

@wisefishpoke
412 Greenwich Street
New York, NY 10013



*Superior, Smart,
Sustainable, Seafood.*

POKE BOWLS

All poke bowls are served with
scallion & toasted sesame seeds.



1 CHOOSE SIZE | Snack | Regular | Large

2 CHOOSE BASE

- White Rice • Brown Rice
- Zucchini Noodles
- Half & Half
- Power Grains (+\$.75)
- Supergreens Salad (+\$.75)

3 CHOOSE BOWL
Our House Favorite's below are chef-inspired. To
customize, please select the Build-Your-Own.

HAWAII STYLE 🐟 🍷 \$8 | \$12 | \$15

Ahi Tuna • Classic Sauce • Sweet Onion
Hijiki • Nori

WEST SWELL 🐟 🍷 \$8 | \$12 | \$15

Ahi Tuna • Wisefish Sauce • Sweet Onion
Cilantro • Masago • Wasabi Avocado Cream

THE GREENWICH 🐟 🍷 \$9 | \$13 | \$16

Ahi Tuna • Black Garlic Aioli • Edamame
Red Bell Pepper • Capers • Crunchy Onion

ISLAND TIME 🐟 🍷 \$9 | \$13 | \$16

Shrimp • Coco-Lime Sauce • Sweet Onion
Carrot • Cilantro • Crunchy Onion

HEAT WAVE 🐟 🍷 \$8 | \$12 | \$15

Salmon • Spicy Citrus Shoyu • Carrot • Cucumber
Jalapeño • Cilantro • Crushed Red Pepper

THE ZISSOU 🐟 🍷 \$8 | \$12 | \$15

Salmon • Spicy Mayo • Cucumber • Edamame
Crunchy Onion • Pickled Ginger

THE LAIGHT \$8 | \$12 | \$15

Tofu • Carrot-Ginger Sauce • Cucumber
Radish • Crunchy Onion • Spicy Bean Sprouts

BUILD-YOUR-OWN \$9 | \$13 | \$16

Choose your base, mains, sauce and up to
6 complimentary add-ins (see back for
details)

4 SPLURGE (+\$1.50)

Seaweed Salad • Boiled Egg 🥚
Capers • Avocado • Crab Salad 🍷

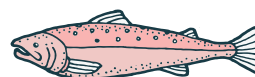


Add avocado
to any bowl
for \$1.50

ROASTED MARKET SEAFOOD BOWLS

All seafood is cooked fresh to order.
No steam tables, no heat lamps, no dry
filets, no b.s.

All roasted market seafood bowls
served with grains, salad and choice
of side and sauce.



1 CHOOSE PROTEIN

- Cod \$14
- Mahi Mahi \$13.50
- Salmon \$15
- Shrimp \$14
- Don't forget
to check our
specials board!

From our seasonal menu
of fresh, consciously-
sourced seafood.

2 CHOOSE GRAIN

- POWER GRAINS
Our ancient grain blend of brown
rice, quinoa and wheat berry.

• BROWN RICE

• WHITE RICE

3 CHOOSE ONE SIDE

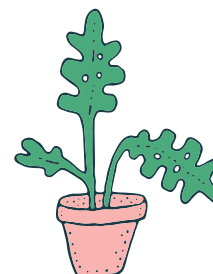
4 CHOOSE SAUCE

Wisefish • Spicy Mayo • Classic 🍷
Black Garlic Aioli • Coco-Lime
Carrot-Ginger • Spicy Citrus Shoyu

SIDES

- Roasted Sweet Potatoes
- Cucumber-Tomato Salad
- Wheat Berry Salad
- Seasonal Veggie
(check our specials
board for that new-new)

ADDITIONAL SIDES \$6 EACH



Please alert our team to any food allergies.
Vegetarian, vegan, dietary restrictions - we
got you covered... speak with our team to
create a bowl tailored to your every need.

🐟 Consuming raw or undercooked meats, poultry,
seafood, shellfish or eggs may increase your
risk of foodborne illness.

🍷 Contains shellfish.

Wisefish is cash-free. All major credit and
debit cards, Samsung pay, and Wisefish gift
cards are warmly accepted.

BUILD-YOUR-OWN



POKE BOWL

All poke bowls are served with scallion & toasted sesame seeds.

- 1 **CHOOSE SIZE**

Snack	Regular	Large
\$9	\$13	\$16
- 2 **CHOOSE BASE**
 - White Rice • Brown Rice
 - Zucchini Noodles
 - Half & Half
 - Power Grains (+\$.75)
 - Supergreens Salad (+\$.75)
- 3 **CHOOSE MAIN**
 - Ahi Tuna 🐟
 - Spicy Tuna 🐟
 - Salmon 🐟
 - Shrimp 🍤
 - Tofu
 - Half & Half
- 4 **CHOOSE ONE SAUCE**

(additional \$.50)

 - Wisefish
 - Classic 🍷
 - Spicy Mayo
 - Black Garlic Aioli
 - Coco-Lime
 - Carrot-Ginger
 - Spicy Citrus Shoyu

- 5 **ADD-INS**

Choose up to six.
Additional \$.50
- | | |
|--------------------|---------------------------|
| VEGGIES | HERBS & SPICES |
| Carrot | Pickled Ginger |
| Cucumber | Cilantro |
| Sweet Onion | Wasabi Avocado Cream |
| Radish | Crushed Red Pepper |
| Red Bell Pepper | |
| Edamame | CRUNCHY |
| Hijiki | Crunchy Onion |
| Jalapeno | Wasabi Peas |
| Nori | Masago |
| Spicy Bean Sprouts | |

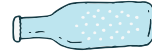
SPLURGE (+\$1.50)

Avocado
Boiled Egg 🍳
Seaweed Salad
Crab Salad 🍤
Capers

🐟 Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

🍤 Contains shellfish.

SOMETHING TO



DRINK

- Iced Tea \$3
- Housemade Beverage \$3.5
- La Croix \$2
- Seriously Sparkling Water \$3

SOMETHING SWEET



Mochi Ice Cream \$3

GLOSSARY

AHI: yellowfin or bigeye tuna.

CLASSIC SAUCE: house mix of shoyu, sesame oil and oyster sauce.

HIJIKI: seaweed, almost black in color.

MASAGO: fish roe (tiny eggs), orange-red in color.

POKE: Means "to slice or to cut" in Hawaiian; diced and marinated raw, sashimi grade fish.

SHOYU: soy sauce.

SPICY CITRUS SHOYU: spicy-citrus soy sauce.

WISEFISH SAUCE: sweet garlic soy sauce.

ZUCCHINI NOODLES our signature raw zucchini noodle.

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Wisefish is a laidback seafood shop celebrating fresh, simple, healthy food. We're driven by a commitment to exceptional, consciously-sourced ingredients and a passion for serving others. Our thanks for your visit runs as deep as the Mariana Trench! PS, you rock.