

# QC Poke Menu

604 21<sup>st</sup> St Moline, IL. 309-517-1676.

9 am to 9 pm Every day.

qcpokeorders@gmail.com

<b>Signature Bowls</b>		
1	Ahi Tuna	White Rice, Ahi Tuna, Salmon, Cucumber, Pickled Red Onion, Green Onion, Pineapple, Masago, Wasabi, Ponzu Sauce
2	Crab Salad	White Rice, Crab Salad, Avocado, Cucumber, Green Onion, Pickled Ginger, Wasabi, Sesame Seeds, Spicy Aioli Sauce
3	Spicy Tuna	White Rice, Spicy Tuna, Cucumber, Jalapeno, Wasabi, Green Onion, Daikon Sprouts, Chili Flakes, Togarashi, Cilantro Jalapeno Ponzu
4	Octopus Salad	Mixed Greens, Traditional Ahi, Octopus Salad, Cucumber, Edamame, Mango Relish, Green Onion, Furikake, Citrus Ginger Ponzu
5	Bacon	Brown Rice, Bacon bites, Edamame, Mango Relish, Green Onion, Daikon Sprouts, Sweet Corn, Cilantro, Ginger Sesame Sauce
6	Shredded Chicken	Kale, Mixed Greens, Shredded Chicken, Edamame, Cucumber, Pickled Red Onion, Pineapple, Daikon Sprouts, Green Onion, Sesame Seeds, Wasabi Peas, Eel Sauce
7	Total Vegetarian	Quinoa, Mixed Greens, Cucumber, Green Onion, Daikon Sprouts, Edamame, Pickled Red Onion, Avocado, Seaweed Salad, Sesame Ginger Sauce

## Build-Your-Own Poke Bowls

1. Choose a Base	White Rice Brown Rice Quinoa Mixed Greens Kale Noodles	
2. Choose a Protein	Octopus Salad Spicy Tuna Ahi Tuna Salmon Scallops	Shrimp Tofu Chicken Bacon
3. Choose Toppings	Mango Relish Togarashi Pickled red onion Daikon Sprouts Wasabi Seaweed Salad Sesame seeds Masago Crab Salad Green onions Edamame	Jalapenos Pickled ginger Red onion Beans Cucumber Avacado Cilantro Shredded Carrot Sweet Corn Green Peppers
4. Choose Sauce	Spicy Aioli Cilantro Jalapeno Ponzu Garlic Soy Eel Sauce Ginger Sesame Sesame Ginger	
5. Choose Seasonings	Chilly Flakes Pepper Salt Lemon Pepper Garlic Pepper Chilli Powder	

## Açaí Bowls

Original Açaí	Strawberry Passion	Blackberry Walnut
<p><b>Blend:</b> Strawberry, Blueberry, Banana, Açaí Sorbet, Apple Juice</p> <p><b>Topped:</b> Granola, Strawberries, Blueberries, Honey</p>	<p><b>Blend:</b> Strawberries, Pineapple, Passion Fruit Powder, Cashew Butter, Açaí Sorbet, Apple Juice</p> <p><b>Topped:</b> Granola, Pineapple, Strawberries, Honey</p>	<p><b>Blend:</b> Blackberry, Strawberry, Banana, Apple Juice, Walnut Butter</p> <p><b>Topped:</b> Granola, Blackberries, Strawberries, Honey, Walnut</p>
Go Green	Raspberry Lime	Chocolate Coconut
<p><b>Blend:</b> Strawberry, Blueberry, Banana, Açaí Sorbet, Spinach, Apple Juice</p> <p><b>Topped:</b> Granola, Strawberries, Banana, Blueberries, Honey</p>	<p><b>Blend:</b> Raspberry, Strawberry, Almond Butter, Lime Stevia, Açaí Sorbet, Apple Juice</p> <p><b>Topped:</b> Granola, Raspberries, Strawberries, Honey</p>	<p><b>Blend:</b> Strawberry, Blueberry, Banana, Almond Butter, Chocolate Pea Protein, Açaí Sorbet, Coconut Milk, Water</p> <p><b>Topped:</b> Granola, Sliced Almonds, Banana, Strawberries, Coconut Shavings, Dark Chocolate</p>
Cherry	Just Açaí	Chocolate Peanut Butter
<p><b>Blend:</b> Dark Cherries, Strawberries, Banana, Açaí Sorbet, Apple Juice</p> <p><b>Topped:</b> Granola, Cherries, Banana, Strawberries, Honey</p>	<p><b>Blend:</b> Açaí Sorbet</p> <p><b>Topped:</b> Granola, Banana, Strawberries, Blueberries, Honey</p>	<p><b>Blend:</b> Strawberry, Peanut Butter, Banana, Chocolate Pea Protein, Açaí Sorbet, Water</p> <p><b>Topped:</b> Granola, Sliced Almonds, Banana, Strawberries, Shaved Dark Chocolate</p>

<p style="text-align: center;"><b>Cherry Walnut</b></p> <p><b>Blend:</b> Dark Cherries, Strawberries, Banana, Açai Sorbet, Apple Juice, Walnut Butter</p> <p><b>Topped:</b> Granola, Cherries, Banana, Strawberries, Honey, Walnuts</p>	<p style="text-align: center;"><b>Tropical</b></p> <p><b>Blend:</b> Pineapple, Mango, Coconut Milk, Banana, Açai Sorbet, Apple Juice</p> <p><b>Topped:</b> Granola, Mango, Pineapple, Banana, Coconut Flakes, Honey</p>	<p style="text-align: center;"><b>Chocolate Walnut</b></p> <p><b>Blend:</b> Strawberry, Blueberry, Banana, Walnut Butter, Chocolate Pea Protein, Açai Sorbet, Water</p> <p><b>Topped:</b> Granola, Strawberries, Blueberries, Banana, Walnut, Honey</p>
<p style="text-align: center;"><b>Raspberry Pecan</b></p> <p><b>Blend:</b> Raspberry, Strawberries, Pecan Butter, Açai Sorbet, Apple Juice, Cashew Butter</p> <p><b>Topped:</b> Granola, Raspberries, Strawberries, Honey, Pecans</p>	<p style="text-align: center;"><b>Peanut Butter</b></p> <p><b>Blend:</b> Strawberry, Peanut Butter, Banana, Açai Sorbet, Apple Juice</p> <p><b>Topped:</b> Granola, Strawberries, Sliced Banana, Honey</p>	<p style="text-align: center;"><b>Blackberry</b></p> <p><b>Blend:</b> Blackberry, Strawberry, Banana, Açai Sorbet, Apple Juice</p> <p><b>Topped:</b> Granola, Blackberries, Strawberries, Honey</p>

## Smoothies and Shakes

### Smoothies

- Mango Passion
- Extreme Green
- Strawberry
- Tropical
- Berry Berry
- Chocolate Peanut Butter
- Chocolate Coconut
- Peanut Butter
- Raspberry

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- Cherry

### Shakes

- Chocolate Coconut Protein
- Chocolate Almond Protein
- Chocolate Peanut Butter Protein
- Strawberry Vanilla Protein
- Chocolate Banana Protein
- Chocolate Walnut Butter Protein
- Chocolate Protein
- Vanilla Almond Coconut Protein
- Vanilla Green Protein

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- Vanilla Protein