkbox"/> BEANS | <input type="checkbox"/> WAKAME SEAWEED* 🌿 +0,50 | <input type="checkbox"/> CORN |
| <input type="checkbox"/> PEANUTS | <input type="checkbox"/> PHILADELPHIA +0,50 | <input type="checkbox"/> BEAN SPROUTS |
| | | <input type="checkbox"/> OLIVES |
| | | <input type="checkbox"/> FETA |

4. SAUCES 2 included, extra €0,30

- | | | |
|---|--|--|
| <input type="checkbox"/> SOY 🌿 | <input type="checkbox"/> GARDAEN SAUCE +0,30 | <input type="checkbox"/> MUSTARD AND HONEY |
| <input type="checkbox"/> EVO OIL | <input type="checkbox"/> SPICY MAYO 🌶️ | <input type="checkbox"/> PONZU 🌿 |
| <input type="checkbox"/> HOUSE TERIYAKI 🌿 +0,30 | <input type="checkbox"/> GUACAMOLE 🌿 🌶️ +0,30 | <input type="checkbox"/> YOGURT |
| <input type="checkbox"/> OIL, SALT, LEMON | <input type="checkbox"/> SRIRACHA 🌶️ 🌶️ | <input type="checkbox"/> MAYO VEGAN |
| <input type="checkbox"/> TZATZIKI | <input type="checkbox"/> LEMON AND BLACK PEPPER MAYO | <input type="checkbox"/> CURRY MANGO +0,30 |

5. TOPPING 1 included

- | | | |
|---|--|---|
| <input type="checkbox"/> CRISPY ONION 🌿 | <input type="checkbox"/> ALMONDS IN FLAKES | <input type="checkbox"/> PLATANO CHIPS |
| <input type="checkbox"/> SESAME | <input type="checkbox"/> COCONUT | <input type="checkbox"/> WAKAME SEAWEED 🌿 |

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* In the absence of fresh product subjected to preventive reclamation treatment by freezing in accordance with the requirements of reg. CE 853/2004, annex III, section VIII, chapter 3, letter D, point 1, the product can be frozen / deep-frozen.