

HIGH TIDE POKE CATERERS TO YOU

BECAUSE THERE ARE SO MANY FISH IN THE SEA.

OFFICE LUNCH, CORPORATE MEETING, PARTY, REUNION, GATHERING... ANYTIME A HUNGRY GROUP GETS TOGETHER, WE CAN HELP PLAN THE MEAL. POKE OUR WAY, POKE YOUR WAY, PLAN INDIVIDUAL MEALS, OR WE CAN DROP OFF ALL THE INGREDIENTS TO MAKE YOUR BEST BOWL YET.

203 N. LASALLE DR. CHICAGO IL 60601 312.265.1660
CATERING@HIGHTIDEPOKE.COM HIGHTIDEPOKE.COM

NAME _____

CIRCLE ONE: BIG **9.99** BIGGER **13.50** NORI WRAP **10.99**

POKE OUR WAY

CHOOSE YOUR BASE

- STICKY RICE
- BROWN RICE & QUINOA
- ZUCCHINI NOODLES
- MIXED GREENS

SAUCE OPTIONS

- TOSSED
- SAUCE ON THE SIDE

AHI CLASSIC

MARINATED AHI, MANGO, PICKLED GINGER, PINEAPPLE, AVOCADO, SPICY MAYO, SESAME SEEDS, WASABI, LIME

SALMON DE LA SEOUL

SALMON, EDAMAME, DAIKON, PINEAPPLE, SCALLION, CRISPY ONION, KOREAN BBQ, SESAME SEEDS

AHI+SALMON VALLARTA

AHI, SALMON, CILANTRO, MAUI ONION, FRESH JALAPEÑO, LIME, CHIPOTLE AGAVE

SESAME SOY SHRIMP

SHRIMP, CUCUMBER, CARROT, BEET, DAIKON, CILANTRO, PICKLED GINGER, SESAME SOY, LIME, SESAME SEEDS

HIPPIE

MISO TOFU, EDAMAME, SPINACH, KALE, CARROT, BEET, DAIKON, AVOCADO, SHIITAKE, CARROT GINGER

SALMON+AHI SUPREME

MARINATED SALMON+AHI, EDAMAME, CARROT, BEET, DAIKON, AVOCADO, KALE, PICKLED GINGER, SEAWEEED SALAD, SESAME SOY, SPICY MAYO, CARROT GINGER, SESAME SEEDS, DRIED SEAWEEED

SWEET GINGER ORANGE SALMON

SALMON, TOMATO, CUCUMBER, MAUI ONION, SCALLION, TANGERINE, AVOCADO, SWEET ORANGE GINGER, SESAME SEEDS, LIME

MALIBU CRAB

SURIMI CRAB, MAUI ONION, AVOCADO, PICKLED GINGER, SCALLION, CARROT GINGER, CRISPY ONION, SOY VINAIGRETTE, SWEET ORANGE GINGER, WASABI MAYO

CHICKEN MILAN

CHICKEN, TOMATO, MAUI ONION, CUCUMBER, CARROTS, FRESH JALAPEÑO, NICOISE OLIVE, BASIL, SHIITAKE, PESTO AIOLI

POKE YOUR WAY

CHOOSE YOUR BASE

- STICKY RICE
- BROWN RICE & QUINOA
- ZUCCHINI NOODLES
- MIXED GREENS

CHOOSE YOUR PROTEIN

- AHI
- MARINATED AHI
- SALMON
- MARINATED SALMON
- SHRIMP
- SURIMI CRAB
- CHICKEN
- MISO TOFU

ADD SOME...

- EDAMAME
- CUCUMBER
- MAUI ONION
- JALAPENO
- NICOISE OLIVE
- CILANTRO
- BASIL
- TOMATO
- SPINACH
- KALE
- BEET
- CARROT
- DAIKON
- PICKLED GINGER
- PINEAPPLE
- TANGERINE

ADD SOME MORE...

- AVOCADO
- SHIITAKE MUSHROOM
- MANGO
- SEAWEEED SALAD

GARNISH

- SESAME SEED
- DRIED SEAWEEED
- SCALLIONS
- CRISPY ONION
- WASABI
- LIME

SAUCES

- SPICY MAYO
- SOY VINAIGRETTE
- CARROT GINGER
- CHIPOTLE AGAVE
- PESTO AIOLI
- WASABI MAYO
- SESAME SOY
- KOREAN BBQ
- SWEET GINGER ORANGE

SAUCE OPTIONS

- TOSSED
- SAUCE ON THE SIDE

POKE BAR

13.50 PER PERSON

**THE REAL DEAL
POKE YOUR WAY.
WE BRING THE
BAR TO YOU!**

WE BRING THE BASES, PROTEINS, GARNISHES AND SAUCES FOR YOU AND THE WHOLE GANG. WE INCLUDE FORKS, BOWLS, NAPKINS AND SERVING UTENSILS.

BASE: STICKY RICE, MIXED GREENS, ZUCCHINI NOODLES

PROTEIN: MARINATED AHI/SALMON MIX, CHICKEN, SHRIMP

MIX INS: EDAMAME, CARROT/DAIKON MIX, PINEAPPLE/MANGO MIX, KALE/SPINACH MIX, CUCUMBERS

GARNISH: GINGER, LIME, WASABI, SESAME SEEDS
SAUCES: SPICY MAYO, CARROT GINGER, SOY VINAIGRETTE, KOREAN BBQ

ADD SOME (\$1/PER GUEST): AVOCADO, SEAWEEED SALAD, SHIITAKE MUSHROOMS

**MINIMUM ORDER:
30 BOWLS**

**PLEASE EMAIL
CATERING@HIGHTIDEPOKE.COM
OR CALL 312.265.1660 TO ORDER.**