



## Kuula Poké Menu

<https://menulist.menu>

Great Western Arcade, 16a Colmore Row, Birmingham, United Kingdom  
+441212367000 - <https://www.kuulapoke.co.uk>

**The menu of Kuula Poké from Birmingham** contains about **212** different dishes and drinks. On average you pay about £6 for a dish / drink. Birmingham's premier Hawaiian poké restaurant offers a variety of healthy and delicious options including sushi fish, succulent meats, and tender tofu. Enjoy your choice of protein over soft rice, spiralized vegetable noodles, quinoa, kale, salad vegetables, and tropical fruits. They also serve superfood salads, smoothies, acai bowls, vegan snacks, and Seasonal Hot Specials. Dietary restrictions such as vegan, vegetarian, gluten-free, halal, and low-calorie options are available.

# Kuula Poké Menu



## Alcoholic Drinks

SAUVIGNON BLANC

## Smoothies

SUPER GREEN SMOOTHIE £5

## Appetizer

POKE BOWL

## Dessert

LITTLE MOONS: MOCHI ICE CREAM BITES £6

## Starters

EDAMAME BEANS

## Cocktails

LEMON

## Build Your Own

BUILD YOUR OWN POKÉ BOWL (SUMO SIZE) £17

## Cold Drinks

SAN PELLEGRINO BLOOD ORANGE (330ML)

## Juices

CLOUDY APPLE

## Beverages

KOMBUCHA (GINGER LEMON) £3

## Beverage

SAN PELLEGRINO ORANGE (330ML)

## Favorites

AHI TUNA (SASHIMI GRADE) £1

## Rosé Wine

PALE ROSÉ

## Shareables

POPCORN (GF) £2

## Mimosas

BLOOD ORANGE

## Homemade Lemonade

ELDERFLOWER LEMONADE

## Gelato Pints

PISTACHIO (GF) £2

## Build Your Own Poke Bowl

BUILD YOUR OWN POKÉ BOWL (REGULAR SIZE) £12

## Sushi

SALMON SUSHI £1

## 7Th Course

RHUBARB

# Kuula Poké Menu



## Brunch Delights

SMASHED AVOCADO £2

## Craft-Your-Own Guacamole - Classic Add- Ins

PICKLED RED ONION

## Ingredient Choices

SESAME SEEDS

## Sides & Add Ons

DRESSING ON THE SIDE

## Brunch, Small & Large Plates, Pastries

STRAWBERRY SHORTCAKE  
SMOOTHIE BOWL £10

## Build Your Own Cobblestone

STRAWBERRY SAUCE

## Sauce & Condiments

PICKLED GINGER

## Rainbow Lemonades

DRAGON FRUIT

## House-Made Sorbets

LEMON MINT

## - Side & Sweet -

COCONUT BROWN RICE

## Sauces And Side Orders

WHITE SUSHI RICE

## Restaurant Category

VEGETARIAN

## These Types Of Dishes Are Being Served

CHICKEN

## ☐Gyozas And Sides☐

NEW CRISPY CHICKEN GYOZAS £7

## ☐Super Smoothies☐

ORGANIC SUNRISE SMOOTHIE £5

## Drinks

ACAI KICK SMOOTHIE £5

SAN PELLEGRINO (330ML) £3

## Gelato One Flavour

SALTED CARAMEL (GF) £2

COCONUT (GF) £2

## Premium Açaí & Dragon Fruit Smoothie Bowls

BUILD YOUR OWN AÇAÍ BOWL  
(ORGANIC) £10

BUILD YOUR OWN DRAGON FRUIT  
BOWL £10

# Kuula Poké Menu



## Side Pots

SPICY CUCUMBER SALAD SIDE POT (VEGAN) £2

TOMATO GARLIC SALSA SIDE POT (VEGAN) £3

## Soup-Er Soups And Ramen

NEW FIRECRACKER RAMEN (CHICKEN OR TOFU) £9

NEW MISO RAMEN (CHICKEN OR TOFU) £9

## Meal Deals

BUILD YOUR OWN POKÉ BOWL ANY DRINK OF YOUR CHOICE £14

SWEET TREATS! SMOOTHIE BOWL 3 LITTLE MOONS £15

HOUSE POKÉ BOWL ANY DRINK OF YOUR CHOICE £14

## Ingredients Used

GRAPEFRUIT

PINEAPPLE

TOFU

## Poké Nachos

TRUFFLE CHICKEN POKÉ NACHOS £9

SPICY SALMON POKÉ NACHOS £10

GARLIC HALLOUMI POKÉ NACHOS £9

## Soup-Er Soups



TOFU MISO SOUP (VEGAN, NOT HALAL) £4

CHICKEN NOODLE MISO SOUP (NOT HALAL) £5

PRAWN MISO SOUP (NOT HALAL) £5

## Drinks (Alcoholic)

NICE WINE, SAUVIGNON BLANC (CANNED), ABV 11.5 £3

NICE WINE, PALE ROSE (CANNED), ABV 12.5 £3

KONA HAWAIIAN BIG WAVE GOLDEN ALE (ABV 4.4

KONA HAWAIIAN LONGBOARD ISLAND LAGER (ABV 4.6

## House Bowls

LOMI LOMI SALMON POKÉ BOWL £12

HULI HULI TOFU POKÉ BOWL (VEGAN) £11

SESAME KING PRAWN POKÉ BOWL £12

CLASSIC AHI TUNA POKÉ BOWL (SASHIMI GRADE) £12

## Side Pots

WAKAME SEAWEED WITH CARROT SIDE POT (VEGAN) £3

COCONUT 'BACON' SIDE POT (VEGAN) £2

PICKLED GINGER SIDE POT (VEGAN) £1

HICKORY CARROT SIDE POT (VEGAN) £2

## Drinks (Non-Alcoholic)

KOMBUCHA (MANGO PASSION) £3

KOMBUCHA (CHERRY PLUM) £3

KOMBUCHA (ORANGE SQUEEZE) £3

KOMBUCHA (WILD BERRY) £3

# Kuula Poké Menu



## Soft Drinks

ORANGE JUICE

SAN PELLEGRINO LEMON (330ML)

SAN PELLEGRINO GRAPEFRUIT (330ML)

FIREFLY (KIWI, LIME MINT) £1

FIREFLY (PEACH GREEN TEA) £1

## Drinks (Non-Alcoholic)

CAWSTON PRESS (330ML) £3

VOSS STILL WATER (500ML) £3

KOMBUCHA (RASPBERRY LEMONADE) £3

FIJI NATURAL MINERAL WATER (500ML) £3

CAWSTON PRESS RHUBARB (330ML)

FIREFLY (LEMON, LIME GINGER) £1

## 🍷Premium Açaí & Dragon Fruit Smoothie Bowls🍷



NEW PINK PARADISE SMOOTHIE BOWL £10

NEW HALLOWEEN SPECIAL SMOOTHIE BOWL £10

NEW STRAWBERRY DAIQUIRI SMOOTHIE BOWL (VEGAN) £10

BISCOFF DELIGHT SMOOTHIE BOWL £10

NEW ON THE BEACH SMOOTHIE BOWL £10

PINA KUULADA SMOOTHIE BOWL (VEGAN) £10

## Modifiers

ORANGE POMEGRANATE

SUPERFOOD SLAW

HICKORY CARROT

YUZU PONZU

GO SUMO £6

FLYING GOOSE SRIRACHA HOT CHILLI SAUCE £1

FINELY CUT SPRING ONIONS

## 🍷House Bowls🍷



ROASTED TERIYAKI SALMON POKÉ BOWL £12

NEW MISO OYSTER MUSHROOM POKÉ BOWL (VEGAN) £11

GRILLED HALLOUMI CHEESE POKÉ BOWL (VEGGIE) £11

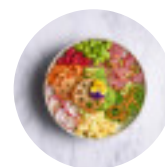
CHICKEN POKÉ BOWL TRUFFLE, TERIYAKI OR GARLIC £11

NEW BANG BANG HALLOUMI POKÉ BOWL (VEGGIE) £11

NEW FIRECRACKER TOFU POKÉ BOWL (VEGAN) £11

NEW THE CLEAN AND GREEN SALAD (VEGAN) £9

## Uncategorized



TRUFFLE CHICKEN HOUSE BOWL (HALAL, CONTAINS EGG)

TERIYAKI CHICKEN HOUSE BOWL (HALAL, CONTAINS GLUTEN)

GARLIC CHICKEN HOUSE BOWL (HALAL, CONTAINS EGG)

HULI HULI TOFU HOUSE BOWL (VEGAN, CONTAINS SESAME)

GRILLED HALLOUMI CHEESE HOUSE BOWL (VEGGIE, CONTAINS MILK)

MISO OYSTER MUSHROOM HOUSE BOWL (VEGAN, CONTAINS SESAME)



# Kuula Poké Menu



LOMI LOMI SALMON HOUSE BOWL	£1	EXTRA PORTION OF SUSHI SALMON	£5
CLASSIC AHI TUNA HOUSE BOWL	£1	EXTRA PORTION OF TUNA (SASHIMI GRADE)	£5
ROASTED TERIYAKI SALMON HOUSE BOWL (CONTAINS GLUTEN)	£1	EXTRA PORTION OF TERIYAKI ROAST SALMON (CONTAINS GLUTEN)	£5
SESAME KING PRAWN HOUSE BOWL (CONTAINS SESAME)	£1	EXTRA PORTION OF KING PRAWNS (CONTAINS SESAME)	£5
ADD CHOPPED CHILLI		EXTRA PORTION OF CHICKEN (HALAL)	£3
ADD HOT SRIRACHA SAUCE TO MY PROTEIN		EXTRA PORTION OF SESAME BAKED TOFU (CONTAINS SESAME)	£3
ADD DRIED CHILLI FLAKES (SERVED ON THE SIDE)		EXTRA PORTION OF GRILLED HALLOUMI CHEESE (CONTAINS MILK)	£3
DRESSING ON MY POKÉ		EXTRA PORTION OF MISO OYSTER MUSHROOMS (CONTAINS SESAME)	£3
SPICY CUCUMBER (CONTAINS SESAME)		WAKAME SEAWEED (PREMIUM TOPPING, CONTAINS SESAME)	£1
MANGO SALSA (IN LIGHT SALSA DRESSING, CONTAINS CORIANDER)		TOMATO GARLIC SALSA (PREMIUM TOPPING)	£1
WAKAME SEAWEED (CONTAINS SESAME)		GARLIC SESAME TENDERSTEM BROCCOLI (PREMIUM TOPPING, CONTAINS SESAME)	£1
TOMATO GARLIC SALSA		EXTRA PORTION OF SUPERFOOD SLAW	£1
GARLIC SESAME TENDERSTEM BROCCOLI (CONTAINS SESAME)		EXTRA PORTION OF HICKORY CARROT	£1
NO WINE THANK YOU!		EXTRA PORTION OF PICKLED RED ONION	£1
MAPLE SYRUP (VEGAN)		EXTRA PORTION OF SPICY CUCUMBER (CONTAINS SESAME)	£1
BELGIUM MILK CHOCOLATE DRESSING (NON-VEGAN, CONTAINS MILK)		EXTRA PORTION OF MANGO SALSA	£1
BELGIUM WHITE CHOCOLATE DRESSING (NON-VEGAN, CONTAINS MILK)		EXTRA PORTION OF PINEAPPLE	£1
NO SAUCE THANK YOU!		EXTRA PORTION OF EDAMAME BEANS	£1
SHOYU (CONTAINS SESAME)		SALT SACHET	
QUINOA RED ONION		PEPPER SACHET	
COCONUT 'BACON' (VEGAN)	£2	SWITCH TO GARLIC MAYO (CONTAINS EGG)	
SRIRACHA MAYO (CONTAINS EGG)	£1		
WASABI MAYO (VEGAN, CONTAINS MUSTARD, MAY CONTAIN PEANUTS)	£1		
PLAIN MAYO (VEGAN)	£1		
GARLIC MAYO (CONTAINS EGG)	£1		
TRUFFLE MAYO (CONTAINS EGG)	£1		

# Kuula Poké Menu



SWITCH TO TRUFFLE MAYO (CONTAINS EGG)

SWITCH TO VEGAN MAYO

SWITCH TO WASABI MAYO (VEGAN, CONTAINS MUSTARD, MAY CONTAIN PEANUTS)

SWITCH TO SPICY SRIRACHA MAYO (CONTAINS EGG)

NO MAYO PLEASE!

GRANOLA (VEGAN, GLUTEN-FREE, MAY CONTAIN TRACES OF NUTS)

SLICED BANANA (VEGAN)

STRAWBERRIES (VEGAN)

PINEAPPLE (VEGAN)

CHIA SEEDS (VEGAN)

RUBY CHOCOLATE CURLS (NON-VEGAN, CONTAINS MILK)

WHITE CHOCOLATE CURLS (NON-VEGAN, CONTAINS MILK)

PEANUT BUTTER POT (VEGAN, CONTAINS NUTS)

LOTUS BISCOFF CRUMBLE (VEGAN, CONTAINS GLUTEN)

LOTUS BISCOFF SPREAD (VEGAN, CONTAINS GLUTEN)

NO TOPPINGS THANK YOU!

EXTRA GRANOLA (VEGAN, GLUTEN-FREE, MAY CONTAIN TRACES OF NUTS) £1

EXTRA CHIA SEEDS (VEGAN) £1

EXTRA LOTUS BISCOFF CRUMBLE (VEGAN, CONTAINS GLUTEN) £1

EXTRA SLICED BANANA (VEGAN) £1

EXTRA STRAWBERRIES (VEGAN) £1

EXTRA PINEAPPLE (VEGAN) £1

EXTRA WHITE CHOCOLATE CURLS (NON-VEGAN, CONTAINS MILK) £1

EXTRA RUBY CHOCOLATE CURLS (NON-VEGAN, CONTAINS MILK) £1

EXTRA PEANUT BUTTER (VEGAN, CONTAINS PEANUTS) £1

EXTRA LOTUS BISCOFF SPREAD (VEGAN, CONTAINS GLUTEN) £1

EXTRA BELGIUM MILK CHOCOLATE DRESSING (NON-VEGAN, CONTAINS MILK) £1

EXTRA BELGIUM WHITE CHOCOLATE DRESSING (NON-VEGAN, CONTAINS MILK) £1

EXTRA MAPLE SYRUP (VEGAN) £1

EXTRA STRAWBERRY SAUCE (VEGAN) £1

RASPBERRY (GF) £2

BLOOD ORANGE (GF AND VEGAN) £2

CHOCOLATE HAZELNUT (GF AND VEGAN) £2

PASSION FRUIT AND MANGO (GF AND VEGAN) £2

ADD TRUFFLE MAYO TO MY CHICKEN (HALAL, CONTAINS EGG)

ADD TERIYAKI SAUCE TO MY CHICKEN (HALAL, CONTAINS GLUTEN)

ADD GARLIC MAYO TO MY CHICKEN (HALAL, CONTAINS EGG)

KEEP MY CHICKEN PLAIN PLEASE!

COCONUT 'BACON' (VEGAN, CONTAINS SOYA)

SAN PELLEGRINO LEMON MINT (330ML)

CAWSTON PRESS ELDERFLOWER LEMONADE (330ML)

CAWSTON PRESS CLOUDY APPLE (330ML)

ACAI (ORGANIC)

CRISPY SHALLOTS SERVED ON THE SIDE (CONTAINS GLUTEN)

POACHED CHICKEN WITH A TRUFFLE MAYONNAISE (HALAL, CONTAINS EGG)

# Kuula Poké Menu



**POACHED CHICKEN WITH A TERIYAKI DRESSING (HALAL, CONTAINS GLUTEN)**

**POACHED CHICKEN WITH A GARLIC MAYONNAISE (HALAL, CONTAINS EGG)**

**POACHED CHICKEN (NO SAUCE) (HALAL)**

**SESAME BAKED TOFU (VEGAN, CONTAINS SESAME)**

**GRILLED HALLOUMI CHEESE (VEGGIE, CONTAINS MILK)**

**MISO OYSTER MUSHROOMS (VEGAN)**

**SESAME KING PRAWNS (CONTAINS SESAME) £1**

**ROASTED TERIYAKI SALMON (CONTAINS GLUTEN) £1**

**BUILD YOUR OWN SUMO BOWL, GET A FREE WINE! £17**

**BUILD YOUR OWN REGULAR BOWL, GET A FREE WINE! £12**

---

## Kuula Poké

Great Western Arcade, 16a  
Colmore Row, Birmingham,  
United Kingdom

Made with [Menu](#)

### Opening Hours:

Monday 17:30-21:00  
Tuesday 17:30-21:00  
Wednesday 17:30-21:00  
Thursday 17:30-21:00  
Friday 17:30-21:00  
Saturday 17:30-21:00  
Sunday 17:30-21:00