



SOUTHFIN

SOUTHERN POKÉ

To-Go

SOUTHFIN ORIGINALS 2 SCOOPS \$10⁹⁵ 3 SCOOPS \$13⁹⁵



classic

gulf tuna • shoyu sauce • sweet onion • green onion • radish
cucumber • sesame seeds • pickled ginger



wasabi gras

gulf tuna • shrimp • shoyu sauce • wasabi honey mayo
seaweed salad • cucumber • sweet onion
pickled ginger • pickled jalapeño • wasabi peas



spicy salmon

salmon • honey sriracha • miso dressing • green onion • mango
sweet onion • fried wonton • cherry tomato • cucumber
pickled jalapeño



chicken poké

chicken • miso dressing • honey sriracha • fried wonton
sweet onion • pickled ginger • carrots • cherry tomato • cilantro
marinated mushrooms • red cabbage



luau

gulf tuna • shrimp • yuzu dressing • spicy mayo
pineapple • radish • cabbage • sweet onion • mango
macadamia nuts • toasted coconut



crawfish bowl

Louisiana Crawfish Tails • shrimp • corn & bell pepper
onion mix • red cabbage • tomatoes • Fin-Boil sauce
crispy shallots • green onions



tiki combo

3 SCOOPS ONLY \$14⁹⁵

gulf tuna • salmon • shrimp • spicy mayo • shoyu • pineapple
sweet onion • cucumber • pickled jalapeño • red cabbage • avocado
coconut • cherry tomato • seaweed salad • furikake



Eat Fit BR items meet the nutritional criteria designated by Ochsner Health System, supported by the Blue Cross and Blue Shield of Louisiana Foundation. Visit EatFitBR.com or ask your server for more information. Bowls are Eat Fit when served with mixed greens, zoodles, or purple rice.

GET TO KNOW OUR SAUCES

all of our house-made
sauces are **GLUTEN-FREE**

SHOYU

A classic poké sauce -
ginger, soy, sesame oil

HONEY SRIRACHA

Perfect balance of sweet heat

SPICY MAYO

Sriracha, lime mayo with
a touch of sesame

MISO DRESSING

Slightly sweet, earthy
vinaigrette

YUZU DRESSING

Citrus soy dressing

WASABI HONEY MAYO

Rich lime mayo with
wasabi kick

WHAT'S YOUR BASE?

PURPLE RICE

Heart-healthy, locally
grown rice

WHITE RICE

Steamed Louisiana
long-grain rice

MIXED GREENS

Red cabbage, mixed
greens, kale

GLUTEN-FREE NOODLES

Asian sweet potato noodles
marinated in shoyu sauce

ZOODLES

Spiralized zucchini and
squash noodles

FIN-ROLL

Sushi style purple rice on
soy paper

READY FOR MOCHI?



STRAWBERRY



VANILLA



CHOCOLATE



MANGO



GREEN TEA



BLACK
SESAME



Kids Bowl

For guppies 12 years and under

\$6.⁹⁵



**BASE + 1 PROTEIN + 3 REGULAR TOPPINGS
+ ANY OF OUR SAUCES + GARNISHES**

4321 Perkins Road | Baton Rouge, Louisiana 70808 | 7474 Corporate Blvd | Baton Rouge, Louisiana 70809

southfinpoke.com | [@southfinpoke](https://www.instagram.com/southfinpoke)

RAW FISH Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.

BUILD YOUR OWN BOWL

BASE + PROTEIN + TOPPINGS + SAUCE + GARNISH

2 SCOOPS \$10⁹⁵

3 SCOOPS \$13⁹⁵

1 choose your **BASE**

PURPLE
RICE

WHITE
RICE

MIXED
GREENS

GLUTEN-FREE
NOODLES

ZOODLES

FIN-ROLL

2 choose a **PROTEIN**

 GULF
TUNA

 SALMON

SHRIMP

CHICKEN

TEMPEH

CRAWFISH

3 choose your **TOPPINGS**

PINEAPPLE

RADISH

CUCUMBER

CORN & BELL PEPPER

RED CABBAGE

PICKLED JALAPEÑO

CARROTS

CHERRY TOMATO

SWEET ONION

SPECIAL TOPPINGS (\$1.00/EACH)

MANGO • TOBIKO • SEAWEED SALAD • MACADAMIA NUTS

AVOCADO • MARINATED MUSHROOMS • CRAB SALAD

4 choose a **SAUCE**

SHOYU

MISO
DRESSING

HONEY
SRIRACHA

WASABI
HONEY MAYO

SPICY
MAYO

YUZU
DRESSING

5 choose some **GARNISHES**

FURIKAKE

TOGARASHI

EDAMAME

SESAME SEEDS

WASABI PEAS

CRISPY
SHALLOTS

PICKLED
GINGER

TOASTED
COCONUT

FRIED
WONTONS

CRISPY
JALAPEÑOS

SKIP THE LINE *order online for* **PICK-UP or DINE-IN**



RAW FISH

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.