



Menu

Poké par Sushi Shop Carrefour Laval

3035 Boul. le Carrefour, Laval, QC H7T 1C8, Canada | (450) 688-1121

Most Ordered



Bol poké Crevette épicée / Poke Bowl Spicy Shrimp

CA\$19.89

crevette, kanikama, laitue, radis, masago rouge et orange, sauce ponzu, mayonnaise légère épicée, nori. / shrimp, kanikama, lettuce, radish, red and orange masago, ponzu sauce, light spicy mayonnaise, nori.



Onigiri Thon cuit / Onigiri Cooked Tuna

CA\$6.09

riz, thon cuit, oignon vert, sésame. / rice, cooked tuna, japanese mayonnaise, green onion, sesame.



Bol poké Thon / Poke Bowl Tuna

CA\$24.39

thon, laitue, chou rouge, wakamé, radis, masago orange, sauces : ponzu, teriyaki et poké, mayonnaise légère épicée, nori. / tuna, lettuce, red cabbage, wakame, radish, orange masago, sauces: ponzu, teriyaki and poke, light spicy mayonnaise, nori.



Combo Flora / Combo Flora

CA\$25.69

Futomaki : 5 Diablo, 4 Kaiyo, 5 Saumon teriyaki / Futomaki: 5 Diablo, 4 Kaiyo, 5 Teriyaki Salmon



Bol poké signature Waikiki / Signature Poke Bowl Waikiki

CA\$20.99

crevette tempura, goberge, hosomaki avocat, chou frisé, poivron rouge, radis, concombre, carotte, oignon blanc, oignon vert, jalapeño, mayonnaise japonaise, sauce sésame. / tempura shrimp, kanikama, avocado hosomaki, kale, red bell pepper, radish, cucumber, carrot, white onion, green onion, jalapeño, japanese mayonnaise, sesame sauce.



Bol poké Saumon / Poke Bowl Salmon

CA\$23.19

saumon, laitue, chou rouge, wakamé, radis, masago orange, sauces : ponzu, teriyaki et poké, mayonnaise légère épicée, nori. / salmon, lettuce, red cabbage, wakame, radish, orange masago, sauces: ponzu, teriyaki and poke, light spicy mayonnaise, nori.



Bol poké Poulet grillé et mangue / Poke Bowl Grilled Chicken & Mango

CA\$19.99

poulet grillé, mangue, laitue, radis, sauces teriyaki et ponzu, mayonnaise légère épicée, nori. / grilled chicken, mango, lettuce, radish, teriyaki and ponzu sauces, light spicy mayonnaise, nori.

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Bol poké signature Poko Loko saumon / Signature Poke Bowl Poko Loko Saumon ~~CA\$16.99~~

saumon coupe poké, goberge, hosomaki avocat, chou frisé, poivron rouge, radis, concombre, carotte, oignon blanc, oignon vert, jalapeño, sauce poké kikkoman, mayonnaise japonaise, sauce sésame. / salmon poke cut, kanikama, avocado hosomaki, kale, red bell pepper, radish, cucumber, carrot, white onion, green onion, jalapeño, kikkoman poke sauce, japanese mayonnaise, sesame sauce.



Onigiri Saumon / Onigiri Salmon

CA\$6.09

option : régulier (riz, saumon, mayonnaise japonaise, oignon vert, sésame) ou épicé (riz, saumon, mayonnaise épicée, oignon vert, sésame). / option: regular (rice, salmon, japanese mayonnaise, green onion, sesame) or spicy (rice, salmon, spicy mayonnaise, green onion, sesame).



Bol poké Volcano?? / Poke Bowl Volcano®

CA\$23.19

saumon saisi à la torche, laitue, radis, masago orange, sauces ponzu et teriyaki, mayonnaise légère épicée, nori. / torch-seared salmon, lettuce, radish, orange masago, ponzu and teriyaki sauces, light spicy mayonnaise, nori.

Bols poké signatures / Signature Poke Bowls



Bol poké signature Waikiki / Signature Poke Bowl Waikiki

CA\$20.99

crevette tempura, goberge, hosomaki avocat, chou frisé, poivron rouge, radis, concombre, carotte, oignon blanc, oignon vert, jalapeño, mayonnaise japonaise, sauce sésame. / tempura shrimp, kanikama, avocado hosomaki, kale, red bell pepper, radish, cucumber, carrot, white onion, green onion, jalapeño, japanese mayonnaise, sesame sauce.



Bol poké signature Poko Loko saumon / Signature Poke Bowl Poko Loko Saumon ~~CA\$16.99~~

saumon coupe poké, goberge, hosomaki avocat, chou frisé, poivron rouge, radis, concombre, carotte, oignon blanc, oignon vert, jalapeño, sauce poké kikkoman, mayonnaise japonaise, sauce sésame. / salmon poke cut, kanikama, avocado hosomaki, kale, red bell pepper, radish, cucumber, carrot, white onion, green onion, jalapeño, kikkoman poke sauce, japanese mayonnaise, sesame sauce.



Bol poké signature Poko Loko thon / Signature Poke Bowl Poko Loko Thon ~~CA\$16.99~~

thon coupe poké, goberge, hosomaki avocat, chou frisé, poivron rouge, radis, concombre, carotte, oignon blanc, oignon vert, jalapeño, sauce poké kikkoman, mayonnaise japonaise, sauce sésame / tuna poke cut, kanikama, avocado hosomaki, kale, red bell pepper, radish, cucumber, carrot, white onion, green onion, jalapeño, kikkoman poke sauce, japanese mayonnaise, sesame sauce



Bol poké signature Tiki Miki saumon / Signature Poke Bowl Tiki Miki Saumon ~~CA\$16.99~~

saumon tataki, goberge, hosomaki avocat, chou frisé, poivron rouge, radis, concombre, carotte, oignon blanc, oignon vert, jalapeño, mayonnaise japonaise, sauce sésame. / salmon tataki, kanikama, avocado hosomaki, kale, red bell pepper, radish, cucumber, carrot, white onion, green onion, jalapeño, japanese mayonnaise, sesame sauce.

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Bol poké signature Tiki Miki thon / Signature Poke Bowl Tiki Miki Thon CA\$19.29

thon tataki, goberge, hosomaki avocat, chou frisé, poivron rouge, radis, concombre, carotte, oignon blanc, oignon vert, jalapeño, mayonnaise japonaise, sauce sésame / tuna tataki, kanikama, avocado hosomaki, kale, red bell pepper, radish, cucumber, carrot, white onion, green onion, jalapeño, japanese mayonnaise, sesame sauce.

Bols poké classiques / Classic Poke Bowls



Bol poké Crevette épicée / Poke Bowl Spicy Shrimp

CA\$19.89

crevette, kanikama, laitue, radis, masago rouge et orange, sauce ponzu, mayonnaise légère épicée, nori. / shrimp, kanikama, lettuce, radish, red and orange masago, ponzu sauce, light spicy mayonnaise, nori.



Bol poké Thon / Poke Bowl Tuna

CA\$24.39

thon, laitue, chou rouge, wakamé, radis, masago orange, sauces : ponzu, teriyaki et poké, mayonnaise légère épicée, nori. / tuna, lettuce, red cabbage, wakame, radish, orange masago, sauces: ponzu, teriyaki and poke, light spicy mayonnaise, nori.



Bol poké Saumon et thon / Poke Bowl Salmon & Tuna

CA\$23.19

saumon et thon, laitue, chou rouge, wakamé, radis, masago orange, sauces : ponzu, teriyaki et poké, mayonnaise légère épicée, nori. / salmon and tuna, lettuce, red cabbage, wakame, radish, orange masago, sauces: ponzu, teriyaki and poke, light spicy mayonnaise, nori.



Bol poké Tao Karaage / Poke Bowl Tao Karaage

CA\$22.59

poulet karaage, radis, chou frisé, épices japonaises, sauces : teriyaki, chili douce et épicée et sriracha, nori. / karaage chicken, radish, kale, japanese spices, sauces: teriyaki, sweet and spicy chili, and sriracha, nori.



Bol poké Poulet grillé et mangue / Poke Bowl Grilled Chicken & Mangue CA\$19.09

poulet grillé, mangue, laitue, radis, sauces teriyaki et ponzu, mayonnaise légère épicée, nori. / grilled chicken, mango, lettuce, radish, teriyaki and ponzu sauces, light spicy mayonnaise, nori.



Bol poké Végé / Poke Bowl Veggie

CA\$17.49

lanières de tofu mariné sucrées-salées, fèves edamame, laitue, chou rouge, wakamé, poivron rouge, patate douce croustillante, sauces : sésame, ponzu et teriyaki, nori. / sweet and savoury marinated tofu strips, edamame beans, lettuce, red cabbage, wakame, red bell pepper, crispy sweet potato, sauces: sesame, ponzu, and teriyaki, nori.



Bol poké Saumon / Poke Bowl Salmon

CA\$23.19

saumon, laitue, chou rouge, wakamé, radis, masago orange, sauces : ponzu, teriyaki et poké, mayonnaise légère épicée, nori. / salmon, lettuce, red cabbage, wakame, radish, orange masago, sauces: ponzu, teriyaki and poke, light spicy mayonnaise, nori.

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Bol poké Poulet karaage et mangue / Poke Bowl Karaage Chicken & Mango ~~CA\$19.99~~

poulet karaage, mangue, laitue, radis, sauces teriyaki et ponzu, mayonnaise légère épicée, nori. / karaage chicken, mango, lettuce, radish, teriyaki and ponzu sauces, light spicy mayonnaise, nori.



Bol poké Tao crevette / Poke Bowl Tao Shrimp

CA\$22.59

crevette popcorn, radis, chou frisé, épices japonaises, sauces : teriyaki, chili douce et épicée et sriracha, nori. / popcorn shrimp, radish, kale, japanese spices, sauces: teriyaki, sweet and spicy chili, and sriracha, nori.



Bol poké Volcano?? / Poke Bowl Volcano®

CA\$23.19

saumon saisi à la torche, laitue, radis, masago orange, sauces ponzu et teriyaki, mayonnaise légère épicée, nori. / torch-seared salmon, lettuce, radish, orange masago, ponzu and teriyaki sauces, light spicy mayonnaise, nori.



Bol poké Sunrise?? / Poke Bowl SunriseT

CA\$23.19

saumon, saumon fumé, patate douce croustillante, chou frisé, masago rouge, mayonnaise légère épicée, sauces : ponzu, poké, teriyaki et épicée. / salmon, smoked salmon, crispy sweet potato, kale, red masago, light spicy mayonnaise, sauces: ponzu, poke, teriyaki, and spicy.

Combos / Combos



Combo Flora / Combo Flora

CA\$25.69

Futomaki : 5 Diablo, 4 Kaiyo, 5 Saumon teriyaki / Futomaki: 5 Diablo, 4 Kaiyo, 5 Teriyaki Salmon



Combo Nami / Combo Nami

CA\$23.19

Futomaki : 5 Oeil du Dragon, 5 Crevette épicée, 5 Moana / Futomaki: 5 Dragon Eye, 5 Spicy Shrimp, 5 Moana



Combo Luma / Combo Luma

CA\$20.79

Maki : 4 kumo Hosomaki : 3 Syake Futomaki : 5 Saumon épicé / Maki: 4 Kumo Hosomaki: 3 Syake Futomaki: 5 Spicy Salmon



Combo Kona / Combo Kona

CA\$28.29

Maki : 4 Keiki Futomaki : 5 Thon épicé Nigiri : 2 Thon tataki, 1 Crevette tempura / Maki: 4 Keiki Futomaki: 5 Spicy Tuna Nigiri: 2 Tuna Tataki, 1 Tempura Shrimp

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Combo Lotus / Combo Lotus

CA\$19.99

Futomaki : 5 Végétarien Hosomaki : 6 Avocat, 3 Kappa Inari : 2 Végétarien / Futomaki: 5 Vegetarian Hosomaki: 6 Avocado, 3 Kappa Inari: 2 Vegetarian

Combo Alba / Combo Alba

CA\$20.39



Maki : 4 Kumo Hosomaki : 3 Akanasu Futomaki : 5 Philly / Maki: 4 Kumo Hosomaki: 3 Akanasu Futomaki: 5 Philly

Combo Ponyo / Combo Ponyo

CA\$21.39



Maki : 4 Kazu, 4 Keiki, 4 Kumo / Maki: 4 Kazu, 4 Keiki, 4 Kumo

Onigiris / Onigiris

Onigiri Thon cuit / Onigiri Cooked Tuna

CA\$6.09



riz, thon cuit, oignon vert, sésame. / rice, cooked tuna, japanese mayonnaise, green onion, sesame.

Onigiri Poulet teriyaki / Onigiri Teriyaki Chicken

CA\$6.09



riz, poulet grillé, mayonnaise japonaise, sauce teriyaki, sésame. / rice, grilled chicken, japanese mayonnaise, teriyaki sauce, sesame.

Onigiri Saumon / Onigiri Salmon

CA\$6.09



option : régulier (riz, saumon, mayonnaise japonaise, oignon vert, sésame) ou épicé (riz, saumon, mayonnaise épicée, oignon vert, sésame). / option: regular (rice, salmon, japanese mayonnaise, green onion, sesame) or spicy (rice, salmon, spicy mayonnaise, green onion, sesame).

Onigiri Thon / Onigiri Tuna

CA\$6.09



option : régulière (riz, thon, mayonnaise japonaise, oignon vert, sésame) ou épicée (riz, thon, mayonnaise épicée, oignon vert, sésame). / option: regular (rice, tuna, japanese mayonnaise, green onion, sesame) or spicy (rice, tuna, spicy mayonnaise, green onion, sesame).

Entrées / Appetizers

Salade wakamé / Wakame Salad

CA\$7.39



salade d'algues wakamé marinées. / marinated wakame seaweed salad.

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Poulet karaage / Karaage Chicken

CA\$12.59

tendre viande brune dans une croustillante panure japonaise. sauce au choix. / tender brown meat in a crispy japanese breadcrumb coating. choice of sauce.



Sushi pizza Pikaya / Sushi Pizza Pikaya

CA\$17.39

saumon fumé, kanikama, masago orange et rouge, mayonnaise légère épicée, oignon vert, sésame. sauce au choix. / smoked salmon, kanikama, orange and red masago, light spicy mayonnaise, green onion, sesame seeds. choice of sauce.



Soupe miso shiitake / Shiitake Miso Soup

CA\$4.89

sésame, oignon vert, champignons shiitake, carotte, algue wakamé. / sesame, green onion, shiitake mushroom, carrot, wakame seaweed.



Crevettes tempura / Tempura Shrimp

CA\$8.59

servies avec mayonnaise légère épicée. / served with light spicy mayonnaise.

Boissons / Drinks



Pepsi diète / Diet Pepsi

CA\$2.60

A refreshing, carbonated soft drink with zero sugar, offering the classic cola taste in a diet version.



Eau pétillante / Sparkling water

CA\$3.40

Effervescent sparkling water, refreshing and crisp.



Thé pure leaf / Pure leaf tea

CA\$4.54

Infused with real tea leaves and a hint of lemon, offering a refreshing and natural taste experience.



Bouteille d'eau / Water Bottle

CA\$2.30

Natural spring water in a convenient bottle.

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Pepsi / Pepsi

CA\$2.60

Effervescent cola beverage with a balanced sweetness and caramel flavor, offering a refreshing soda experience.

Sashimi et nigiri / Sashimi & Nigiri

Kunsei syake / Kunsei Syake

CA\$6.49

saumon fumé. / smoked salmon.



Maguro / Maguro

CA\$7.69

thon. / tuna.



Syake / Syake

CA\$6.49

saumon. / salmon.



Ebi / Ebi

CA\$5.19

crevette. / shrimp.



Inari / Inari

Inari Thon / Inari Tuna

CA\$10.99



pochette de tofu mariné et frit, riz, tartare de thon, mayonnaise épicée, oignon vert, sésame. / marinated and fried tofu pocket, rice, tuna tartare, spicy mayonnaise, green onion, sesame.

Inari Végétarien / Inari Vegetarian

CA\$6.29



pochette de tofu mariné et frit, riz, patate douce croustillante, oignon vert, sésame. / marinated and fried tofu pocket, rice, green onion, crispy sweet potato, sesame.

Inari Saumon / Inari Salmon

CA\$10.99



pochette de tofu mariné et frit, riz, tartare de saumon, mayonnaise épicée, oignon vert, sésame. / marinated and fried tofu pocket, rice, salmon tartare, spicy mayonnaise, green onion, sesame.

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Maki / Maki



Maki Kaiyo (4 mcs) / Maki Kaiyo (4 pcs)

CA\$8.89

saumon saisi à la torche, avocat, tempura, mayonnaise légère épicée, masago rouge, sésame, feuille de soya. / torch-seared salmon, avocado, tempura, spicy light mayonnaise, red masago, sesame, soy leaf.



Maki Kaiyo (8 mcs) / Maki Kaiyo (8 pcs)

CA\$15.49

saumon saisi à la torche, avocat, tempura, mayonnaise légère épicée, masago rouge, sésame, feuille de soya. / torch-seared salmon, avocado, tempura, spicy light mayonnaise, red masago, sesame, soy leaf.



Maki Kumo / Maki Kumo

CA\$12.59

saumon fumé, avocat, kanikama, concombre, fromage à la crème, sésame. / smoked salmon, avocado, kanikama, cucumber, cream cheese, sesame.



Maki Kazu / Maki Kazu

CA\$16.99

saumon, saumon fumé, avocat, oignon vert, tempura, mayonnaise épicée, sésame. / salmon, smoked salmon, avocado, green onion, tempura, spicy mayonnaise, sesame.



Maki Kali / Maki Kali

CA\$8.59

Kanikama, avocat, concombre, mayonnaise allégée, sésame, masago orange. / Kanikama, avocado, cucumber, light mayonnaise, orange masago, sesame.



Maki Keiki / Maki Keiki

CA\$12.19

thon, avocat, tempura, oignon vert, mayonnaise épicée, masago orange, sauce épicée, sésame. / tuna, avocado, tempura, green onion, spicy mayonnaise, orange masago, spicy sauce, sesame.

Hosomaki / Hosomaki



Hosomaki Kappa Philly / Hosomaki Kappa Philly

CA\$6.89

concombre, fromage à la crème. / cucumber, cream cheese.



Hosomaki Akanasu / Hosomaki Akanasu

CA\$8.09

pesto tomate séchée, fromage à la crème. / sun-dried tomato pesto, cream cheese.

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Hosomaki Akanasu avocat / Hosomaki Akanasu Avocado

CA\$8.69

avocat, pesto tomate séchée, fromage à la crème. / avocado, sun-dried tomato pesto, cream cheese.



Hosomaki Crevette tempura / Hosomaki Tempura Shrimp

CA\$9.99

crevette tempura, mayonnaise légère épicée. / tempura shrimp, spicy light mayonnaise.



Hosomaki Tekka / Hosomaki Tekka

CA\$10.49

thon, oignon vert. / tuna, green onion.



Hosomaki Syake / Hosomaki Syake

CA\$10.19

saumon, oignon vert. / salmon, green onion.



Hosomaki Avocat / Hosomaki Avocado

CA\$7.59

avocat. / avocado.



Hosomaki Kappa / Hosomaki Kappa

CA\$6.39

concombre. / cucumber.

Futomaki / Futomaki



Futomaki Croustillant Oeil du dragon / Futomaki Crispy Dragon Eye

CA\$16.49

saumon, kanikama, carotte, oignon vert. / salmon, kanikama, carrot, green onion.












Futomaki Hoku saumon / Futomaki Hoku Salmon

CA\$12.19

saumon, kanikama, avocat, concombre, oignon vert, tempura, mayonnaise légère épicée, masago rouge, sauce épicée. / salmon, kanikama, avocado, cucumber, green onion, tempura, spicy light mayonnaise, red masago, spicy sauce.

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	Futomaki Hoku thon / Futomaki Hoku Tuna	CA\$12.19
	thon, kanikama, avocat, concombre, oignon vert, tempura, mayonnaise légère épicée, masago rouge, sauce épicée. / tuna, kanikama, avocado, cucumber, green onion, tempura, spicy light mayonnaise, red masago, spicy sauce.	
	Futomaki Saumon épicé / Futomaki Spicy Salmon	CA\$11.69
	Saumon, concombre, oignon vert, tempura, sauce épicée, mayonnaise légère épicée. / salmon, cucumber, green onion, tempura, spicy sauce, spicy light mayonnaise.	
	Futomaki Thon épicé / Futomaki Spicy Tuna	CA\$11.69
	thon, concombre, oignon vert, tempura, sauce épicée, mayonnaise légère épicée. / tuna, cucumber, green onion, tempura, spicy sauce, spicy light mayonnaise.	
	Futomaki Diablo / Futomaki Diablo	CA\$15.49
	saumon, kanikama, masago noir et rouge, tempura, avocat, oignon vert, mayonnaise légère épicée, sauce épicée. / salmon, kanikama, black and red masago, tempura, avocado, green onion, spicy light mayonnaise, spicy sauce.	
	Futomaki Volcan / Futomaki Volcano	CA\$15.49
	saumon saisie à la torche, avocat, tempura, mayonnaise légère épicée, masago rouge, sésame, feuille de soya. / torch-seared salmon, avocado, tempura, spicy light mayonnaise, red masago, sesame, soy leaf.	
	Futomaki Saumon teriyaki / Futomaki Teriyaki Salmon	CA\$15.19
	saumon saisi à la torche, kanikama, patate douce croustillante, avocat, oignon vert, sauce teriyaki, mayonnaise légère épicée, sésame. / torch-seared salmon, kanikama, crispy sweet potato, avocado, green onion, teriyaki sauce, spicy light mayonnaise, sesame.	
	Futomaki Végétarien / Futomaki Vegetarian	CA\$8.19
	avocat, patate douce croustillante, concombre, carotte, poivron rouge, laitue, mayonnaise légère épicée, sésame. / avocado, crispy sweet potato, cucumber, carrot, red bell pepper, lettuce, spicy light mayonnaise, sesame.	
	Futomaki Croustillant Philly / Futomaki Crispy Philly	CA\$15.29
	saumon fumé, kanikama, masago rouge, fromage à la crème, avocat. / smoked salmon, kanikama, red masago, cream cheese, avocado.	
	Futomaki Moana / Futomaki Moana	CA\$10.59
	crevette tempura, avocat, concombre, patate douce croustillante, mayonnaise légère épicée, masago orange, sésame. / shrimp tempura, avocado, cucumber, crispy sweet potato, spicy light mayonnaise, orange masago, sesame.	

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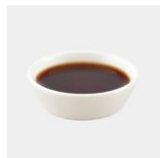


Futomaki Crevette épicée / Futomaki Spicy Shrimp

CA\$10.19

crevette, kanikama, avocat, tempura, masago rouge, laitue, oignon vert, mayonnaise légère épicée, sauce épicée, sésame. / shrimp, kanikama, avocado, tempura, red masago, lettuce, green onion, spicy light mayonnaise, spicy sauce, sesame.

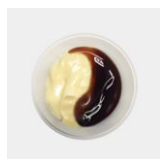
Extras / Extras



Sauce soya / Soy sauce

CA\$1.79

Rich, savory soy sauce perfect for enhancing flavors in salads and other dishes.



Sauce Yin Yang / Yin Yang sauce

CA\$1.79

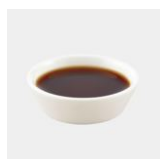
Sauce yin yang / Yin yang sauce



Sauce chili sucrée / Sweet chili sauce

CA\$1.79

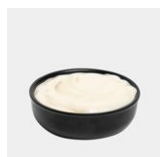
Sweet chili sauce with a blend of tangy and mild spices, featuring visible chili flakes for added texture and flavor.



Sauce ponzu / Ponzu sauce

CA\$1.79

Citrus-based soy sauce with a tangy, savory flavor.



Mayo japonaise / Japanese mayo

CA\$1.79

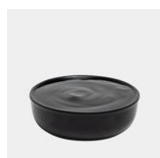
Creamy Japanese mayonnaise with a rich, smooth texture, perfect for enhancing salads and other dishes.



Sauce poke / Poke sauce

CA\$1.79

Savory blend of soy sauce, sesame oil, and spices, ideal for enhancing salads or poke bowls.



Sauce teriyaki / Teriyaki sauce

CA\$1.79

Sweet and savory teriyaki sauce, ideal for enhancing salads or as a versatile accompaniment to various dishes.

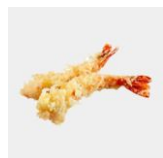
Menu Poké par Sushi Shop Carrefour Laval



Sauce épicée / Spicy sauce

CA\$1.79

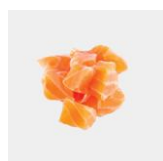
Rich, smooth spicy sauce with a vibrant red hue, perfect for adding a kick to your dish.



Crevette tempura / Tempura shrimp

CA\$2.79

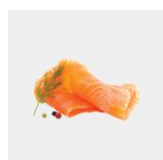
Crispy shrimp coated in a light, airy batter, offering a delicate crunch with each bite.



Saumon / Salmon

CA\$4.79

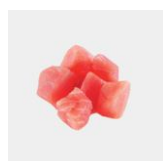
Tender salmon pieces, perfect for adding to salads or as a side dish.



Saumon fumé / Smoked salmon

CA\$4.89

Thinly sliced smoked salmon garnished with fresh dill and peppercorns.



Thon / Tuna

CA\$4.89

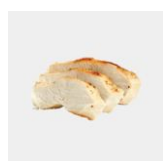
Tender chunks of tuna, perfect for enhancing salads with a rich, oceanic flavor.



Goberge / Japanese crab stick

CA\$1.59

Imitation crab sticks made from fish paste, resembling crab meat in texture and flavor, commonly used in salads and sushi.



Poulet / Chicken

CA\$3.69

Poulet / Chicken



Poulet karaage / Karaage chicken

CA\$4.79

Crispy, bite-sized pieces of Japanese-style fried chicken with a golden-brown coating.



Riz (150 g) / Rice (150 g)

CA\$1.99

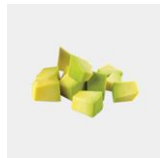
Riz / Rice

Menu Poké par Sushi Shop Carrefour Laval

Tempura / Tempura

CA\$1.99

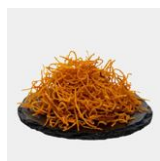
Tempura / Tempura



Avocat / Avocado

Avocat / Avocado

CA\$3.19



Patate douce croustillante / Crispy sweet potato

Thinly sliced sweet potatoes, fried to a crisp golden hue, offering a crunchy texture with natural sweetness.

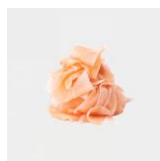
CA\$2.19



Fèves edamame / Edamame beans

Tender edamame beans, lightly seasoned, offering a fresh, green bite.

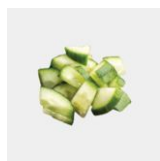
CA\$1.59



Gingembre / Ginger

Gingembre / Ginger

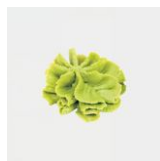
CA\$1.29



Concombre / Cucumber

Concombre / Cucumber

CA\$1.99



Wasabi / Wasabi

Wasabi / Wasabi

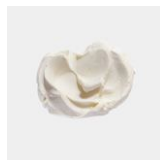
CA\$1.19



Wakame / Wakame

Tender seaweed strands with a subtle hint of sesame and a touch of chili for mild heat.

CA\$2.19



Fromage à la crème / Cream cheese

Fromage à la crème / Cream cheese

CA\$1.59

Menu Poké par Sushi Shop Carrefour Laval



Masago rouge / Red masago

CA\$1.99

Bright red fish roe with a slightly crunchy texture, adding a burst of umami flavor to any dish.



Masago orange / Orange masago

CA\$1.99

Bright orange fish roe, known as masago, adds a subtle crunch and a hint of oceanic flavor. Perfect for enhancing salads or sushi dishes.



Mayo légère épicée / Spicy light mayo

CA\$1.79

Creamy light mayonnaise blended with a hint of spice for added flavor.



Sauce sésame / Sesame sauce

CA\$1.79

Smooth and creamy sesame sauce, perfect as an accompaniment or dressing for salads and dishes.
