



Menu

Bols et Poké Chicoutimi

367 Rue Racine E, Chicoutimi, QC G7H 1S6, Canada | (418) 696-9331

Most Ordered



Big Island

Saumon mariné, furikake, sauce épicée, edamame, wakame, gingembre et verdure. /
Marinated salmon, furikake, spicy sauce, edamame, wakame, ginger and greenery.

CA\$26.25



Fish Taco

Saumon crémeux, mayonnaise habanero et lime, mesclun, salsa de maïs, pickles
d'oignons et coriandre. Servi sur riz.

CA\$26.25



Ahi poke

Thon mariné façon AHI POKE, sauce wafu, kale, pickles d'oignon rouges, edamame,
arachides, gingembre mariné et crunch mix. Sur riz.

CA\$28.00



Lobster bol

Homard, chimichurri, kale, concombre, pickles de céleri, wakamé rouge, won ton
frit, oignons verts, pousses et avocat. / Lobster, chimichurri, kale, cucumber,
celery pickles, spicy wakame, fried won ton, green onions, sprouts and avocado. Sur
riz.

CA\$26.25



Porké

Porc Nagano torché, sauce aïoli à l'érable, jerky turlo, pickles d'oignons, kale et
wakame épicé. / Grilled Nagano pork, maple aïoli sauce, Jerky Turlo, pickled
onions, kale and spicy wakame. Sur riz.

CA\$26.25



Hygge

Gravlax de saumon, sauce aïoli chimichurri, wakame, confit de betteraves et kale. /
Salmon gravlax, chemichurri garlic sauce, wakame, beet confit and kale. Sur riz.

CA\$26.25

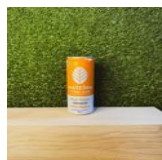


Kauai (végétarien)

Tofu mariné frit, salade d'edamame et riz sauvage, mayonnaise épicée, chou rouge,
Kale, carotte, concombre, avocat, won ton frit et oignon vert. / Fried marinated
tofu, edamame salad and wild rice, spicy mayo, red cabbage, kale, carrots,
cucumber, avocado, fried won ton and green onions. Sur salade.

CA\$26.25

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Matéina Pêche

Matéina pêche

CA\$4.91



Mauna

Saumon fumé de La Boucanerie d'Henri, saumon nature, sauce yogourt et herbes, mesclun, pickles d'oignons rouges, câprons et crunch mix sésame. Sur riz.

CA\$32.25



Mahalo (végétalien)

Cubes de tempeh mariné grillé, sauce mahalo (sauce aux arachides), nouilles soba marinées, edamames, carottes en julienne, salade wakame, kale, concombres, gingembre, coriandre, cajous, avocat et oignons verts. / Grilled tempeh, soba noodles, mahalo sauce (peanut sauce), edamame, carrot, wakame, kale, ginger, cashews and coriander.

CA\$26.25

Poké



Big Island

Saumon mariné, furikake, sauce épicée, edamame, wakame, gingembre et verdure. / Marinated salmon, furikake, spicy sauce, edamame, wakame, ginger and greenery.

CA\$26.25



Porké

Porc Nagano torché, sauce aïoli à l'érable, jerky turlo, pickles d'oignons, kale et wakame épicé. / Grilled Nagano pork, maple aioli sauce, Jerky Turlo, pickled onions, kale and spicy wakame. Sur riz.

CA\$26.25



Fish Taco

Saumon crémeux, mayonnaise habanero et lime, mesclun, salsa de maïs, pickles d'oignons et coriandre. Servi sur riz.

CA\$26.25



Ahi poke

Thon mariné façon AHI POKE, sauce wafu, kale, pickles d'oignon rouges, edamame, arachides, gingembre mariné et crunch mix. Sur riz.

CA\$28.00



Mauna

Saumon fumé de La Boucanerie d'Henri, saumon nature, sauce yogourt et herbes, mesclun, pickles d'oignons rouges, câprons et crunch mix sésame. Sur riz.

CA\$32.25

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Kauai (végétarien)

CA\$26.25

Tofu mariné frit, salade d'edamame et riz sauvage, mayonnaise épicée, chou rouge, Kale, carotte, concombre, avocat, won ton frit et oignon vert. / Fried marinated tofu, edamame salad and wild rice, spicy mayo, red cabbage, kale, carrots, cucumber, avocado, fried won ton and green onions. Sur salade.



Mahalo (végétalien)

CA\$26.25

Cubes de tempeh mariné grillé, sauce mahalo (sauce aux arachides), nouilles soba marinées, edamames, carottes en julienne, salade wakame, kale, concombres, gingembre, coriandre, cajous, avocat et oignons verts. / Grilled tempeh, soba noodles, mahalo sauce (peanut sauce), edamame, carrot, wakame, kale, ginger, cashews and coriander.



Lobster bol

CA\$26.25

Homard, chimichurri, kale, concombre, pickles de céleri, wakamé rouge, won ton frit, oignons verts, pousses et avocat. / Lobster, chimichurri, kale, cucumber, celery pickles, spicy wakame, fried won ton, green onions, sprouts and avocado. Sur riz.

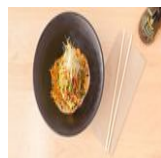


Hygge

CA\$26.25

Gravlax de saumon, sauce aïoli chimichurri, wakame, confit de betteraves et kale. / Salmon gravlax, chemichurri garlic sauce, wakame, beet confit and kale. Sur riz.

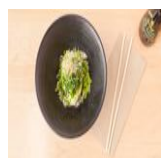
Entrées / Starters



Big Island Avocado

CA\$20.00

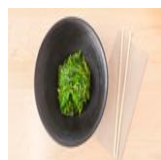
Demi avocat, cubes de saumon façon Big Island, crunch mix maison, sauce épicée, coriandre. / Half avocado, Big Island style salmon cubes, homemade crunch mix, spicy sauce, coriander.



Maui avocat / Maui Avocado

CA\$18.00

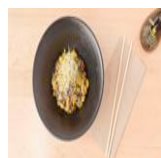
Demi avocat, edamames, wakame verte, crunch vegan maison, sauce miso, sésame et lime, coriandre, oignons vert. / Half avocado, edamames, green wakame, house vegan crunch, miso, sésame and lime sauce, coriander.



Salade de wakamé verte / Green Wakame salad

CA\$6.50

Fresh green wakame seaweed mixed with sesame seeds and a light dressing.



Salade yasai (vegan) / Yasai Salad (vegan)

CA\$6.50

Salade d'edamame et riz sauvage. / Edamame salad with wild rice.

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Salade de Wakamé épicée / Spicy wakame salad

CA\$6.50

Marinated seaweed with a spicy kick, garnished with sesame seeds.

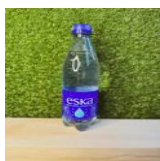
Breuvages / Beverages



San Pellegrino Grenade

CA\$3.50

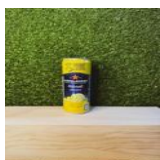
Sparkling water infused with the refreshing flavors of pomegranate and orange.



Eska Pétillante Nature

CA\$3.50

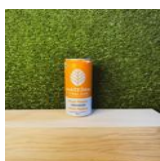
Sparkling spring water with a crisp, refreshing taste, bottled at 355 ml.



San Pellegrino Limonata

CA\$3.50

Saveur du moment



Matéina Pêche

CA\$4.91

Matéina pêche

Mayonnaises maison / Homemade Mayonnaise



Aioli Chimichurri

CA\$1.75

A blend of creamy mayonnaise with fresh herbs, garlic, and a hint of chimichurri sauce.



Sauce Soya

CA\$0.25

A rich, savory soy sauce with a deep umami flavor, ideal for enhancing your poke dishes.

Sauce mahalo (sauce aux arachides) / Mahalo Sauce (Peanut Sauce)

CA\$1.75

Peanut sauce typically features a blend of creamy peanuts, soy sauce, and spices, offering a rich and savory accompaniment for various dishes.

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Sriracha

Creamy, spicy mayonnaise infused with Sriracha for a bold kick.

CA\$0.50



Épicée / Spicy

Creamy mayonnaise blended with a spicy kick, featuring a smooth texture and a hint of heat.

CA\$1.25

Aïoli à l'érable / Maple Aïoli

Aïoli infused with maple syrup, offering a subtle blend of garlic and sweetness, typically enhanced with hints of lemon and olive oil.

CA\$1.75



Sauce WAFU

Smooth and creamy homemade mayonnaise with a hint of traditional Japanese flavors.

CA\$1.75
