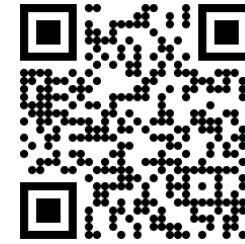


# MENÚ MENU SPEISEKARTE

PLEASE HELP AND

**RATE US**



## ORDER

ONLINE

WLAN PASSWORT:  
„poke sushi vegan“

GREEN PLANET THE FOOD COURT • AVENIDA DE TIRAJANA 7 • PLAYA DEL INGLES



**GLUTEN FREE FRIENDLY, VEGAN**  
**EXEPT FISH AND MEAT**

Reutilizable / Mehrweg / Reusable 6€ - 100% back

Precios con IGIC incluido  
Prices including IGIC  
Preise inklusive IGIC

**POKÉ BOWLS**

# CREATE YOUR POKÉ BOWL!

€ **16,70**  
NORMAL




€ **10,60**  
SMALL



**1x** BASIS  
SMALL 1x

- 1  Sushi Rice
- 2  Natural Rice
- 3  Quinoa +1€
- 4  Zucchini Noodles
- 5  Salat

**2x** PROTEIN  
1x

- 1  Tuna Marinado
- 2  Salmon Marinado +1€
- 3  Chicken +1€
- 4  Tofu Chunks
- 5  Vegi
- 6  Beef +1€

**4x** TOPPING  
3x

- 1  Wakame +1€
- 2  Mango Chutney
- 3  Edamame
- 4  Beet Root
- 5  Soy Sprouts
- 6  Corn-Bean Mix
- 7  Avocado +1€
- 8  Cucumber
- 9  Tomato

**3x** CRUNCH  
2x

- 1  Cashew Nuts
- 2  Peanuts
- 3  Toasted Sesame
- 4  Nori Seaweed
- 5  Sushi Ginger
- 6  Roasted Onions
- 7  Spring Onions

**2x** CREAM  
1x

- 1  Wasabi Mayo
- 2  Truffle Mayo +1€
- 3  Mango Mayo
- 4  Teriyaki Sauce
- 5  Sriracha Sauce
- 6  Sweet and Sour Sauce

**POKÉ-PASS**

NOMBRE / NAME: \_\_\_\_\_ TABLE: \_\_\_\_\_ TO GO:

SIZE: NORMAL  SMALL

BASIS: No.: 5

PROTEIN: No.: 1 4

TOPPING: No.: 2 4 6 8 9

CRUNCH: No.: 2 4 6

CREAM: No.: 3 6

EXTRAS 2€ each (per month)

Avocado

GRATIS:  Reutilizable  Green Planet  100% back

QR Code

Avenda de Tuzajana 2, 4 • 35100 Playa del Ingles • Gran Canaria  
www.greenplanet.es

**FOR TAKEAWAY: Ask for Reutilizable / Mehrweg / Reusable 6€ - 100% back**

**POKÉ BOWLS**

# SIGNATURE POKÉ BOWLS!

€ 16,70  
NORMAL



**+** Escoger  
Wähle  
Choose

**2X**  
PROTEIN

## 1 GREENPLANET

- BASIS** 1 Sushi Rice
- 1 Wakame
- TOPPING** 3 Edamame
- 5 Soya Sprouts
- 8 Cucumber
- CRUNCH** 2 Peanuts
- 3 Toasted Sesame
- 7 Spring Onions
- CREAM** 1 Wasabi Mayonnaise
- 2 Truffle Mayonaise

## 2 SWEET

- BASIS** 1 Sushi Rice
- 1 Wakame
- TOPPING** 2 Mango Chutney
- 4 Beet Root
- 8 Cucumber
- CRUNCH** 1 Cashew Nuts
- 3 Toasted Sesame
- 7 Spring Onions
- CREAM** 4 Teriyaki Sauce
- 6 Sweet and Sour Sauce

## 3 SPICY

- BASIS** 1 Sushi Rice
- 3 Edamame
- TOPPING** 4 Beet Root
- 5 Soya Sprouts
- 6 Bean Corn Mix
- CRUNCH** 2 Peanuts
- 3 Toasted Sesame
- 7 Spring Onions
- CREAM** 1 Wasabi Mayonnaise
- 5 Sriracha Sauce

1 Tuna Marinado

4 Tofu Chunks

2 Salmon Marinado **+1€**

5 Vegi

3 Chicken

6 Beef **+1€**

**FOR TAKEAWAY: Ask for Reutilizable / Mehrweg / Reusable 6€ - 100% back**





# CREATE YOUR FRUIT BOWL!



1x BASIC

1x FRUIT CREAM

2x CRUNCH

2x FRUITS



1 Avena  
Haferflocken  
Oatmeal



2 Papilla caliente  
Porridge warm  
Worm porridge



3 Copos de maíz  
Kornflakes  
Cornflakes



1 Chia Cream  
Mango, Banana



2 Chia Cream  
Acai, Blueberry, Banana



3 Soy yogurt  
Mango, Banana



4 Soy yogurt  
Acai, Blueberry, Banana



1 Nuez  
Walnuss  
Walnut



2 Cashew



3 Lineza  
Leinsamen  
Linseed



4 Chia



1 Plátano  
Banane  
Banana



2 Manzana  
Apfel  
Apple



3 Kiwi



4 Arándano  
Blaubeere  
Blueberry



5 Mango

€ 8,60








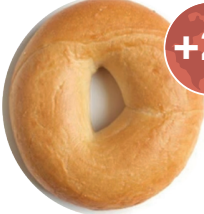





# BAGELS

# AMERICAN BAGEL



- A**  Bagel Classic,  vegan
- B**  Bagel Seeds,  vegan
- C**  Bagel Brioche  
- D**  Bagel glutenfree,  vegan **+2€**

 = NOT VEGAN  
 = NOT GLUTENFREE

**1** 




-  Queso crema
-  Frischkäse
-  cream cheese

€ 2,40

**OPTIONAL VEGAN +1€** **2**

+ Marmelade / jam 1€ **3**  
**OPTIONAL VEGAN +1€** **4**




**7** 

-  Pavo, Queso, Queso Crema, Lechuga, Tomato, mostaza
-  Pute, Käse, Frischkäse, Salat, Tomato, Senf
-  Turkey, Cheese, Cream Cheese, Lettuce, Tomato, Mustard

€ 5,80

**OPTIONAL VEGAN +2€** **8**




**5** 

-  Tofu frito, aguacate, queso crema, lechuga, mostaza
-  Gebratener Tofu, Avocado, Frischkäse, Salat, Senf
-  Fried Tofu, avocado, cream cheese, lettuce, mustard

€ 6,30

**OPTIONAL VEGAN +1€** **6**

**9** 

-  Salmón, queso crema, alcaparras, cebolla, lechuga, mostaza
-  Lachs, Frischkäse, Kapern, Zwiebeln, Salat, Senf
-  Salmon, cream cheese, capern, onion, lettuce, mustard

€ 6,80



# DESSERTS COFFEE



## FRUITPOWER

VEGAN, GLUTENFREE AND NO WHITE SUGAR



€  
4,80

**CHIAPUDDING:**  
vegan yogurt, arándano, blueberry /  
Blaubeere, Mango, Banana



**MOUSSE CACAO:**  
banana, Avocado, coco, dátíl /  
Datteln, Acai, Blueberry, Banana



**ENERGY-BALLS:**  
anacardos / Cashew,  
almendra / Mandeln, dátíl / Datteln,  
cacao, coco **NO EXTRA SUGAR!**

## HOT DRINKS



€  
3,20

1  
Cappuccino



€  
3,20

2  
Latte Macchiato



€  
2,50

3  
Coffee



€  
1,90

4  
Espresso



€  
2,50

5  
Tea



# SMOOTHIES



Homemade, so choose 3 for best taste!

€  
5,40



1

Piña  
Ananas  
Pineapple



2

Fresa  
Erdbeere  
Strawberry



3

Mango



4

Plátano  
Banane  
Banana



5

Aránado  
Blaubeere  
Blueberry



6

Acaí



7

Greens



A

+1€

+ ALOE VERA



P

+1€

+ PROTEINE 20GR.



8

Zumo de Naranja  
Orangensaft  
Orange Juice





# DRINKS



**SMOOTHIES homemade** 0,4 l. 5,40 €

**LEMONADE** **L** homemade 0,4 l. 4,20 €

## AGUA/ WATER/WASSER:

**1 con / 2 sin gas** 0,5 l. 2,00 €

## SOFTDRINKS

**3 Coke/ 4 -Zero, 5 Fanta, 6 Sprite** 0,28 l. 2,50 €

## CERVEZA/BEER/BIER:

**11 normal** 0,33 l. 2,80 €

**12 sin gluten** 0,33 l. 2,80 €

**13 non alcoholic** 0,33 l. 2,80 €

## COFFEE SPECIALITIES

1,90 - 3,20 €

## WINE

**21 White, Chardonnay** 0,2 l. 4,00 €

**22 Red, Merlot** 0,2 l. 5,50 €

## LONGDRINKS

0,4 l. 6,00 €

**31 Bombay Gin-Tonic, 32 Smirnoff Vodka Lemon, / 33 -Energy, 34 Jack Daniels Whiskey-Cola**

