



Sailing

POKE BOWL

WWW.SAILINGPOKEBOWL.COM

APPETIZER

- Edamame3.95
Balled soy beans, lightly salted
- Harumaki3.95
Japanese Spring Roll
- Gyoza5.75
Pan Fried Pork Dumpling
- Fried Shumai.....5.25

SOUP / SALAD

- Miso Soup2.25
- Clear Soup.....2.25
- Seaweed Salad4.75
- Kani Salad.....4.75

HIBACHI FRIED RICE

- Vegetable Fried Rice.....7.95
- Chicken Fried Rice.....8.50
- Steak Fried Rice.....8.95
- Shrimp Fried Rice8.95
- Side Fried Rice.....3.50
- Side Noodle3.50

DESSERT

- Tiramisu5.25
- Red Velvet Cake.....5.25
- Cheese Cake5.25



HIBACHI MEALS

Serve with fried rice or noodle, mix vegetable

- Vegetable Hibachi8.95
- Chicken Hibachi9.95
- Steak Hibachi10.95
- Shrimp Hibachi.....10.95
- Salmon Hibachi10.95
- Chicken & Steak Hibachi13.95
- Chicken & Salmon Hibachi13.95
- Chicken & Shrimp Hibachi.....13.95
- Steak & Shrimp Hibachi.....14.95
- Shrimp & Salmon Hibachi.....14.95
- Steak & Salmon Hibachi14.95



TEL: (813) 533-3039

10019 N Dale Mabry Hwy, # 800,
Tampa, FL 33618

OPEN HOURS:

Mon. ~ Thur.: 11:00am - 9:30pm
Fri. & Sat.: 11:00am - 10:00pm / Sunday: 12:00 Noon - 9:30pm



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Local
Postal Customer



SAILING POKE BOWL

Regular \$11.99 (2 scoops of protein) **Large \$13.99** (3 scoops of protein)

Burrito \$11.99 (Seaweed Wrapper)
(2 scoops of protein)

STEP 1. CHOOSE YOUR BASE

Sushi Rice / Organic Mixer salad / Brown Rice / Half and Half

STEP 2. CHOOSE YOUR PROTEIN

Ahi Tuna / Salmon / Organic Tofu / Yellow Tail / BBQ Eel / Octopus
Spicy Tuna / Spicy Salmon / Shrimp / Chicken
Extra Protein \$2.50 (1 scoop)

STEP 3. CHOOSE YOUR TOPPINGS

Extra Avocado \$1.50 / Extra Spicy Krab meat \$1.50 / Extra Seaweed Salad \$1.50
Wasabi / Cucumber / Seaweed Salad / Pineapple
Ginger / Mango / Green Onion / Masago / Jalapeno / Corn
Garden Radish / Cabbage / Sweet Red Onions / Edamame (soy beans)
Broccoli / Tomato / Avocado / Carrot / Spicy Krab meat
Sesame seed / Fried Onion

STEP 4. CHOOSE YOUR SAUCE

Poke Sauce (Choose: Mild or Spicy) / Spicy Mayo Sauce / Teriyaki Sauce
Mango Sauce / Sweet Eel Sauce / Lemon Ponzu Sauce
Honey Wasabi Sauce / Yummy Sauce



SIGNATURES BOWL

Chicken Poke **11.99**

Chicken, Edamame, Cucumber, Avocado, Sweet Onions, Masago, Cabbage, Sesame Seeds with Teriyaki and Mango Sauce.

Vegetable Poke **11.99**

Tofu, Sweet Onion, Avocado, Edamame, Corn, Cucumber, Seaweed Salad, Sesame Seeds, Carrot with Lemon Ponzu and Honey Wasabi.

Sailing Classic **12.99**

Ahi Tuna, Salmon, Edamame, Cucumber, Avocado, Corn, Krab, Masago, Sesame Seeds, Tomato with mild Poke Sauce.

Spicy Lover **12.99**

Spicy Tuna, Spicy Salmon, Cucumber, Avocado, Spicy Krab, Masago, Carrot, Sesame Seeds, Jalapeno with Spicy Poke and Spicy Mayo.

Yummy Bowl **14.99**

Ahi Tuna, Salmon, Shrimp, Broccoli, Avocado, Cucumber, Edamame, Sweet Onion, Pineapple, Carrot, Sesame Seeds, Fried Onion with Yummy Sauce.

Hawaiian Burrito (Seaweed Wrapper) **12.99**

Ahi Tuna, Salmon, Avocado, Krab, Cucumber, Cabbage, Sesame Seeds, Masago Carrots with Eel Sauce and Spicy Mayo.

Sweet Summer (Seaweed Wrapper) **12.99**

B.B.Q EEL, Cooked Shrimp, Avocado, Seaweed Salad, Sweet Onion, Cabbage, Cucumber, Sesame Seeds, Eel Sauce and Crispy Onion.

