

Cheeky
CATERING
catering

your best self

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**CLICK ON ANY OF THE LINKS BELOW TO CALL, EMAIL
OR PLACE YOUR ORDER ONLINE**

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www.cheekypokebar.com.au
(07) 3184 4404 (ext 8)



STARTERS

SHICHIMI EDAMAME (SPICY) (GF) (V) / 7.9

TARO CRISPS (GF) / 9.9
served with wasabi mayo or beetroot hummus

CHEEKY PORK GYOZA / 9.9
served with house soy & sesame

SASHIMI TASTING PLATE (GF) / 19.9
salmon, tuna & kingfish served with wasabi & soy

WAGYU BEEF TATAKI (GF) / 19.9
lightly seared wagyu beef marinated in our Cheeky citrus sauce



***DISCOUNTS AVAILABLE WHEN PURCHASING VOLUME**

COLLAGEN BONE BROTHS STARTERS

BY *Gevity*®

Responsible for healing & strengthening the gut lining (along with all other connective tissue in the body), collagen forming amino acids proved to be scarce in the lab tests of every bone broth product available when the Gevity team set out to find the best on their personal healing journey.

The result was having to develop their own - And now we are presenting to you, a third party, lab verified, 10x higher collagen forming, amino acid-containing selection of bone broths than anything else they've found. They're also meat, vegetable, dehydration and extreme heat destruction free for optimal absorption and max bio-availability.

Best enjoyed before your main course for optimum absorption into the gut lining.

CLEANSE | Turmeric

\$3

100% Grass-fed Beef Bones 82%, naturally evaporated sea salt, ginger, turmeric, organic apple cider vinegar, black pepper, lemon myrtle



BURN | Chilli

\$3

100% Grass-fed Beef Bones 71%, naturally evaporated sea salt, medium chain triglycerides, matcha green tea blend (water, japanese matcha green tea, ground cinnamon, olive leaf powder, siberian ginseng, cayenne pepper), chilli powder



POPULATE | Miso

\$3

100% Grass-fed Beef Bones 62%, naturally evaporated sea salt, organic fermented soy bean paste, organic apple cider vinegar, organic wakame flakes



SIGNATURE POKE BOWLS

SALMON (GF)

sashimi salmon, coconut turmeric rice, cabbage, kale, cucumber, wakame, pickled ginger, wasabi mayo, taro crisps, 64° egg, Cheeky nori, sesame, togarashi & salt



S / 15
M / 20
R / 24.9

TUNA (GF)

sashimi tuna, black rice, zucchini, pickled onion w/ parsley, cherry tomatoes, jalapeños, edamame, wasabi ponzu, fried shallots, 64° egg, Cheeky nori, sesame, togarashi & salt



S / 18
M / 24
R / 28.9

KINGFISH (GF)

sashimi kingfish, black rice, spinach, carrot, capsicum, beetroot, pineapple, coconut & lime sauce, toasted coconut, 64° egg, Cheeky nori, sesame, togarashi & salt



S / 18
M / 24
R / 28.9

PRAWN (GF)

fresh king/tiger prawns, coconut turmeric rice, cabbage, beetroot, pickled onion w/ parsley, wakame, enoki, sriracha mayo, puffed rice, avocado, Cheeky nori, sesame, togarashi & salt



S / 15
M / 20
R / 24.9

STEVE'S BOWL (GF)

A tribute to one of our most loyal customers.

sashimi salmon coated in house soy & sesame on coconut turmeric rice, topped with japanese mayo, spring onions, puffed rice, sesame, togarashi & salt



R / 24.9

S / SMALL (120z)

M / MEDIUM (240z)

R / REGULAR (320z)

***EGG & AVO NOT INCLUDED IN SMALL & MEDIUM BOWLS**

***SEE PAGE 6 FOR BULK-BUY POKE BOWL PRICES (SMALL SIZE)**

SIGNATURE POKE BOWLS (cont.)

CHICKEN (GF)

chicken, brown rice, oak lettuce, spinach, carrot, beetroot, corn, creamy asian sauce, wasabi peas, avocado, Cheeky nori, sesame, togarashi & salt



S / 14
M / 18
R / 21.9

WAGYU BEEF (GF)

beef tataki, glass noodles, spinach, enoki, cherry tomatoes, radish, pickled ginger, red onion, watercress, Cheeky citrus sauce, fried shallots, 64° egg, Cheeky nori, sesame, togarashi & salt



S / 18
M / 24
R / 28.9

PORK GYOZA

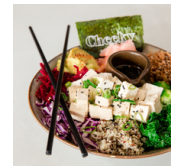
steamed pork gyoza, brown rice, spinach, carrot, capsicum, kimchi, cucumber, shiso aioli, spring onions, Cheeky nori, sesame, togarashi & salt



S / 14
M / 18
R / 21.9

TOFU (GF) (V)

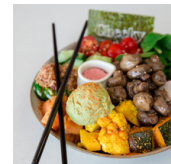
tofu, quinoa, spring onions, broccoli, kale, cabbage, beetroot, pickled ginger, miso tahini, fried shallots, avocado, Cheeky nori, sesame, togarashi & salt



S / 13
M / 17
R / 20.9

MUSHROOMS (GF) (V)

marinated mushrooms, roasted veg mix (turmeric cauliflower & sweet potato), cucumber, cherry tomatoes, radish, spinach, jalapeños, beetroot hummus, fried shallots, Cheeky nori, sesame, togarashi & salt



S / 14
M / 18
R / 21.9

S / SMALL (120z)

M / MEDIUM (240z)

R / REGULAR (320z)

***EGG & AVO NOT INCLUDED IN SMALL & MEDIUM BOWLS**

***SEE PAGE 6 FOR BULK-BUY POKE BOWL PRICES (SMALL SIZE)**

8 EA

ALL TACOS INCLUDE

coconut turmeric rice, cabbage, avocado, pickled ginger, spring onions, mayo, sesame, togarashi, & your choice of protein w/ sauce

1: CHOOSE A BASE

nori taco **or** wonton taco

*we recommend **nori** as they stay crunchier during transport

*all tacos contain gluten

2: CHOOSE A PROTEIN W/ SAUCE

salmon w/ wasabi mayo

tuna w/ shiso aioli

kingfish marinated in coconut & lime w/ sriracha mayo

prawn marinated in lemon & oil w/ sriracha mayo

tofu marinated in house soy & sesame w/ miso tahini (v)

chicken w/ creamy asian sauce

wagyu beef w/ wasabi mayo

mushroom w/ beetroot hummus (v)

SMALLER CANAPE-SIZED NORI TACOS AVAILABLE UPON REQUEST

6EA



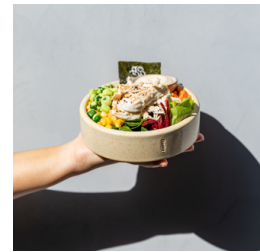
***WE RECOMMEND THREE TACOS PER PERSON WHEN SERVED AS A MAIN**
***SEE PAGE 6 FOR BULK-BUY TACO PRICES (WHEN BUYING 20+ TACOS)**

POKE BOWL PACKAGES

Assorted selection of **small** (12Oz) bowls from our signature poke bowl range (page 3/4)(excluding tuna/kingfish bowls)

Chef's selection includes 1x Vegan option per 10 bowls.

You are more than welcome to select your choice of bowls.



BOX OF 10	130
BOX OF 20	250
BOX OF 30	360
BOX OF 40	480
BOX OF 50	575
BOX OF 100+	11EA

***240z & 320z POKE BOWL PACKAGES AVAILABLE ONLINE.**

TACO PACKAGES

Assorted selection of **nori tacos** (12Oz) from our signature taco range (page 5).

Chef's selection includes 1x Vegan option per 10 tacos.

You are more than welcome to select your choice of tacos.



BOX OF 6	48
BOX OF 14	110
BOX OF 20	155
BOX OF 28	210
BOX OF 40	290
BOX OF 100+	7EA

LUNCH BOXES

All items are gluten free, excluding taco.
Minimum order of 5 lunch boxes per order.
All boxes contain cutlery.

Chef's selection includes 1x Vegan box per 10 lunch boxes.

You are more than welcome to select your choice of bowls/tacos and drinks.

POKE LUNCH BOX (GF)

24

Individual packed lunch box containing:

Choice of 1x Snack Sized Poke Bowl (see page 3/4), Taro Crisps w/ Wasabi Mayo, 1x Drink (see page 9)(includes juice, soft drink or water)



TACO LUNCH BOX

22

Individual packed lunch box containing:

Choice of 1x Taco (see page 5), Taro Crisps w/ Wasabi Mayo, 1x Drink (see page 9)(includes juice, soft drink or water)



POKE & TACO LUNCH BOX

26

Individual packed lunch box containing:

Choice of 1x Snack Sized Poke Bowl (see page 3/4), 1x Taco (see page 5), 1x Drink (see page 9)(includes juice, soft drink or water)



GRAZING BOXES

MYO BOX FOR 2

Build your MYO Box completely to your liking.
Serves approximately 2 people.

View online [here](#) to see the full range of options.



SASHIMI SALMON BOX (GF)	44
PRAWN BOX (GF)	44
CHICKEN BOX (GF)	40
WAGYU BEEF BOX (GF)	50
MUSHROOM BOX (GF) (V)	40
TOFU BOX (GF) (V)	38

MYO BOX FOR 6

Build your MYO Box completely to your liking.
Serves approximately 6 people.

View online [here](#) to see the full range of options.



SASHIMI SALMON BOX (GF)	132
PRAWN BOX (GF)	132
CHICKEN BOX (GF)	120
WAGYU BEEF BOX (GF)	150
MUSHROOM BOX (GF) (V)	120
TOFU BOX (GF) (V)	114

BEVERAGES

KOMBUCHA

/ 8

Good Happy

Ginger Turmeric

Berry Schisandra

Lemon Myrtle Pepperberry

Cacao Vanilla

SODA

Pepsi Max

/ 5

Bobby Prebiotic Soft Drink

/ 6

Berry Orange

Cola Passionfruit

Lemon Ginger Beer

WATER

Still

/ 4

Sparkling

/ 4

COLD PRESSED JUICE

/ 7

HRVST ST.

Orange Sky

orange, pineapple, lemon & turmeric

Ruby Tuesday

watermelon, rhubarb, pink lady apple, pear & lime

Endless Summer

lemon, pineapple, crispy green apple & cayenne pepper

Little Green

kale, cucumber, celery, lemon, spinach, pear & spirulina

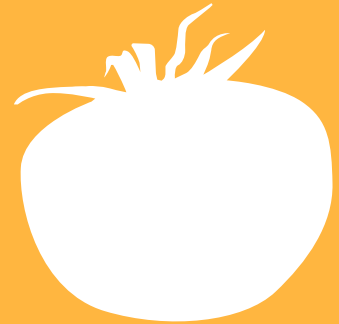
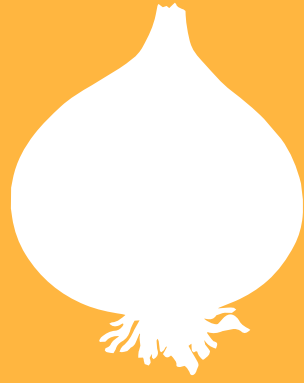
Original Orange

100% valencia oranges

Gold Digger

carrot, apple, pineapple & ginger

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