



Hula

HAWAIIAN POKE

✿ • MENU • ✿

BOWL

1 HULA BOWL Choose your Hula Bowl



HULA REGULAR
*2 proteine e
4 green a scelta
€ 9.90



HULA LARGE
*3 proteine e
5 green a scelta
€ 12.90

3 PROTEIN (extra € 2,00) Choose your protein

..... Raw Cooked

- | | |
|-------------------|-------------------------------------|
| ➤ SALMON | ➤ SEARED SALMON |
| ➤ TUNA | ➤ SEARED TUNA |
| ➤ AMBERJACK | ➤ TERIYAKI OR PLAIN CHICKEN |
| ➤ SALMON SPICY | ➤ PULLED PORK |
| ➤ TUNA SPICY | ➤ COOKED OCTOPUS AT LOW TEMPERATURE |
| ➤ GREEK FETA | ➤ COOKED SHRIMP AT LOW TEMPERATURE |
| Vegan | ➤ PANKO CRUSTED SALMON |
| ➤ TOFU | ➤ PANKO FRIED SHRIMP |
| ➤ CHICKPEA CURRY | ➤ PANKO FRIED CHICKEN |

5 SAUCES Choose your sauce

- SOIA · SOY WASABI · GLUTEN FREE SOY · HUNAN SAUCE · TERIYAKI · PONZU · SWEET CHILLI · TIGER'S MILK · HONEY MUSTARD · OLIVE OIL · LEMON · GINGER MAYO · WASABI MAYO · BEETROOT MAYO · LIME MAYO · SPICY MAYO · BASIL MAYO
- TRUFFLE MAYO · MANGO DRESSING · GUACAMOLE · WHITE TRUFFLE OIL

EXTRA
€ 0.50

2 BASE Choose your base

- WHITE RICE
- WHOLE RICE
- BLACK RICE
- SALAD
- QUINOA
- HALF/HALF

4 GREENS Choose your green

- | | |
|----------------------|-------------------------------------|
| ➤ CARROTS | ➤ CHERRY TOMATOES |
| ➤ CUCUMBER | ➤ PINK GINGER |
| ➤ CARAMELISED ONIONS | ➤ PHILADELPHIA CHEESE (LACTOS-FREE) |
| ➤ RED CABBAGE | ➤ AVOCADO |
| ➤ EDAMAME BEANS | ➤ PINAPPLE |
| ➤ FENNEL | ➤ POMEGRANATE |
| ➤ SAUTÉED FRIARELLI | ➤ MANGO |
| ➤ SWEET CORN | ➤ TOBIKO (FLYING FISH ROE) |
| ➤ COURGETTE | ➤ WAKAME SEAWEED |
| ➤ SWEET POTATOS | |

EXTRA
€ 1.00

EXTRA
€ 0.50

6 TOPPINGS Finish it

- | | |
|-----------------|----------------|
| ➤ CRISPY ONION | ➤ CHIVES |
| ➤ CRISPY NACHOS | ➤ SESAME SEEDS |

PREMIUM TOPPINGS

EXTRA
€ 0.30

- TEMPURA FLAKES · CRISPY SWEET POTATO · LEEK TEMPURA · PISTACHIOS · CASHEWS · WALNUTS · LECCIAN OLIVES · ALMONDS

TOP BOWLS

SAUCES EXTRA TAKEAWAY

EXTRA
€ 0.30

* PAIA

WHITE RICE, SALMON TARTARE WITH SPICY MARINADE, AVOCADO, EDAMAME BEANS, CARROTS, MANGO, SOY SAUCE, GUACAMOLE AND CRISPY TEMPURA

€ 11,90

* HILO

WHITE RICE, SHRIMP TEMPURA, PHILADELPHIA CHEESE (LACTOSE-FREE), AVOCADO, EDAMAME BEANS, WAKAME SEAWEED AND MANGO, SPICY SOY MAYO AND SESAME SEEDS, ALMOND FLAKES

€ 13,50

* HANA

WHITE RICE, TUNA TARTARE WITH SPICY MARINADE, EDAMAME BEANS, WAKAME SEAWEED, CUCUMBER, MANGO, PONZU SAUCE, WASABI MAYO, CHIVES AND LEEK TEMPURA

€ 11,50

* HONOLULU

WHITE RICE, SEARED SALMON, PINEAPPLE, CARROTS, WHITE CABBAGE, PHILADELPHIA CHEESE (LACTOSE-FREE), TERIYAKI SAUCE, GINGER MAYO, WASABI AND ALMOND FLAVOURED SOY SAUCE AND PISTACHIO GRANULES

€ 11,50

* MOLOKAY

WHITE RICE, SALMON, TUNA, WHITE FISH, OCTOPUS, AND SHRIMP MARINATED IN CEVICHE SAUCE WITH RED ONIONS, CHERRY TOMATOES, EDAMAME BEANS, CUCUMBER, HULA-HULA SAUCE AND SWEET POTATO CHIPS

€ 11,90

* LAU

BLACK RICE, CURRIED CHICKPEAS, TOFU, CARAMELISED ONIONS, AVOCADO, CHERRY TOMATOES, WHITE CABBAGE, SWEET POTATO STRIPS, BEETROOT MAYO, EXTRA VIRGIN OLIVE OIL, ALMONDS AND CASHEWS

€ 10,90

* ALOHA

WHITE RICE, PANKO CRUSTED SALMON WITH WAKAME SEAWEED, FRIARELLI PEPPERS, CARAMELISED ONIONS, CARROTS, PONZU SAUCE AND TRUFFLE MAYO

€ 11,90

* LOMI SALMON

WHITE RICE, SALMON, PINEAPPLE, WAKAME SEAWEED, AVOCADO, WHITE CABBAGE, WASABI-FLAVOURED SOY SAUCE, GINGER MAYO, ALMONDS AND SESAME SEEDS

€ 11,50

* APPETIZERS *

WAKAME SEAWEED	€ 3,00
EDAMAME BEANS	€ 3,00
SPRING ROLLS AND SWEET CHILLI SAUCE 3pcs	€6,50
SALMON SASHIMI 5pcs	€ 6,00
TUNA SASHIM 5pcs	€ 6,00
NACHOS WITH GUACAMOLE SAUCE	€ 5,00
AVOCADO FRIES WITH TRUFFLE MAYO	€ 7,00
Avocado nuggets in crispy panko	
SALMON BALLS WITH BASIL DRESSING AND TERIYAKI SAUCE	€ 5,00
salmon and Philadelphia rice balls (lactose-free) in crispy panko 4pcs	
CHICKEN AND VEGETABLE GYOZA WITH HUNAN SAUCE 4pcs	€ 6,00
PRAWN GYOZA WITH HUNAN SAUCE DRESSING 4pcs	€ 6,00
PANKO FRIED PRAWNS WITH SWEET CHILLI SAUCE 4pcs	€ 8,50
AVOCADO TOAST 1pc	€ 4,50
Toasted organic grain bread with guacamole sauce and sesame seeds	
+ MARINATED SALMON	€2,00
+ GREEK FETA	€1,50

BAO BUNS

2PZ

€ 6.00

PULLED PORK,
MIXED SALAD,
HONEY MUSTARD

SEARED SALMON,
GUACAMOLE SAUCE
AND TERIYAKI SAUCE

PANKO FRIED SHRIMP
WITH PHILADELPHIA
CHEESE (LACTOSE-FREE)
AND SPICY MAYO

* TARTARE AND CARPACCIO *

SOFT AND SPICY SALMON TARTARE
WITH PONZU SAUCE, EXTRA VIRGIN
OLIVE OIL AND SWEET POTATO
STRIPS ON AVOCADO BASE

€ 10

SALMON, TUNA, OCTOPUS, PRAWNS
AND AMBERJACK CEVICHE WITH
EXTRA VIRGIN OLIVE OIL, CITRUS
AND SRIRACHA MARINADE, CHERRY
TOMATOES AND RED ONIONS

€ 12,50

SOFT AND SPICY TUNA TARTARE
WITH PONZU SAUCE, EXTRA
VIRGIN OLIVE OIL AND LEEK
TEMPURA ON AVOCADO BASE

€ 11

MARINATED SALMON
CARPACCIO WITH LIME-
ORANGE, PONZU SAUCE
AND EXTRA VIRGIN
OLIVE OIL 12 PCS

€ 10

AMBERJACK, TUNA,
SALMON, AND COOKED
OCTOPUS CEVICHE

€ 11

MIXED SALMON, TUNA,
AMBERJACK CARPACCIO
MARINATED WITH ORANGE,
LIME, PONZU SAUCE AND
EXTRA VIRGIN OLIVE OIL

€ 11,50

* TACOS *

2PCS

€ 7.00

MARINATED TUNA IN
TRUFFLE SAUCE AND
BURRATA CHEESE

AMBERJACK, TUNA,
SALMON, AND
COOKED OCTOPUS
CEVICHE

SOFT AND SPICY
SALMON, GUACAMOLE
AND CHIVES

URAMAKI 4 PCS

ITALO SHRIMP TEMPURA TOPPED WITH SEARED SALMON, PHILADELPHIA CHEESE (LACTOSE-FREE), CHIVES, SPICY MAYO, TERIYAKI SAUCE AND LIME ZEST	€ 6,50
NAMASTE PANKO CRUSTED SALMON, PHILADELPHIA CHEESE (LACTOSE-FREE), MIXED SALAD AND PISTACHIO GRANULES	€ 6,50
HURRICANE SEARED SPICY TUNA, CUCUMBER TEMPURA, TERIYAKI SAUCE, TOGARASHI AND TEMPURA FLAKES	€ 6,50
LOVE TEMPURA SHRIMP COVERED IN AVOCADO, JAPANESE MAYO, TERIYAKI SAUCE AND KATAIFI	€ 6,00
TOKIO PANKO FRIED HOSOMAKI WITH SALMON, TOPPED WITH SPICY SALMON TARTARE AND CHIVES	€ 6,00
BLOSSOM PANKO FRIED HOSOMAKI WITH TUNA COVERED IN PHILADELPHIA CHEESE (LACTOSE-FREE), RASPBERRIES AND TERIYAKI SAUCE	€ 6,00
MAMBO SALMON, AVOCADO, PHILADELPHIA CHEESE (LACTOSE-FREE) AND SESAME SEEDS	€ 5,00
GRINGO SPICY SALMON TARTARE TOPPED WITH TERIYAKI SAUCE, GUACAMOLE SAUCE AND CRISPY NACHOS	€ 6,50
RAINBOW SALMON AND AVOCADO INSIDE, COVERED WITH SALMON, TUNA AND AMBERJACK	€ 7,50
ROCK&ROLL SPICY TUNA TARTARE COVERED WITH TUNA, TRUFFLE MAYO AND LEEK TEMPURA	€ 7,50
EDEN SALMON, AVOCADO, TOPPED WITH RED PRAWN AND LIME MAYO	€ 7,50
OPONOPONO SALMON AND AVOCADO INSIDE COVERED WITH AMBERJACK, LIME MAYO AND CRISPY SWEET POTATO	€ 7,50
BUDDHAKAN SPICY AMBERJACK TARTARE AND AVOCADO COVERED WITH RED PRAWN, PISTACHIO GRAINS, WHITE TRUFFLE EXTRA VIRGIN OLIVE OIL AND TRUFFLE MAYO	€ 8,00
VEGGY PINK MAME NORI, CUCUMBER TEMPURA, AVOCADO, JAPANESE MAYO, TERIYAKI SAUCE AND ALMONDS	€ 4,50

TEMAKI COLOUR

YELLOW

WHITE RICE, SALMON, AVOCADO, JAPANESE MAYO, ALMONDS, TERIYAKI SAUCE AND SESAME SEEDS
€ 5,00

PINK

WHITE RICE, SPICY SALMON, PHILADELPHIA CHEESE (LACTOSE-FREE), AVOCADO AND TEMPURA FLAKES
€ 5,00

GREEN

WHITE RICE, SPICY TUNA WITH MANGO, WAKAME SEAWEED AND TEMPURA FLAKES
€ 6,00

ORANGE

WHITE RICE, PRAWN TEMPURA, PHILADELPHIA CHEESE (LACTOSE-FREE), WAKAME SEAWEED, AVOCADO AND SWEET CHILLI SAUCE
€ 6,00

WHITE

WHITE RICE, PANKO CRUSTED SALMON, AVOCADO, PHILADELPHIA CHEESE, LIME MAYO AND TERIYAKI SAUCE
€ 6,00

* NIGIRI SPECIAL *

2PCS

- 🍣 SALMON NIGIRI, SPICY MAYO AND SWEET POTATO STRIPS € 3,50
- 🍣 AMBERJACK NIGIRI, LIME MAYO, TOBIKO AND KATAIFI € 4,00
- 🍣 TUNA NIGIRI, TRUFFLE SAUCE AND LEEK TEMPURA € 3,50

DRINKS

ACQUA PANNA 0,5 CL	€ 1,50
ACQUA SAN PELLEGRINO 0,5 CL	€ 1,50
COCA-COLA 33 CL	€ 2,50
FANTA 33 CL	€ 2,50
CHINÒ 0,20 CL	€ 2,00
THE VERDE GALVANINA 33 CL	€ 3,50
THE ALLA PESCA GALVANINA 33 CL	€ 3,50
THE LIMONE GALVANINA	€ 3,50

BEERS

MENABREA BIONDA 33 CL	€ 3,50
MENABREA NON FILTRATA 33 CL	€ 3,50
MENABREA WEISSE 33 CL	€ 4,00
BIRRA HAWAIANA	
LAGER KONA BREW 35 CL	€ 5,00

WINES

SAN MARZANO TRAMARI ROSÈ vol. 12,5%	€ 18,50
SAN MARZANO LIBOLL ROSÈ vol. 11,5%	€ 18,50
SAN MARZANO TALÒ CHARDONNAY vol. 12,5%	€ 18,50
SAN MARZANO TALÒ VERDECA vol. 12,5%	€ 18,50
PAOLO LEO CHARDONNAY vol. 12,5%	€ 16,50

glass € 4,00

COVER 1,50 €

ACAI BOWL

100% ACAI SUPERFRUIT

🍷 ACAI TROPICAL

ACAI, GUARANA WITH GRANOLA, RED BERRIES, MANGO AND COCONUT FLAKES
€ 8,00

🍷 ACAI CHOKO

ACAI, GUARANA, BANANA, RED BERRIES, GRANOLA AND CHOCOLATE CHIPS
€ 8,00

FRESH JUICES

100% FRESH FRUIT

DETOX Pineapple, green apple, fennel and ginger	€ 4,00
VITAMIN Orange, apple and carrot	€ 4,00
TINTARELLA Mango, orange and carrot	€ 4,50
IMMUNITY Carrot, orange, beetroot and lemon	€ 4,00
TROPICAL Mango and pineapple	€ 4,50

DESSERTS

1 PC
€ 6.00

- 🍷 HAZELNUT SEMIFREDDO IN A DARK CHOCOLATE SHELL WITH SALTED CARAMEL (NATURALLY GLUTEN-FREE)
- 🍷 PISTACHIO SEMIFREDDO IN A WHITE CHOCOLATE SHELL WITH PASSION FRUIT AND MANGO SAUCE (NATURALLY GLUTEN-FREE)



**OPEN FOR
LUNCH AND
DINNER**



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JUST EAT

 **socialfood.it**

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