



Poke Bowl

Make it KETO

Approved by Dr. Patrick Clasing

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Beef Poke

Fried cauliflower rice with vegetables, steak, bacon, cream cheese, chipotle dressing, chives, avocado, edamames, pumpkin seeds, and sunflower seeds.

10 net carbs



Omega 3 Poke

Cauliflower rice base, salmon, tuna, avocado, cream cheese, cucumber, alfalfa germ, black sesame, spicy sambal dressing.

7 net carbs



Cucumber Poke

Base of cucumber, salmon, shrimp, chipotle dressing, cream cheese, avocado, alfalfa germ, edamames.

10 net carbs



\$189

300 gr

Benefits of the ketogenic / keto diet

- Weight loss
- Appetite control
- Increased energy during the day
- Increased focus and concentration
- Blood glucose control
- Improvements in health markers
- Reduces digestive problems
- Prevents diseases

We recommend you consult a specialist or nutritionist for advice before start-

Net Carbs = Total Carbs - Fiber / USDA SR based Nutritional Information. Adding or changing ingredients in dishes could have an extra cost. Eating raw or undercooked poultry, fish, shellfish, or eggs can increase your risk of foodborne illness.

New dishes KETO

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Yakimeshi Keto

Fried cauliflower rice, chicken, beef, shrimp, red pepper, pumpkin, chives, and soy with butter.

89 mxn 7g net carbs

Salmon Keto Tower

Cauliflower with cream cheese, chipotle crab, striped cucumber, spicy salmon, chives, tobikos and sunflower seeds.

195 mxn 8g net carbs



Cucumber Roll 5g net carbs 139 mxn

Inside: Salmon, tuna, avocado, alfalfa, crab and spicy sambal.

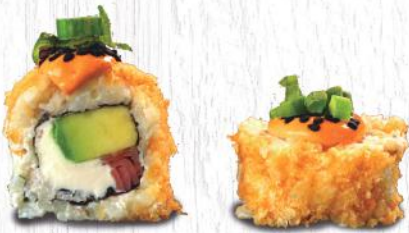
Outside: Cucumber.



Low-carb Roll 10g net carbs 145 mxn

Inside: Cream cheese, crab, avocado, red onion, shrimp, chipotle and a pinch of togarashi.

Outside: Spinach.



Keto Roll 5g net carbs 139 mxn

Inside: Cream cheese, avocado, grilled bacon bathed in chipotle sauce and seaweed.

Outside: ground chicharrón, cauliflower rice, chives, chipotle and black sesame.



Almond Roll 7g net carbs 145 mxn

Inside: Seaweed, cauliflower rice, cream cheese, bacon and avocado.

Outside: Breaded with ground almonds and a touch of spicy sambal.



Spinach Roll 8g net carbs 139 mxn

Inside: Salmon, mushroom, soy germ and spicy sambal dressing.

Outside: Spinach.



Filete Roll 5g net carbs 149 mxn

Inside: Steak, bacon, avocado and cauliflower rice covered in seaweed with a touch of spicy sambal mixed with Manchego cheese and chives.