



Sailing Poke Bowl

10019 N Dale Mabry Hwy, #800,
Tampa, FL 33618
www.sailingpokebowl.com



Poke Bowl

Regular **Large**
9.99 **11.99**
(2 Scoops) (3 Scoops)

Burrito
9.99

1. Choose Your Base

Sushi Rice	Brown Rice
Organic Mix Salad	Half and Half

2. Choose Your Protein

- Ahi Tuna · Salmon
- Spicy Tuna · Yellow Tail
- Octopus · Shrimp
- Organic Tofu
 - extra protein (2.00)
 - extra Avocado (1.50)
 - extra Crab meat (1.50)

3. Choose Your Toppings

- | | |
|---------------|--------------------|
| Seaweed Salad | Edamame (soy bean) |
| Crab Meat | Avocado |
| Cucumber | Masago |
| Tomato | Jalapeno |
| Green Onion | Pineapple |
| Ginger | Wasabi |

4. Choose Your Sauce

- Poke Sauce (mild or Spicy)
- Spicy mango Sauce
- Sweet Unagi Sauce
- Lemon Ponzu
- Honey Wasabi
- Spicy Mango Sauce



Dessert

4.75

- Tiramisu
- Red Velvet Cake
- Cheese Cake
- Pistachio Cake





Ice Cream Roll

\$5.95

with 3 Free Topping

Ice Cream Roll



1. Cookie Master

Oreo, Vanilla



2. Summer Sweetness

Strawberry



3. Monkey Lover

Banana, Vanilla



4. Mango A-go-go

Mango, Vanilla



5. Coco Boy

Oreo, Coconut



6. Matcha King

Green Tea, Strawberry



7. Black Hole

Oreo, Chocolate



8. Honey Blueberry

Strawberry, mango
blueberry, Vanilla



9. Three Options

Vanilla

10. Fruits Party

Strawberry banana kiwi
Vanilla