



Sailing

POKE BOWL

WWW.SAILINGPOKEBOWL.COM

APPETIZER

- Edamame4.25
Boiled soy beans, lightly salted
- Harumaki4.25
Japanese Spring Roll
- Gyoza6.95
Pan Fried Pork Dumpling
- Fried Shumai.....6.25

SOUP / SALAD

- Miso Soup2.75
- Clear Soup.....2.75
- Seaweed Salad5.25
- Kani Salad.....5.25
- House Salad.....2.75

HIBACHI FRIED RICE

- Vegetable Fried Rice.....8.95
- Chicken Fried Rice.....9.95
- Steak Fried Rice.....10.50
- Shrimp Fried Rice10.50
- Side Fried Rice.....4.50
- Side Noodle.....4.50

DESSERT

- Tiramisu5.75
- Red Velvet Cake.....5.75
- Cheese Cake5.75



HIBACHI MEALS

Serve with fried rice or noodle, mix vegetable

- Vegetable Hibachi10.50
- Chicken Hibachi11.95
- Steak Hibachi12.95
- Shrimp Hibachi.....12.95
- Salmon Hibachi12.95
- Chicken & Steak Hibachi14.95
- Chicken & Salmon Hibachi14.95
- Chicken & Shrimp Hibachi.....14.95
- Steak & Shrimp Hibachi.....15.95
- Shrimp & Salmon Hibachi.....15.95
- Steak & Salmon Hibachi15.95



TEL: (813) 533-3039

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

OPEN HOURS:

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



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U.S. POSTAGE
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Local
Postal Customer



SAILING POKE BOWL

Regular \$12.99
(2 scoops of protein)

Large \$14.99
(3 scoops of protein)

Burrito \$12.99 (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 \$1.00 / BBQ Eel / Octopus
Spicy Tuna / Spicy Salmon / Shrimp / Chicken
Extra Protein \$3.00 (1 scoop)

STEP 3. CHOOSE YOUR TOPPINGS

Extra Avocado \$2.00 / Extra Spicy Krab meat \$2.00 / Extra Seaweed Salad \$2.00
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 Poke12.99

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

Vegetable Poke12.99

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

Sailing Classic13.99

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

Spicy Lover13.99

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

Yummy Bowl15.99

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

Hawaiian Burrito (Seaweed Wrapper)13.99

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

Sweet Summer (Seaweed Wrapper)13.99

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

