



# Menu

## Poke Ici

2544 Rue Centre, Montréal, QC H3K 1J8, Canada | (514) 935-8008

### Most Ordered



#### Saumon épicé / Spicy Salmon

CA\$12.85

Saumon, Concombre, Tempura, Mayo Épicé, Sésame / Salmon, Cucumber, Tempura, Spicy Mayo, Sesame



#### Tartare de Saumon (6 mcx) / Salmon Tartare (6 Pcs)

CA\$12.75

Saumon, mayo épicée, tempura, tobiko, avocat, salade / Salmon, spicy mayo, tempura, tobiko, avocado, salad.



#### Tartare de Thon (6 mcx) / Tuna Tartare (6 Pcs)

CA\$12.95

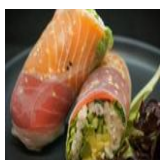
Thon, mayo épicée, tempura, tobiko, avocat, salade / Tuna, spicy mayo, tempura, tobiko, avocado, salad



#### Saumon & avocat / Salmon & Avocado

CA\$12.85

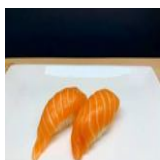
Saumon, Avocat, Sésame, Masago / Salmon, Avocado, Sesame, Masago



#### Printemps Rainbow (2 mcx) / Rainbow Spring roll (2 Pcs)

CA\$13.95

Saumon, thon, salade, riz, mangue, concombre, avocat, menthe. / Served with sesame sauce or peanut sauce. Salmon, tuna, salad, rice, mango, cucumber, avocado, mint.



#### Saumon / Salmon

CA\$8.50

Succulent salmon slices. Choose from 3 pieces sashimi or 2 pieces nigiri.



#### Soupe wonton au Poulet et aux crevettes

CA\$7.95

Poulet, crevettes, oignon verte

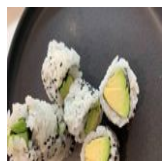
## Menu Poke Ici



### Légume Tempura / Vegetable Tempura

CA\$11.95

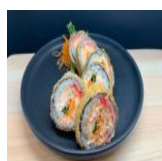
(8 Mcx / Pcs) Légume Tempura: Courge, Patate douce, Asperge, Champignon, courgette  
Vegetable Tempura: Butternut Squash, Sweet Potato, Asparagus, zucchini



### Avocat / Avocado Végétarien. / Vegetarian.

CA\$7.75

Végétarien. / Vegetarian.

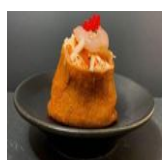


### DRAGON EYE (6 MCX / PCS)

CA\$14.95

Saumon, carotte, tobiko, oignon vert. / Salmon, carrot, tobiko, scallion.

## Inari Sushi (1 Mcx / 1 Pcs)



### INARI CREVETTE

CA\$5.95

Tofu frit mariné, Riz à sushi, Crevette, Goberge, Concombre, tobiko, Sésame, Sauce Mayonnaise Épicée



### INARI THON

CA\$6.75

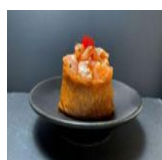
Tofu frit mariné, Riz à sushi, Thon, Concombre, Tobiko, Sésame



### INARI AVOCAT

CA\$5.25

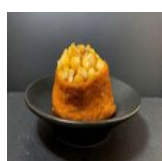
Tofu frit mariné, Riz à sushi, Avocat, Sésame



### INARI SAUMON

CA\$6.35

Tofu frit mariné, Riz à sushi, Saumon, Concombre, Tobiko, Sésame



### INARI MAÏS

CA\$5.15

Tofu frit mariné, Riz à sushi, Maïs, Sésame, Sauce Mayonnaise Épicée

## Sauces



### Sauce Wafu

A light, creamy Japanese-style dressing with soy sauce, rice vinegar, and sesame oil.

CA\$1.75



### Sauce Mayo Epice

Creamy mayonnaise blended with a hint of spice for a subtle kick.

CA\$1.75



### Sauce Soya

Soy sauce with a rich umami flavor, ideal for enhancing sushi dishes.

CA\$1.50

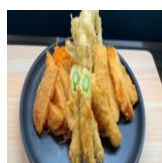
## Entrées



### Soupe wonton au Poulet et aux crevettes

Poulet, crevettes, oignon vert

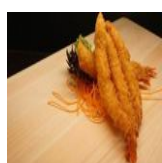
CA\$7.95



### Légume Tempura / Vegetable Tempura

(8 Mcx / Pcs) Légume Tempura: Courge, Patate douce, Asperge, Champignon, courgette  
Vegetable Tempura: Butternut Squash, Sweet Potato, Asparagus, zucchini

CA\$11.95



### Crevettes Tempura (5 mcx) / Shrimp Tempura (5 Pcs)

Crispy battered shrimp served with shredded carrots and garnished with leafy greens.

CA\$9.94



### Gyoza au Poulet (5 mcx) / Chicken Gyoza (5 Pcs)

Crispy fried dumplings filled with seasoned chicken, served in a portion of five pieces.

CA\$8.94



### Soupe Miso Végé / Vegetarian Miso Soup

Végétarien / Vegetarian

CA\$4.00

## Menu Poke Ici



### Kimchi (225ml)

Kimchi Chez Poké Ici

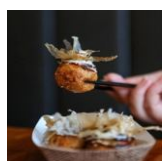
CA\$8.94



### Poulet Croustillant à la Coréenne

Crispy Korean-style fried chicken with a golden-brown coating, garnished with herbs and served with a side of tangy dipping sauce.

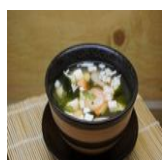
CA\$12.95



### TAKOYAKI (5 MCX)

Poulpe grillé, flocons de bonite séchée

CA\$9.85



### Soupe Miso aux Fruits de Mer / Seafood Miso Soup

A savory blend of miso broth with shrimp, tofu, seaweed, green onions, and enoki mushrooms.

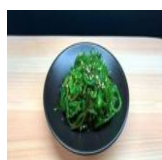
CA\$6.25



### ROULEAUX IMPÉRIAUX VÉGÉTARIEN (3 MCX)

Crispy spring rolls filled with a savory mix of vegetables and rice, served in a set of three.

CA\$8.25



### Salade Wakame / Wakame Salad

Fresh seaweed tossed with sesame seeds.

CA\$8.25

## Spécialités Feuille de soya (5 mcx) / Soy Sheet Specialties (5 Pcs)



### MANGO TANGO

Tartare de Saumon, Crevette Tempura, Mangue, Mayo Épicé

CA\$13.95



### OSAKA

Formage à la crème, Avocat, Oshinko, Poivron Rouge, Concombre, Salade, au Dessus: Saumon, Goberge, Tobiko

CA\$14.75

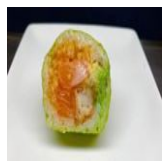
## Menu Poke Ici



### DU CENTRE

Crabe, Crevette Tempura, Avocat, concombre, Oignon frit, Wakame

CA\$14.95



### SAPA

Saumon, Crevette tempura, oignon frits, avocat, tempura, mayo épicé. / Salmon, crab, onion tempura, avocado, tempura, spicy mayo.

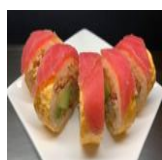
CA\$13.95



### DALAT

Crevette tempura, mangue, asperge, avocat, salade, au dessus : homard, goberge, mayo épicé, oignon verte. / Shrimp tempura, mango, asparagus, avocado, salad. Topping: lobster and crabstick, scallion, spicy mayo.

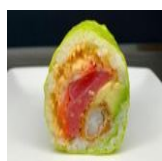
CA\$16.95



### SHINGU

Fraise, Crabe, Avocat, Asperge Tempura, Crevette tempura, Oignon frit Extérieur: Thon

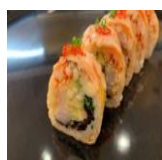
CA\$16.95



### HOKKAIDO

Thon, crevette tempura, goberge, avocat, fraise, tempura, mayo épicé. / Tuna, crabstick, crab, avocado, strawberry, tempura, spicy mayo.

CA\$13.95

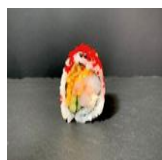


### SUNSHINE

Pétoncles, tempura, mayo épicé, avocat, mangue, salade, extérieur : saumon. / Scallop, tempura, spicy mayo, avocado, mango, salad, tobiko, topping: salmon.

CA\$14.25

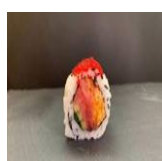
## Maki (8 Mcx / 8 Pcs)



### Sirène / Siren

Crevette, Tempura, Concombre, Mayo Épicée, Tobiko, Sésame / Shrimp, Tempura, Cucumber, Spicy Mayo, Tobiko, Sesame

CA\$12.50



### Thon épicé / Spicy Tuna

Thon, Concombre, Tempura, Mayo Épicé, Sésame / Tuna, Cucumber, Tempura, Spicy Mayo, Sesame

CA\$12.85

## Menu Poke Ici



### Saumon Crèmeux Saumon Crèmeux

CA\$12.85

Salmon, Avocado, Cream cheese Saumon, Avocat, Fromage à la Crème



### PLANET

CA\$9.44

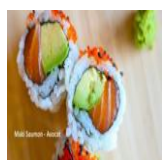
Tempura de Asperge, Patate Douces, Courge, Sésame / Vegetables tempura: Asparagus, Sweet Potato, Butternut Squash, Sesame



### EBI

CA\$12.85

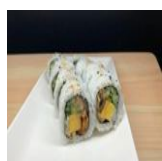
Crevette Tempura, Mangue, Avocat, Sésame / Shrimp Tempura, Mango, Avocado, Sesame



### Saumon & avocat / Salmon & Avocado

CA\$12.85

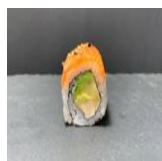
Saumon, Avocat, Sésame, Masago / Salmon, Avocado, Sesame, Masago



### Maki Anguille / Eel

CA\$12.50

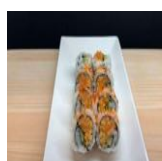
Anguille Grillée, Tamago, Concombre, Sauce Teriyaki, Sésame / Grilled Eel, Tamago, Cucumber, Teriyaki Sauce, Sesame



### PHILADELPHIA

CA\$11.50

Saumon Fumé, Avocat, Fromage à La Crème, Sésame / Smoked Salmon, Avocado, Cream Cheese, Sesame



### Saumon épicé / Spicy Salmon

CA\$12.85

Saumon, Concombre, Tempura, Mayo Épicé, Sésame / Salmon, Cucumber, Tempura, Spicy Mayo, Sesame

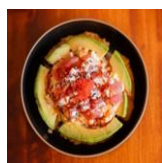


### MAKI TOFU

CA\$8.94

Tofu frit mariné, Concombre, Avocat | Marinated Fried Tofu, Cucumber, Avocado

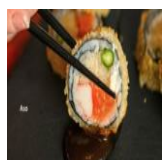
### Spécialités Croustillantes



#### Pizza au thon (4 mcx) / Tuna Pizza (4 Pcs)

CA\$16.95

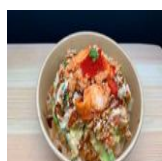
Thon, saumon fumé, avocat, mangue, tobiko, goberge. / Tuna, smoked salmon, avocado, mango, tobiko, crabstick.



#### ASO (6 MCX / PCS)

CA\$13.95

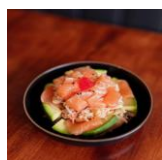
Champignon enoki, saumon, fromage à la crème, goberge, asperge. / Enoki mushroom, salmon, cream cheese, crabstick, asparagus.



#### Pizza la mer (4 mcx) / Pizza The Sea (4 Pcs)

CA\$18.95

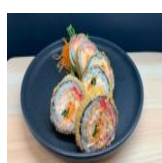
Homard, goberge, crevette, avocat, concombre, tobiko, oignons verts. / Lobster, crabstick, shrimp, avocado, cucumber, tobiko, scallion.



#### Pizza au saumon (4 mcx) / Salmon Pizza (4 Pcs)

CA\$16.50

Saumon, saumon fumé, avocat, mangue, tobiko, goberge. / Salmon, smoked salmon, avocado, mango, tobiko, crabstick.

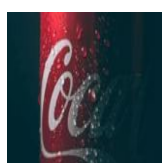


#### DRAGON EYE (6 MCX / PCS)

CA\$14.95

Saumon, carotte, tobiko, oignon vert. / Salmon, carrot, tobiko, scallion.

### Boisson / Beverage



#### Coke

CA\$2.50

Carbonated cola beverage with a classic, refreshing taste.



#### Coke Diet

CA\$2.50

A refreshing can of Diet Coke.



#### Nestea - Lemon Iced Tea

CA\$2.50

Natural lemon-flavored iced tea with a refreshing blend of black tea and citrus.

## Menu Poke Ici



**Eau**

**CA\$1.75**



**Sprite**

Crisp and refreshing lemon-lime soda.

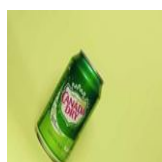
**CA\$2.50**



**Perrier (330ml)**

Naturally carbonated sparkling water sourced from France.

**CA\$3.75**



**Canada Dry**

Ginger ale with a crisp, refreshing taste.

**CA\$2.50**

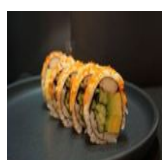
## Futomaki (5 Mcx / 5 Pcs)



**DYNAMITE**

Saumon, Avocat, Concombre, Crevette Tempura, Goberge, Tempura, Masago, Mayo Épicé / Salmon, Avocado, Cucumber, Shrimp Tempura, Crabstick, Tempura, Masago, Spicy Mayo.

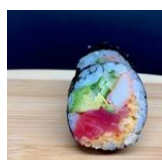
**CA\$11.75**



**CALIFORNIA**

Goberge, Avocat, Concombre, Tamago, Masago, Mayo / Crabstick, Avocado, Cucumber, Tamago, Masago, Mayo

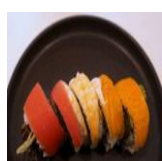
**CA\$9.50**



**KAMIKAZE**

Thon, avocat, tempura, concombre, goberge, tobiko, mayo épicé / Tuna, avocado, tempura, cucumber, crabstick, tobiko, spicy mayo

**CA\$11.25**



**RAINBOW**

Saumon, thon, crevette, asperge tempura, oshinko, salade, avocat, poivron rouge. / Salmon, tuna, shrimp, asparagus tempura, oshinko, salad, avocado, red pepper.

**CA\$11.95**

## Menu Poke Ici



### CHARLEVOIX

Crevette tempura, Patate Douce Tempura, Avocat, Concombre, Mayo épicé

CA\$11.15



### KYOTO

Saumon, Concombre, Crevette, Patate Douce Tempura, Tobiko, Mayo Épicé / Salmon, Cucumber, Shrimp, Sweet Potato Tempura, Tobiko, Spicy Mayo.

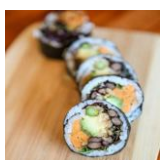
CA\$10.95



### VÉGÉ PHILA

Fromage à la crème, patate douce tempura, avocat, concombre, salade, poivron rouge, oshinko / Cream cheese, sweet potato tempura, avocado, cucumber, salad, red pepper, oshinko

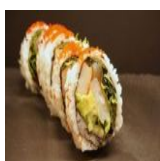
CA\$9.50



### LA TERRE

Patate douce tempura, haricots noirs, avocat, asperge tempura, salade / Sweet potato tempura, black beans, avocado, asparagus tempura, salad

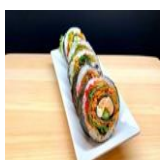
CA\$9.50



### BOSTON

Crevette, salade, tobiko, goberge, concombre, avocat, mayo épicé / Shrimp, salad, tobiko, crabstick, cucumber, avocado, spicy mayo.

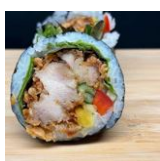
CA\$9.75



### LAVA

Saumon fumé, salade, carotte, tobiko, rouleau croustillant de saumon, fromage à la crème, asperge. / Smoked salmon, salad, carrot, tobiko, crispy roll of salmon, cream cheese, asparagus.

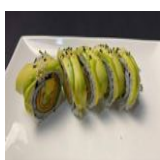
CA\$11.85



### TORIYAKI

Poulet Katsu, Salade, Concombre, Oshinko, Sauce Teriyaki, Poivron Rouge / Chicken Katsu, Salad, Cucumber, Oshinko, Teriyaki Sauce, Red Pepper.

CA\$10.95



### KAMIKAZE AU TOFU

Avocado-topped sushi rolls with tofu, cucumber, and rice, garnished with sesame seeds.

CA\$9.85

## Poké Bowl



### Poke Thon-Saumon-Crevette tempura

CA\$25.95

Riz à Sushi ou Quinoa, Avocat, Mangue, Chou rouge, Carotte, Poivron, Rouge, Concombre, Maïs



### Poke Bol au Saumon / Salmon

CA\$24.95

Riz à Sushi ou Quinoa, Avocat, Mangue, Chou rouge, Carotte, Poivron, Rouge, Concombre, Maïs



### Poke Bol au Thon / Tuna

CA\$24.95

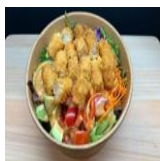
Riz à Sushi ou Quinoa, Avocat, Mangue, Chou rouge, Carotte, Poivron, Rouge, Concombre, Maïs



### Poké Bol Tofu Frit & Patate Douce Tempura / Fried Tofu & Sweet Potato Tempura

CA\$19.95

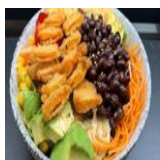
Végétarien. / Vegetarian. Riz à Sushi ou Quinoa, Avocat, Mangue, Chou rouge, Carotte, Poivron, Rouge, Concombre, Maïs



### Poké Bol Crevette tempura / Shrimp Tempura

CA\$24.50

Riz à Sushi ou Quinoa, Avocat, Mangue, Chou rouge, Carotte, Poivron, Rouge, Concombre, Maïs



### Poké Bol Courge & Haricots Noirs / Butternut Squash & Black Beans

CA\$19.95

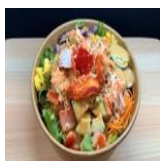
Végétarien. / Vegetarian. Riz à Sushi ou Quinoa, Avocat, Mangue, Chou rouge, Carotte, Poivron, Rouge, Concombre, Maïs



### Poké Bol au Poulet Katsu / Chicken Katsu

CA\$24.95

Riz à Sushi ou Quinoa, Avocat, Mangue, Chou rouge, Carotte, Poivron, Rouge, Concombre, Maïs



### Poké Bol Homard & Goberge / Lobster & Crabstick

CA\$26.95

Riz à Sushi ou Quinoa, Avocat, Mangue, Chou rouge, Carotte, Poivron, Rouge, Concombre, Maïs

## Menu Poke Ici



### Poke Bol au Thon & saumon / Tuna & Salmon

CA\$25.50

Riz à Sushi ou Quinoa, Avocat, Mangue, Chou rouge, Carotte, Poivron, Rouge, Concombre, Maïs



### Poké Bol au Anguille Grillée & Tamago / Grilled Eel & Tamago

CA\$25.50

Riz à Sushi ou Quinoa, Avocat, Mangue, Chou rouge, Carotte, Poivron, Rouge, Concombre, Maïs

## Chirashi bol



### Chirashi Saumon, thon, pétoncle, avocat, tamago, tobiko / Salmon, Tuna, Scallop

CA\$26.50

Riz de Sushi, Avocat, Tamago, Tobiko, Gingembre mariné, Wasabi, Sauce de Chirashi



### Chirashi Anguille grillée, wakame, avocat, tamago, tobiko / Grilled Eel, Wakame

CA\$24.50

Riz de Sushi, Avocat, Tamago, Tobiko, Gingembre mariné, Wasabi, Sauce de Chirashi

## Maki Feuille de Riz



### Tartare de Saumon (6 mcx) / Salmon Tartare (6 Pcs)

CA\$12.75

Saumon, mayo épicée, tempura, tobiko, avocat, salade / Salmon, spicy mayo, tempura, tobiko, avocado, salad.



### Printemps Rainbow (2 mcx) / Rainbow Spring roll (2 Pcs)

CA\$13.95

Saumon, thon, salade, riz, mangue, concombre, avocat, menthe. / Served with sesame sauce or peanut sauce. Salmon, tuna, salad, rice, mango, cucumber, avocado, mint.



### Printemps crevette (2 mcx) / Shrimp Spring roll (2 Pcs)

CA\$12.25

Crevette, salade, riz, mangue, concombre, menthe / Served with sesame sauce or peanut sauce. Shrimp, crabstick, salad, rice, mango, cucumber, mint.



### Spring (6 mcx / 6 Pcs)

CA\$11.95

Saumon, goberge, avocat, fraise, concombre, masago, salade. / Salmon, crabstick, avocado, strawberry, cucumber, masago, salad.

## Menu Poke Ici



### Tartare de Thon (6 mcx) / Tuna Tartare (6 Pcs)

CA\$12.95

Thon, mayo épicée, tempura, tobiko, avocat, salade / Tuna, spicy mayo, tempura, tobiko, avocado, salad

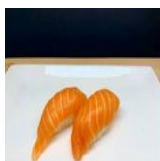


### Printemps végé (2 Mcx) / Vegetarian Spring roll (2 Pcs)

CA\$9.94

Tofu teriyaki, mangue, avocat, concombre, menthe, salade, poivron rouge, riz. / Vegetarian. Served with sesame sauce or peanut sauce. Tofu teriyaki, mango, avocado, cucumber, mint, salad, red pepper, rice.

## Sashimi / Nigiri



### Saumon / Salmon

CA\$8.50

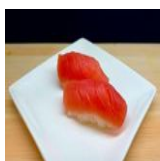
Succulent salmon slices. Choose from 3 pieces sashimi or 2 pieces nigiri.



### Tamago

CA\$6.75

Slices of sweet Japanese omelette. Available as sashimi or nigiri.



### Thon / Tuna

CA\$8.75

Tuna sashimi or nigiri, available in three pieces or two pieces.



### Anguille Grillée / Grilled Eel

CA\$7.25

Grilled eel sashimi or nigiri, option of three sashimi pieces or two nigiri pieces.

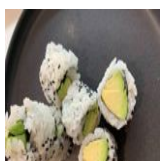


### Crevette / Shrimp

CA\$7.95

Shrimp option: 3 pieces of sashimi or 2 pieces of nigiri.

## Hosomaki - 6 Mcx



### Avocat / Avocado Végétarien. / Vegetarian.

CA\$7.75

Végétarien. / Vegetarian.

## Menu Poke Ici



### Concombre / Cucumber

Végétarien. / Vegetarian.

CA\$7.25



### Hosomaki Avocat - Formange

Creamy avocado and soft cheese wrapped in seasoned rice and seaweed.

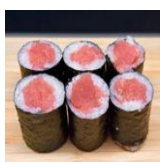
CA\$7.50



### Hosomaki Saumon / Salmon

Fresh salmon wrapped in seasoned rice and seaweed, creating six bite-sized sushi rolls.

CA\$9.25



### Hosomaki Thon / Tuna

Fresh tuna wrapped in seasoned rice and nori seaweed.

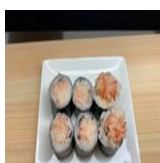
CA\$9.50



### Tofu Mariné et Salade

Végétarien. / Vegetarian. Tofu Mariné et Salade

CA\$7.25



### Goberge / Crabstick

Crabstick wrapped in seasoned rice and seaweed, featuring six pieces of Hosomaki sushi.

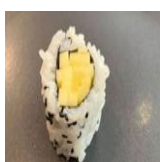
CA\$7.95



### Hosomaki Patate douce frites / Fried Sweet Potato

Végétarien. / Vegetarian.

CA\$7.50



### Mangue / Mango

Végétarien. / Vegetarian.

CA\$7.50

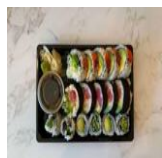
### Assiettes de Sushi (choix du chef) / Sushi Plates (Chef's Choice)



#### 26 mcx / 26 Pcs

10 futomakis, 8 makis, 6 hosomakis, 2 nigiri

CA\$41.95



#### 16 Mcx/Pcs

6 hosomaki, 10 futomaki

CA\$24.95



#### 56 mcx / 56 Pcs

6 hosomakis, 16 makis, 30 futomakis, 4 nigiris.

CA\$89.95



#### 35 mcx / 35 Pcs

6 hosomakis, 8 makis, 15 futomakis, 6 nigiris.

CA\$59.95



#### 18 Mcx/Pcs

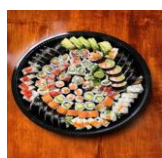
8 makis, 10 futomakis

CA\$28.85

#### 17 Mcx/Pcs Nigiri - Sashimi

6 hosomakis, 8 nigiri, 3 sashimi

CA\$34.95



#### 88 mcx / 88 Pcs

18 hosomakis, 24 makis, 40 futomakis, 6 nigiris

CA\$148.00



#### 26 Mcx/Pcs Spécial

6 hosomakis, 8 makis, 10 spécialités, 2 nigiris. / 6 hosomakis, 8 makis, 10 specialties, 2 nigiris.

CA\$48.95



### **88 mcx spécial / 88 Pcs Special**

**CA\$168.95**

88 mcx spécial / 88 Pcs Special 18 hosomakis, 24 makis, 25 futomakis, 15 spécialités Feuille de Soya, 6 nigiris. / 18 hosomakis, 24 makis, 25 futomakis, 15 specialties, 6 nigiris.

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