

order direct for
island-wide delivery!

swipe for more info



why order direct?

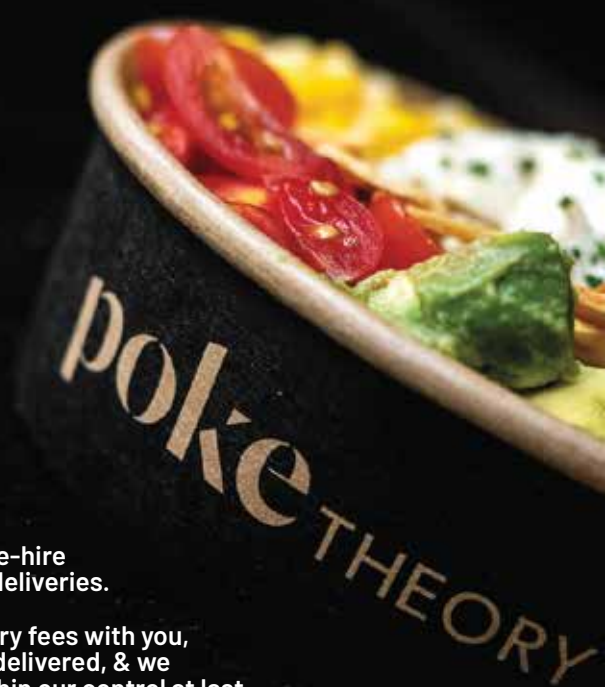
you'll be helping many private-hire drivers left without jobs, & helping us stay open with better margins through this COVID-19 period.

thousands of private-hire drivers are stranded without jobs, & local businesses like ourselves are fighting to stay open on a daily basis, with minimal takeaway sales & delivery partners taking a hefty commission out of each delivery order we fulfill.

we decided to work with these private-hire drivers for our very own island-wide deliveries.

it's a fair system - we share the delivery fees with you, drivers earn income with each order delivered, & we earn revenue with better margins within our control at last.

let's all help each other stay afloat during tough times.



how much is delivery?

<10KM FROM STORE

\$4 delivery
\$30 min. order

or

FREE delivery
\$50 min. order

ISLAND-WIDE

\$7 delivery
\$40 min. order

or

FREE delivery
\$75 min. order

how do i order?

just WhatsApp us to order!

choose from our island-wide delivery menu (swipe to next pic) & Whatsapp us your order. you'll need to pay via Paynow & send us a screenshot of your payment - and you're done!

what's my delivery fee?

check how much your delivery fee will be by entering your address to the nearest Poke Theory store you're ordering from - in Google Maps.

our stores:

MARINA ONE @ THE HEART

Call: 9867 7864
Paynow to UEN 201405795K
weekdays / 11am - 2.30pm

BUGIS @ DUO GALLERIA

Call: 9015 0223
Paynow: UEN 201722514G
weekdays / 11am - 6pm
saturday / 11am - 3.30pm

CROSS ST EXCHANGE

Call: 9468 5829
Paynow: UEN 201822705W
weekdays / 11am - 6.30pm
saturday / 10am - 3pm

KENT RIDGE @ ONE@KENTRIDGE

Call: 9654 3854
Paynow to UEN 201726249C
weekdays / 11am - 8pm
saturday / 11am - 3pm

NOVENA @ VELOCITY@NOVENA SQUARE

Call: 8589 7608
Paynow: UEN 201821026R
daily / 11am - 9pm

SOMERSET @ 111 SOMERSET

Call: 8369 6885
Paynow: UEN 201836824K
daily / 10am - 9pm



poke THEORY || BUILD-YOUR-OWN BOWLS

pick a size



\$12.3

light

75g poke
 100g poke



\$14.9

regular

100g poke
 150g poke



\$17.9

large

150g poke
 200g poke

\$3
add 50g poke

pick a base (choose up to 2)

Signature
Sushi Rice

Brown
Rice

Lemon Herb
Quinoa

Romaine
Lettuce

Sesame
Soba (\$0.7)

pick your colours (choose up to 7)

Sweet Corn

Honey Pineapple

Carrot

Cherry Tomato

Pickled Beetroot

Cajun Rosemary Sweet Potato Mash

Wakame Seaweed

Japanese Cucumber

Jalapeno & Sweet Onion Relish

Pomegranate (\$1.1)

Lime Avocado (\$1.7)

Kimchi (\$1.7)

pick your poke (choose up to 2)

Original Shoyu Tuna 🐟

Spicy Garlic Sesame Tuna 🐟🌶️🌶️

Original Shoyu Salmon 🐟

Spicy Mayo Salmon 🐟🌶️

Avocado Miso Salmon 🐟

Sous Vide Dashi Chicken 🐔

Mentaiko Mayo Salmon 🐟

Avocado Poke (Vegan) 🥑

Sambal Matah Barramundi (seasonal special) 🐟🌶️🌶️

**each bowl comes with 1 free sauce (same flavour as your poke)*

pick your garnishes (choose up to 3)

Furikake

Garlic Chips

Tobiko

add some flavour

Ramen Eggs (\$1.1)

Teriyaki Edamame (\$1.1)

Smoked Almonds (\$1.1)

Kale Chips (\$2.2)

Spiced Roasted Cashews (\$2.2)

Crispy Salmon Skin (\$2.2)

poke^{THEORY}

SIGNATURE BOWLS

\$13.4 light (75g poke)
\$16.0 reg (100g poke)
\$19.0 lrg (150g poke)

all bowls come with

- sushi rice
- 1 premium topping & 1 free sauce
- 7 regular toppings (sweet corn, honey pineapple, carrot, cherry tomato, pickled beetroot, japanese cucumber, wakame seaweed)
- 3 garnishes (tobiko, furikake & garlic chips)

O.G. SALMON



O.G. TUNA



SPICY LIFEY



SPICY GARLIC TRIPPIN'



poke^{THEORY}
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GREEN GODDESS



*smoked
almonds
+ avocado
miso
salmon*

**MENTAIKO
MADNESS**



*ramen
egg
mentaiko
mayo
salmon*

DASHI CHICA



*ramen
egg
dashi
chicken*

AVOCADO LIVIN'



*pome-
granate
&
vegan
avocado
poke*

*vegan bowl, will exclude tobiko & furikake

poke^{THEORY} || DRINKS

ADD ANY TEA OR FRUIT SPRITZER \$2.5
 (U.P. \$3)

SUGAR-FREE

NATURAL FRUIT CONCENTRATE &
 SODASTREAM SPARKLING WATER



**GREEN
 TEA**



**OOLONG
 TEA**

**FRESH
 LEMONADE**



**PASSIONFRUIT
 & STRAWBERRY**



**LYCHEE
 & KIWI**



**POMEGRANATE
 & MINT**



\$6.5 COLDPRESSED JUICE

PRESSED DAILY IN SMALL BATCHES & SUBJECT TO AVAILABILITY



KALE LIVING

- Kale • Green Apple
- Cucumber



**TROPICAL
 SQUEEZE**

- Passionfruit • Orange
- Pineapple



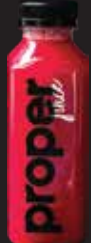
**SUNSHINE
 SPRITZ**

- Carrot • Orange
- Lemon • Pineapple



DRAGONLADY

- Pink Dragonfruit
- Pineapple • Coconut Water



**CRIMSON
 SUNRISE**

- Beetroot • Orange
- Lemon • Pineapple

poke^{THEORY} || ACAI & SNACKS

ACAI BOWLS

🍽️ Reg **\$8.3** **\$10.6** Lrg 🍽️



SPRING FLING

- Banana • Blueberries • Pink Dragonfruit • Kiwi
- Sunflower Seeds • Pumpkin Seeds
- Toasted Coconut Flakes • Goji Berries
- Maple Granola • Honey
- Acai • Coconut Chia Pudding



CHOC A LOT, PLEASE

- Banana • Pomegranate • Pink Dragonfruit • Kiwi
- Sunflower Seeds • Pumpkin Seeds
- Smoked Almonds • Cacao Nibs
- Maple Granola • Coconut Chocolate
- Acai • Coconut Chia Pudding



ALL OR NUTTIN'

- Banana • Blueberries • Pink Dragonfruit • Kiwi
- Sunflower Seeds • Pumpkin Seeds
- Honey Roasted Cashews • Goji Berries
- Maple Granola • Almond Butter
- Acai • Coconut Chia Pudding

\$6.5 SNACK PACKS

BAKED DAILY IN SMALL BATCHES & SUBJECT TO AVAILABILITY



KALE CHIPS



CRISPY SALMON SKIN



SMOKED ALMONDS



SPICED ROASTED CASHEWS