

# BUILD YOUR OWN GRAIN BOWL

- DINE IN
- TAKEAWAY + RM1  
(consume within 1 hour)

**SIGNATURE**  
— BY NOSH —

Lazy to build? Pick from our **Signature Bowl** !

## CHOOSE YOUR BASE *+RM0.50 for one extra portion*

- White Rice
- Brown Rice
- Salad Only
- Quinoa (+RM3)
- Soba (+RM3)
- Aglio Olio Pasta (+RM2)

## CHOOSE THREE SIDES *+RM2.9 for one extra portion*

- Herb Roasted Mix Potatoes
- Basil Baked Pumpkin
- Zesty Cherry Tomatoes
- Soy-Glazed Mushrooms
- Roasted Turmeric Cauliflower
- Roasted Carrot & Green Bean
- Boiled Broccoli
- Poached Egg
- Scrambled Egg
- Hard-boiled Egg
- Corn & Edamame cold
- Spicy Avo Mango Mash cold

## CHOOSE THREE TOPPINGS *+RM0.50 for one extra portion*

- Fried Shallots
- Chili Flakes
- Fish Roe
- Pumpkin Seeds
- Chia Seeds
- Seaweed Flakes
- Crushed Peanuts
- Furikake

## CHOOSE YOUR PROTEIN

- Chili Lime Prawn (cold) RM20.9  
*+ RM8 for extra portion*
- Rosemary Grilled Salmon RM22.9  
*+ RM10 for extra portion*
- Lemongrass Chicken Thigh RM16.9  
*+ RM5 for extra portion*
- Sesame Tofu (V) RM16.9  
*+ RM5 for extra portion*
- Roasted Pulled Beef RM21.9  
*+ RM10 for extra portion*
- Beef Striploin Steak RM22.9  
*+ RM11 for extra portion*
- No Protein RM 16.9  
*pick 5 sides*
- Unagi RM30.9  
*+ RM19 for extra portion*

## CHOOSE ONE DRESSING *+RM1 for one extra dressing*

- Homemade Coconut Curry 🌿
- Signature Honey Lime
- Thai Nam Pla 🌿
- Poké Sauce (*spicy sriracha / garlic aioli / wasabi aioli / teriyaki / ponzu*)
- Kaffir Mint Pesto

## MAKE IT A SET + 5

- Organic Tea  
*a) Oriental green tea  
b) Supreme earl grey  
c) Lemongrass ginger*
- Hot Black  
*white + extra RM 3*
- AYATAKA GreenTea  
*zero calories & sugar*
- Cold-Pressed Pure Juice  
*+ extra RM5*
- Bottled Kombucha  
*+ extra RM5*

Please alert our team for any food allergies

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懒得自制？您可以选择我们的经典Grain Bowl！

## 选择底料 额外一勺 +RM0.50

- 白饭
- 糙米饭
- 沙律菜
- 藜麦 (+RM3)
- 荞麦面 (+RM3)
- 香蒜意大利面 (+RM2)

## 选择3种配菜 额外1种酱配菜 +RM2.9

- 香草烤土豆
- 罗勒焗南瓜
- 烤小西红柿
- 酱炒蘑菇
- 烤姜黄花椰菜
- 烤萝卜四季豆
- 蒸西兰花
- 温泉蛋
- 美式炒蛋
- 水煮蛋
- 玉米毛豆
- 辣味酪梨芒果泥

## 选择3种配料 额外1种配料 +RM0.5

- 葱油酥
- 鱼卵
- 奇亞籽
- 花生碎
- 日式香松粉
- 辣椒粉
- 金瓜籽
- 紫菜酥

## 选择蛋白质

- 青柠檬辣椒虾仁 (冷) RM20.9  
额外1份 + RM8
- 芝麻豆腐 RM16.9  
额外1份 + RM5
- 无蛋白质 RM16.9  
可选择5种配料
- 迷迭香煎三文鱼 RM22.9  
额外1份 + RM10
- 澳洲牛腩丝 RM21.9  
额外1份 + RM10
- 鳗鱼 RM30.9  
额外一份 + RM19
- 香茅鸡腿肉 RM16.9  
额外1份 + RM5
- 澳洲牛排 RM22.9  
额外1份 + RM11

## 选择1种酱料 额外1种酱料 +RM1

- 自制椰子咖喱
- 泰式酸辣酱
- 疯柑叶薄荷青酱
- 芝麻姜蒜
- 蜜糖青柠檬酱
- Poké 酱料 (辣味蛋黄酱 / 蒜泥蛋黄酱 / 芥末蛋黄酱 / 红烧酱 / 柑橘酱油)

## 需要一份套餐 + RM5

- 有机热茶  
绿茶/伯爵茶/  
香茅姜茶
- 热黑咖啡  
白咖啡额外+RM3
- AYATAKA 绿茶  
无卡路里&无糖
- 冷压果汁  
(额外+RM5)
- 瓶装康普茶  
(额外+RM5)

如果您对任何食物有过敏症状，请在点餐时通知您的服务员。

<http://poketwins.com>