
Step 1:
BASE

Step 2:
PROTEIN

Step 3:
CHOOSE A FLAVOR

Step 4:
FRUITS AND VEGGIES

Choose three ingredients
Wähle drei Zutaten

Step 5:
CHOOSE A SAUCE

Step 6:
TOPPINGS
Choose three ingredients
Wähle drei Zutaten



HUMUHUMU POKE BAR

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Menu
Speisekarte

SIGNATURE BOWLS

Kanaloa Chicken Bowl

Grilled Chicken, Sweet Vinaigrette, Avocado, Cucumber, Scallion, Lime Mayo, Roasted Peanuts, Crispy Rice Noodles

Gegrillte Hühnerbrust, Sweet Vinaigrette, Avocado, Gurke, Jungzwiebel, Limetten Mayo, Geröstete Erdnüsse, Reissnudeln

Laka Salmon Bowl

Fresh Salmon, Shoyu, Mango, Scallion, Spicy Mayo, Pomegranate, Crispy Rice Noodles, Macadamia Nut

Frischer Lachs, Shoyu, Mango, Jungzwiebel, Scharfe Mayo, Granatapfel, Knusprige Reissnudeln, Macadamianuss

Namaka Shoyu Bowl

Fresh Ahi Tuna, Shoyu, Scallion, Edamame, Crispy Rice Noodles, Roasted Sesame

Frischer Ahi Thunfisch, Shoyu, Jungzwiebel, Edamame, Knusprige Reissnudeln, Gerösteter Sesam

Pele Fire Bowl

Fresh Ahi Tuna, Shoyu, Scallion, Cucumber, Spicy Mayo, Tobiko, Panko

Frischer Ahi Thunfisch, Shoyu, Jungzwiebel, Gurke, Scharfe Mayo, Tobiko, Panko

Lono Vegan Bowl

Organic Tofu, Ginger Miso, Cucumber, Beets, Vegan Mayo, Seaweed Salad, Crispy Garlic

Bio Tofu, Ingwer Miso, Gurke, Rote Beete, Vegane Mayo, Seetang Salat, Knuspriger Knoblauch

Apsara Shrimp Bowl

Shrimp, Fish Sauce, Cucumber, Mango, Cilantro, Lime Mayo, Roasted Peanuts, Crispy Rice Noodles

Shrimp, Fisch Sauce, Gurke, Mango, Koriander, Limetten Mayo, Geröstete Erdnüsse, Knusprige Reissnudeln

CREATE YOUR OWN BOWL

1. BASE

Sushi Rice
Sushi Reis

Mixed Greens
Salat-Mix

Brown Rice
Brauner Reis

Half/Half
Halb/Halb



2. PROTEIN

Fresh Ahi Tuna
Ahi Thunfisch

Organic Tofu
Bio Tofu

Fresh Salmon
Frischer Lachs

Shrimp
Grilled Chicken
Gegrillte Hühnerbrust



3. CHOOSE A FLAVOR

Shoyu

Sweet Vinaigrette

Ponzu

Fish Sauce

Teriyaki

Ginger Miso
Ingwer Miso



4. FRUITS AND VEGGIES

Cucumber
Gurke

Red Onion
Roter Zwiebel

Jalapeño

Scallion
Jungzwiebel

Edamame

Kimchi

Beets
Rote Beete

Avocado

Mango

Seaweed Salad
Seetang Salat



5. CHOOSE A SAUCE

Spicy Mayo
Scharfe Mayo

Lime Mayo
Limetten Mayo

Vegan Mayo
Vegane Mayo

Wasabi Mayo

Truffle Mayo
Trüffel Mayo

Gochujang



6. TOPPING

Crispy Nori
Knuspriges Nori

Pomegranate
Granatapfel

Crispy Rice Noodles
Knusprige Reissnudeln

Sesame
Sesam

Cilantro
Koriander

Tobiko

Roasted Peanuts
Geröstete Erdnüsse

Macadamia Nut
Macadamianuss

Panko

Pumpkin Seeds
Kürbiskerne

Pickled Ginger
Eingelegter Ingwer

Wonton

Pumpkin Seeds
Kürbiskerne

Pickled Ginger
Eingelegter Ingwer

Crispy Garlic
Knuspriger Knoblauch

