POKE GUYS

All our Poke are made with our in-house marinade which may include scallions, sesame oil, white onions, cucumbers, and shoyu

SIGNATURE BOWLS

Served with your choice of base, sauces and garnishes

PG
R: 17.26 L: 21.24
classic shoyu salmon
edamame, fresh mangoes, seaweed salad & masago

ALOHA
R: 17.26 L: 21.24
honey ginger salmon
crab meat slaw, pineapples, seaweed salad & masago

MAUNA LOA
R: 17.48 L: 21.46
spicy shoyu salmon
edamame, spicy cucumbers, spicy seaweed salad & masago

CALI
R: 17.48 L: 21.46
classic shoyu salmon & tuna
avocado, crab meat slaw & masago

FIRE FIN
R: 17.48 L: 21.46
spicy shoyu tuna
kimchi, fresh mangoes, seaweed salad & masago

ANGRY SHRIMP
R: 17.26 L: 21.24
sweet & spicy shrimp
corn, kimchi, pineapples & masago

VEGETARIAN
R: 17.26 L: 21.24
classic shoyu tofu (GF)
avocado, corn, sweet drop peppers, shiitake slaw, & seaweed salad

BUILD YOUR OWN BOWL

Regular: 15.27 Large: 19.25

1 CHOOSE YOUR BASE

White Rice
Brown Rice
Leafy Greens
Soba Noodles

2 CHOOSE YOUR PROTEINS

Classic Shoyu Salmon
Spicy Shoyu Salmon
Honey Ginger Salmon
Classic Shoyu Tuna
Spicy Shoyu Tuna
Sweet & Spicy Shrimp
Classic Shoyu Tofu (GF)

3 CHOOSE YOUR TOPPINGS

Regular: 1.77/each Premium: 2.21/each*

Corn
Edamame
Pineapples
Masago
Seaweed Salad
Spicy Cucumbers
Avocados*
Shiitake Slaw*
Sweet Drop Peppers*
Crab Meat Slaw*
Fresh Mangoes*
Kimchi*
Spicy Seaweed Salad*
Sweet Drop Peppers*

4 CHOOSE YOUR SAUCES

Classic Shoyu
Classic Shoyu Yuzu
Gluten Free Shoyu
Creamy Togarashi
Unagi
Spicy Unagi
Spicy Aioli
Miso Sesame
Wasabi

5 CHOOSE YOUR GARNISHES

B&W Sesame Seeds
Crispy Garlic
Crispy Onions
Jalapeño
Nori
Pickled Red Ginger
Scallions
Tempura Bits
Watermelon Radish

Substitution Policy: Limit to 1 complimentary substitution. Fee applied to any additional substitutions..

Gluten-free and vegan options are available upon request. Not all ingredients are listed. Please inform us of any dietary restrictions or allergies prior to ordering. Taxes not included, prices subject to change without prior notice.
Recommended to consume within 20 minutes of purchase.

POKE GUYS

JUST POKE (8OZ)

CLASSIC SHOYU TOFU (GF)	11.28
CLASSIC SHOYU SALMON	14.38
SPICY SHOYU SALMON	14.38
HONEY GINGER SALMON	14.38
SWEET & SPICY SHRIMP	14.38
CLASSIC SHOYU TUNA	15.27
SPICY SHOYU TUNA	15.27

SIDES (8OZ)

EDAMAME	5.97
SEAWEED SALAD	5.97
SPICY CUCUMBERS	5.97
CORN	5.97
PINEAPPLES	5.97
SHIITAKE SLAW	7.08
FRESH MANGOES	7.08
CRAB MEAT SLAW	7.08
SPICY SEAWEED SALAD	7.08
KIMCHI	7.08

DRINKS

BOTTLED WATER	1.75
GOODDRINK SPRITZER	3.10
BOYLAN'S SODA	3.10
ARIZONA	3.32
COCONUT WATER	3.32
GOODDRINK TEA	3.76

WE DO CATERING!

For groups of 20+ people

For all catering inquiries, please visit www.pokeguys.ca/catering,
we will be in touch with you within 24 hours!

CONNECT WITH US!

TORONTO
112 Elizabeth St. Unit 1
Toronto ON, M5G 1P5
416 506 POKE (7653)

MARKHAM
8110 Birchmount Rd. Unit 10
Markham ON, L6G 0E3
905 477 POKE (7653)

Allergies? Scan Here To Find Out More
www.pokeguys.ca | info@pokeguys.ca

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POKE GUYS ALLERGY CHART 2025			
INGREDIENT	**GLUTEN FREE**	**SESAME FREE**	**DAIRY FREE**
PROTEINS			
Unmarinated Salmon	✓	✓	✓
Unmarinated Tuna	✓	✓	✓
Unmarinated Shrimp	✓	✓	✓
Unmarined Tofu	✓	✓	✓
Classic / Spicy / Honey Ginger Salmon			✓
Classic / Spicy Tuna			✓
Angry Shrimp			✓
Classic Tofu	✓		✓
Spam		✓	✓
TOPPINGS			
Avocado	✓	✓	✓
Corn	✓	✓	✓
Crab Meat Slaw		✓	
Edamame	✓	✓	✓
Kimchi		✓	✓
Mangoes	✓	✓	✓
Masago		✓	✓
Pineapple	✓	✓	✓
Seaweed Salad			✓
Shiitake Slaw		✓	
Sweet Drop Pepper	✓	✓	✓
Spicy Cucumbers	✓	✓	✓
Spicy Seaweed Salad			✓
GARNISHES			
B&W Sesame Seeds	✓		✓
Crispy Garlic		✓	✓
Crispy Onions		✓	✓
Jalapeño	✓	✓	✓
Nori		✓	✓
Pickled Red Ginger	✓	✓	✓
Scallions	✓	✓	✓
Tempura Bits (Tenkasu)		✓	✓
Togarashi			✓
Watermelon Radishes	✓	✓	✓
Furikake			✓
SAUCES			
Classic Shoyu			✓
Classic Shoyu Gluten Free	✓	✓	✓
Unagi		✓	✓
Creamy Togarashi			
Miso Sesame			
Classic Shoyu Yuzu		✓	✓
Wasabi Paste	✓	✓	✓
Spicy Aioli	✓	✓	
Spicy Unagi			✓
BASES			
White Rice	✓	✓	✓
Brown Rice	✓	✓	✓
Soba Noodles (With Sauce)			✓
Soba Noodles (Without Sauce)		✓	✓
Leafy Greens	✓	✓	✓
* not all ingredients are listed. please inform us of any allegies or dietary restrictions			
* Our entire menu is nut free, but please note some of our suppliers, distributors and manufactures may not be and some items may have come into contact with nuts.			
* Please note that ingredients may have come into contact with other allergens			
✓ = ALLERGY FREE			