Menu

Poke Ici

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

Most Ordered



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.



Saumon épicé / Spicy Salmon

CA$12.85

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



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.



Avocat / AvocadoVégétarien. / Vegetarian.

CA$7.75

Végétarien. / Vegetarian.

Menu Poke Ici



Soupe wonton au Poulet et aux crevettes — CA$7.95

Poulet, crevettes, oignon verte



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



Poke Thon-Saumon-Crevette tempura — CA$25.95

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

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

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Sauces



Sauce Wafu — CA$1.75

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



Sauce Mayo Epice — CA$1.75

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



Sauce Soya — CA$1.50

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

Entrées



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



Crevettes Tempura (5 mcx) / Shrimp Tempura (5 Pcs) — CA$9.94

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



Gyoza au Poulet (5 mcx) / Chicken Gyoza (5 Pcs) — CA$8.94

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



Soupe Miso Végé / Vegetarian Miso Soup — CA$4.00

Végétarien / Vegetarian



Soupe wonton au Poulet et aux crevettes — CA$7.95

Poulet, crevettes, oignon verte

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Kimchi (225ml)
CA$8.94

Kimchi Chez Poké Ici



Poulet Croustillant à la Coréenne
CA$12.95

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



TAKOYAKI (5 MCX)
CA$9.85

Poulpe grillé,flocons de bonite séchée



Soupe Miso aux Fruits de Mer / Seafood Miso Soup
CA$6.25

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



ROULEAUX IMPÉRIAUX VÉGÉTARIEN (3 MCX)
CA$8.25

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



Salade Wakame / Wakame Salad
CA$8.25

Fresh seaweed tossed with sesame seeds.

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



OSAKA
CA$14.75

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



DU CENTRE
CA$14.95

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

Menu Poke Ici



SAPA

CA$13.95

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



DALAT

CA$16.95

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.



MANGO TANGO

CA$13.95

Tartare de Saumon, Crevette Tempura, Mangue, Mayo Épicé



SHINGU

CA$16.95

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



SUNSHINE

CA$14.25

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



HOKKAIDO

CA$13.95

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

Maki (8 Mcx / 8 Pcs)



EBI

CA$12.85

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



Thon épicé / Spicy Tuna

CA$12.85

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

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PLANET

CA$9.44

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



Saumon & avocat / Salmon & Avocado

CA$12.85

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



Sirène / Siren

CA$12.50

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



Saumon Crémeux Saumon Crémeux

CA$12.85

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



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



MAKI TOFU

CA$8.94

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



Saumon épicé / Spicy Salmon

CA$12.85

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

Menu Poke Ici

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 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.



Coke — CA$2.50

Carbonated cola beverage with a classic, refreshing taste.

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Eau
CA$1.75



Sprite
CA$2.50

Crisp and refreshing lemon-lime soda.



Perrier (330ml)
CA$3.75

Naturally carbonated sparkling water sourced from France.



Canada Dry
CA$2.50

Ginger ale with a crisp, refreshing taste.

Futomaki (5 Mcx / 5 Pcs)



DYNAMITE
CA$11.75

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



CHARLEVOIX
CA$11.15

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



KYOTO
CA$10.95

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



CALIFORNIA
CA$9.50

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

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KAMIKAZE

CA$11.25

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



RAINBOW

CA$11.95

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



VÉGÉ PHILA

CA$9.50

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



LA TERRE

CA$9.50

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



BOSTON

CA$9.75

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



LAVA

CA$11.85

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.



TORIYAKI

CA$10.95

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



KAMIKAZE AU TOFU

CA$9.85

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

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Poké Bowl



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 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



Poke Bol au Thon / Tuna — CA$24.95

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



Poke Bol au Saumon / Salmon — CA$24.95

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



Poke Thon-Saumon-Crevette tempura — CA$25.95

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$26.95

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



Chirashi Anguille grillée, wakame, avocat, tamago, tobiko / Grilled Eel, Wakame, A — CA$24.75

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.

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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



Tamago

CA$6.75

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



Saumon / Salmon

CA$8.50

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



Hosomaki Thon / Tuna

CA$9.50

Fresh tuna wrapped in seasoned rice and nori seaweed.

Menu Poke Ici



Hosomaki Saumon / Salmon

CA$9.25

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



Avocat / AvocadoVégétarien. / Vegetarian.

CA$7.75

Végétarien. / Vegetarian.



Hosomaki Avocat - Formange

CA$7.50

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



Concombre / Cucumber

CA$7.25

Végétarien. / Vegetarian.



Tofu Mariné et Salade

CA$7.25

Végétarien. / Vegetarian. Tofu Mariné et Salade



Goberge / Crabstick

CA$7.95

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



Hosomaki Patate douce frites / Fried Sweet Potato

CA$7.50

Végétarien. / Vegetarian.



Mangue / Mango

CA$7.50

Végétarien. / Vegetarian.

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



18 Mcx/Pcs — CA$28.85

8 makis, 10 futomakis



16 Mcx/Pcs — CA$24.95

6 hosomaki, 10 futomaki



26 mcx / 26 Pcs — CA$41.95

10 futomakis, 8 makis, 6 hosomakis, 2 nigiri



56 mcx / 56 Pcs — CA$89.95

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

17 Mcx/Pcs Nigiri - Sashimi — CA$34.95

6 hosomakis, 8 nigiri, 3 sashimi



35 mcx / 35 Pcs — CA$59.95

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



88 mcx / 88 Pcs — CA$148.00

18 hosomakis, 24 makis, 40 futomakis, 6 nigiris



26 Mcx/Pcs Spécial — CA$48.95

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

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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.