



Scan Me



for Order
Online

Poke Bowl, Sushi Burrito,
Salad & Asian Fusion

Tel. 603-238-9088

70 Main St, Plymouth, NH 03264

www.PeekabowlNH.com




Dine In - Take Out & Delivery

Open: Tuesday - Sunday

We use no MSG

Please let us know if you have any food allergy.

 = Gluten Free,  = Gluten Free Option available

 Indicates mildly spicy food and can be spiced up to medium, hot or extra hot by your preference.

Prices are subject to change & do not include the 9% NH meal tax.
Parties of 6 or more may have an 18% service charge.

Peek Signature Bowl

Pick Your Base for the Bowl below :



Rice Bowl

White Rice or Brown Rice



Sushi Burrito

Seaweed Wrap & White Rice



Salad Bowl

Spring Mix or Lettuce

*RAW FISH BOWL :

- *HAWAIIAN BOWL : 2 scoops (Choice of Marinated Salmon or Tuna), onion, edamame, avocado, cucumber, poke sauce, shredded seaweed & sesame seeds. **\$12.75**
- *MANGO BOWL : 2 scoops Marinated Salmon, mango, edamame, beetroot, crispy shallot, mango sauce, shredded seaweed & sesame seeds. **\$12.75**
- *SEA BOWL : 1 scoop Spicy Tuna, 1 scoop Imitation Crab Salad, edamame, cucumber, avocado, crispy wonton, teriyaki sauce, shredded seaweed & sesame seeds. **\$12.75**
- *RAINBOW BOWL : Salmon, Tuna, Imitation Crab Salad (1 scoop each), onion, edamame, cucumber, crispy shallot, shredded seaweed, citrus soy dressing, 🌶️ spicy mayo & sesame seeds. **\$15.25**

COOKED MEAT BOWL :



- MARINE BOWL : 2 scoops Imitation Crab Salad, edamame, cucumber, beetroot, seaweed salad, citrus soy dressing, shredded seaweed & sesame seeds. **\$12.75**
- ALOHA BOWL : 2 scoops Imitation Crab Salad, avocado, seaweed salad, cucumber, mango salsa, sweet soy sauce, shredded seaweed & sesame seeds. **\$12.75**
- SUMMER BOWL : 2 scoops Cooked Shrimp, mango salsa, avocado, cucumber, crispy wonton, Teriyaki sauce, mango sauce, shredded seaweed & sesame seeds. **\$12.75**
- SPICY CHICKEN BOWL : 2 scoops Grilled Chicken Breast, seaweed salad, edamame, avocado, cucumber, citrus soy dressing, 🌶️ spicy mayo, shredded seaweed & sesame seeds. **\$12.75**
- NUTTY BOWL : 2 scoops Grilled chicken Breast, sweet corn, edamame, cucumber, crispy shallot, poke sauce, peanut sauce, shredded seaweed & sesame seeds. **\$12.75**

VEGETARIAN BOWL : (all mayo contains egg)

- DELISH BOWL : 2 scoops Marinated Tofu, edamame, cucumber, seaweed salad, shredded seaweed, sesame dressing, sweet soy sauce & sesame seeds. **\$12.00**
- TASTY BOWL : 2 scoops Marinated Tofu, avocado, sweet corn, cucumber, scallion, crispy shallot, ginger miso sauce, shredded seaweed & sesame seeds. **\$12.00**
- SHINING BOWL : 2 scoops Roasted Sweet Potato, avocado, edamame, pineapple, crispy shallot, ginger miso sauce, honey-lemon mayo, shredded seaweed & sesame seeds. **\$12.00**
- SWEET & CHILI BOWL : 2 scoops Roasted Sweet potato, avocado, cucumber, seaweed salad, crispy shallot, sweet soy sauce, 🌶️ spicy mayo, shredded seaweed & sesame seeds. **\$12.00**



All poke bowls contain sesame seeds.

Please inform our staff, if you have any food allergy.

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



Make Your Own Bowl

Lunch Special : Tue - Fri at 11 am - 3 pm : Free miso soup with every bowl!

Lunch Special : Small size : 1 scoop of protein \$10.95

Served All Day : Regular : up to 2 scoops of proteins \$12.75 / Large : up to 3 proteins \$15.25

Step 1 : Choose Size & Pick Base



Rice Bowl

White Rice or Brown Rice



Sushi Burrito

Seaweed Wrap & White Rice



Salad bowl

Spring Mix or Lettuce

Step 2 : Add Protein (Small 1 scoop, Reg 2 scoops, Large 3 scoops)



*Raw Fish

- *Plain Salmon **GF**
- *Plain Tuna **GF**
- *Marinated Salmon
- *Marinated Tuna
- *Spicy Salmon with scallion **GF**
- *Spicy Ground Tuna with scallion **GF**

Cooked

- Cooked Shrimp **GF**
- Imitation Crab Salad
- Grilled Chicken Breast **GF**



Vegetarian

- Marinated Tofu
- Roasted Sweet Potato **GF**

Step 3 : Add MIX-INS



(Choose 3 Veggies)

- | | |
|-------------|----------------|
| Avocado | Onion |
| Beetroot | Pineapple |
| Cucumber | Pickled Ginger |
| Edamame | Scallion |
| Lettuce | Sweet Corn |
| Mango | Spring Mix |
| Mango Salsa | Seaweed Salad |

(Choose 1 Topping)

- Crunchy
- Crispy Shallot **GF**
- Crispy Garlic **GF**
- Crispy Wonton
- Shredded Seaweed **GF**
- *Fish Roe + \$2



Step 4 : Finish with the Sauce (Choose 1-2 sauces)

Light Sauce :

- Poke Sauce
- Teriyaki
- Duck Sauce : sweet and sour sauce **GF**
- Sweet Soy Sauce
- Ginger Miso Sauce
- Citrus Soy Dressing

Creamy Sauce :

- Spicy Mayo **GF**
- Peanut Sauce **GF**
- Mango Sauce **GF**
- Sesame Dressing
- Honey-Lemon Mayo **GF**



Additional Toppings and Sauces are available :

- All Proteins (1scoop +\$2.95)
- Roasted Sweet Potato, Marinated Tofu & Fish Roe (+\$2 each)
- Avocado \$1.25, Other Veggies, Sauces and other toppings (+\$1 each)



Appetizer & Soup



1. EDAMAME (GF) \$5.50
2. SEAWEED SALAD (GF) \$6.50
3. CRISPY TOFU Fried tofu topped with sweet soy sauce & 🌶️ spicy mayo. \$6.95
4. PEEK'S FRIES Choice of FRIES \$6.50 or SWEET POTATO FRIES. \$7.50 topped with 🌶️ spicy mayo & honey-lemon mayo.
5. VEGGIE GYOZA (Fried) (6) served with sweet soy sauce. \$7.50
6. CHICKEN GYOZA (Fried) (5) served with sweet soy sauce. \$7.50
7. AVOCADO BOMB Fried battered avocado topped with 🌶️ spicy mayo & teriyaki sauce. (please allow 10 mins to be cooked) \$8.95
8. KOREAN CHICKEN Crispy chicken pop glazed with sauce of your choice : Duck Sauce or 🌶️ Spicy Korean Sauce, sesame seeds & scallion. \$9.95
9. FRIED SHRIMP SHUMAI (5) served with sweet soy sauce. \$8.95
10. OCEAN ROLLS (4) Crispy spring roll stuffed with shrimp, imitation crab, cream cheese & scallion served with duck sauce. \$8.95
11. SHRIMP SALAD (GF) Cooked shrimp with avocado, mango salsa, cucumber, & lettuce. \$9.95
12. WONTON NACHO Crispy wonton chips topped with cooked shrimp, mango salsa, edamame, crispy shallot, duck sauce, 🌶️ spicy mayo, shredded seaweed & sesame seeds. \$11.95
13. MISO SOUP (GF) \$3.50
14. DUMPLING SOUP (5) Vegetable dumplings & scallion in Chicken broth. \$6.95 (please ask for veggie broth for vegetarian)



Lunch Special

Lunch Special : Tuesday - Friday at 11 am - 3 pm

FRIED RICE Gluten Free Option :

Fried Tofu is not gluten free. Ask for Soft Tofu for Gluten free option.

- B1 THAI SAUSAGE FRIED RICE Rice sauté with egg, onion, scallion & Thai sweet pork sausage. \$10.95
- 🌶️ B2 TOM YUM FRIED RICE (GF) 🌱 Rice sauté with egg, onion, mushroom, scallion & Tom Yum sauce.
Fried Tofu \$9.95, Chicken \$10.95, Shrimp \$11.95
- B3 GARLIC FRIED RICE (GF) Rice sauté with egg, garlic butter, onion, carrot & scallion topped with crispy garlic.
Fried Tofu \$9.95, Chicken \$10.95, Shrimp \$11.95
- B4 TROPICAL FRIED RICE Rice sauté with egg, mango, pineapple & avocado.
Fried Tofu \$10.95, Chicken \$11.95, Shrimp \$12.95
- 🌶️ B14 BASIL FRIED RICE (GF) 🌱 Rice sauté with egg, garlic, chili, onion, bell pepper & basil.
Fried Tofu \$9.95, Chicken \$10.95, Shrimp \$11.95

NOODLE (Stir-Fried)


- 🌶️ B5 DRUNKEN NOODLE Choice of Udon or Ramen sauté with egg, garlic, chili, onion, bell pepper & basil. (Fried Tofu \$9.95, Chicken \$10.95, Shrimp \$11.95)
- B6 YAKI NOODLE Choice of Udon or Ramen sauté with onion, cabbage, carrot & Japanese Yaki sauce. (Fried Tofu \$9.95, Chicken \$10.95, Shrimp \$11.95)
- B7 RAMEN NOODLE Ramen Noodle sauté with egg, cabbage, bean sprout, carrot & scallion. (Fried Tofu \$9.95, Chicken \$10.95, Shrimp \$11.95)
- B8 CREAMY GARLIC UDON (Contains Milk) Udon noodle sauté with onion, scallion, cabbage, mushroom & creamy garlic sauce.
(Fried Tofu \$9.95, Chicken \$10.95, Shrimp \$11.95)





Lunch Special (continued)

SPECIAL DISH (served with White Rice, Brown Rice or Egg Fried Rice )

Gluten Free Option : Fried Tofu is not gluten free. Ask for Soft Tofu for Gluten free option.


B9 MIXED VEGGIE DISH  Sauté mixed veggies (cabbage, carrot, onion, broccoli and mushroom) topped with crispy garlic served with rice of your choice.

Fried Tofu \$9.95, Chicken \$10.95, Shrimp \$11.95

 **B10 BASIL CHICKEN**  Ground chicken sauté with basil, onion, garlic, chili & bell pepper served with rice of your choice. \$10.95

B11 TEMPURA DISH served with choice of rice, sauté carrot, cabbage & citrus soy sauce.

Fried Tofu \$9.95, Chicken Pop \$10.95, Shrimp Tempura \$11.95

B12 MASSAMUN CURRY  Simmered potato, sweet potato and onion in Thai Massamun curry topped on rice of your choice.

Fried Tofu \$10.95, Chicken Pop \$11.95, Shrimp Tempura \$12.95

B13 JAPANESE CURRY Simmered potato, carrot, and onion in Japanese curry served with choice. of rice. Fried Tofu \$10.95, Chicken Pop \$11.95, Shrimp Tempura \$12.95

Warm Dish




FRIED RICE **Gluten Free Option :**

Fried Tofu is not gluten free. Ask for Soft Tofu for Gluten free option.

21. THAI SAUSAGE FRIED RICE Rice sauté with egg, onion, scallion & sweet pork sausage \$13.95


 **22. TOM YUM FRIED RICE**  Rice sauté with egg, onion, mushroom, scallion & Tom Yum sauce.
- Fried Tofu \$11.95, Chicken \$12.95, Shrimp \$13.95, Grilled Salmon \$17.95, Grilled Beef \$17.95

23. GARLIC FRIED RICE  Rice sauté with egg, garlic butter, onion, carrot & scallion topped with crispy garlic.

- Fried Tofu \$11.95, Chicken \$12.95, Shrimp \$13.95, Grilled Salmon \$17.95, Grilled Beef \$17.95


24. TROPICAL FRIED RICE Rice sauté with egg, mango, pineapple & avocado.


- Fried Tofu \$12.95, Chicken \$13.95, Shrimp \$14.95, Grilled Salmon \$18.95, Grilled Beef \$18.95

 **25. BASIL FRIED RICE** Rice sauté with egg, garlic, chili, onion, bell pepper & basil.


- Fried Tofu \$11.95, Chicken \$12.95, Shrimp \$13.95, Grilled Salmon \$17.95, Grilled Beef \$17.95

NOODLE (Soup)


31. VEGGIE NOODLE SOUP  Rice Noodle with tofu, cabbage, carrot, broccoli, bean sprout, scallion & cilantro in vegetable broth. \$12.95

32. CLEAR NOODLE SOUP  Rice Noodle with ground chicken, shrimp, chicken wonton, bean sprout, scallion & cilantro in chicken broth. \$13.95

 **33. TOM YUM NOODLE SOUP**  Rice Noodle with ground chicken, shrimp, chicken wonton, crispy wonton, ground peanut, bean sprout, scallion & cilantro in mildly spicy & sour broth. \$13.95

 **34. EXTREME TOM YUM NOODLE SOUP** (Contains Milk) Rice Noodle with imitation crab, shrimp, chicken wonton, crispy wonton, mushroom, bean sprout, scallion & cilantro in creamy mildly spicy & sour broth. \$14.95

NOODLE (Stir-Fried)

 **35. DRUNKEN NOODLE** Choice of Udon or Ramen sauté with egg, garlic, chili, onion, bell pepper & basil.

- Fried Tofu \$11.95, Chicken \$12.95, Shrimp \$13.95, Grilled Salmon \$17.95, Grilled Beef \$17.95

36. YAKI NOODLE Choice of Udon or Ramen sauté with onion, cabbage, carrot & Japanese Yaki sauce.

- Fried Tofu \$11.95, Chicken \$12.95, Shrimp \$13.95, Grilled Salmon \$17.95, Grilled Beef \$17.95

37. RAMEN NOODLE Ramen Noodle sauté with egg, cabbage, bean sprout, carrot & scallion.

- Fried Tofu \$11.95, Chicken \$12.95, Shrimp \$13.95, Grilled Salmon \$17.95, Grilled Beef \$17.95

38. CREAMY GARLIC UDON (Contains Milk) Udon noodle sauté with onion, scallion, cabbage, mushroom & creamy garlic sauce.

- Fried Tofu \$12.95, Chicken \$13.95, Shrimp \$14.95, Grilled Salmon \$18.95, Grilled Beef \$18.95



SPECIAL DISH (served with White Rice, Brown Rice or Egg Fried Rice)

Gluten Free Option :

Fried Tofu is not gluten free. Ask for Soft Tofu for Gluten free option.

41. MIXED VEGGIE DISH  Sauté mixed veggies (cabbage, carrot, onion, broccoli and mushroom) & topped with crispy garlic served with rice of your choice.
Fried Tofu \$12.95, Chicken \$13.95, Shrimp \$14.95,
-  42. BASIL CHICKEN  Ground chicken sauté with basil, onion, garlic, chili & bell pepper served with rice of your choice. \$13.95
43. TEMPURA DISH Choice of Fried Tofu \$12.95, Chicken Pop \$13.95,
Breaded Pork \$14.95 or Shrimp Tempura \$15.95
served with rice of your choice, sauté carrot & cabbage & citrus soy sauce.
-  44. CASHEW CHICKEN sauté with cashew nuts, scallion, onion, bell pepper, dried chili, Thai chili paste served with rice of your choice.
Sliced Chicken \$14.95, Crispy Chicken Pop \$16.95
45. GRILLED PORK Pork marinated with garlic, house sauce (contain coconut milk) & black pepper, served with lettuce, duck sauce & rice of your choice.
(please allow 15-20 mins to be cooked) \$16.95
46. MANGO SHRIMP Shrimp sauté with onion, scallion, bell pepper, mango, pineapple and sweet & sour sauce served with rice of your choice. \$16.95
47. BEEF SPECIAL Grilled beef with choice of Ginger Miso Sauce, Teriyaki Sauce, Garlic Sauce or  Basil Sauce served with sauté carrot & cabbage. & rice of your choice. (please allow 15-20 mins to be cooked) \$16.95
48. SALMON SPECIAL Grilled Salmon with choice of Ginger Miso Sauce, Teriyaki Sauce, Garlic Sauce  or  Basil Sauce  served with sauté carrot & cabbage & rice of your choice.
(please allow 15-20 mins to be cooked) \$16.95
49. MASSAMUN CURRY  Simmered potato, sweet potato and onion in Thai Massamun curry topped on rice of your choice.
Fried Tofu or Steamed Tofu \$13.95, Chicken Pop or Steamed Chicken \$14.95,
Breaded Pork \$15.95, Shrimp Tempura or Steamed Shrimp \$16.95,
Grilled Salmon \$17.95, Grilled Beef \$17.95
50. JAPANESE CURRY Simmered potato, carrot and onion in Japanese curry topped on rice of your choice.
Fried Tofu or Steamed Tofu \$13.95, Chicken Pop or Steamed Chicken \$14.95,
Breaded Pork \$15.95, Shrimp Tempura or Steamed Shrimp \$16.95,
Grilled Salmon \$17.95, Grilled Beef \$17.95

Drink



Soda : Coke, Diet Coke, Sprite, Sunkist \$2





Bottled Water \$1.50, Asian Bubble Tea (please ask for Tea Menu)

Side Order

Jasmine Rice Small \$2 Large \$3 / Sushi Rice Small \$2 Large \$3
Brown Rice Small \$2 Large \$3 / Dipping Sauce \$1

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 = Gluten Free,  = Gluten Free Option available



Indicates mildly spicy food and can be spiced up to medium, hot or extra hot by your preference.

Prices are subject to change & do not include the 9% NH meal tax.

Parties of 6 or more may have an 18% service charge.

Sweet Station Tea Room

Bubble Tea (pearl included) Hot Tea Available +\$1.00

Thai Bubble Tea
\$3.50



Black Bubble Tea
\$3.50



Taro Bubble Tea
\$4.00



Brown Sugar
Bubble Tea \$3.75



Strawberry
Bubble Tea \$4.50



Iced Latte (pearl included) Almond Milk Option & Hot Tea are Available (+\$1.00 each)

Cocoa Latte
\$4.50



Taro Latte
\$4.50



Brown Sugar
Latte \$4.50



Fresh Matcha
Latte \$4.50
concentrated green tea



Strawberry
Latte \$4.50



Fruit Tea

Mango, Passion Fruit,
Orange Black Tea \$3.00



Strawberry, Lychee
Black Tea \$3.00



Hot Tea

Hot Matcha \$3.00
(concentrated green tea)

Dark Roast Oolong \$2.75
(Black Tea)

Jasmine Green Tea \$2.75



Add More Toppings :



Coconut Jelly



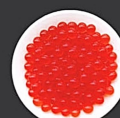
Coffee Jelly



Fruit Jelly



Mango Bursting
Boba



Strawberry
Bursting Boba

\$0.60
Each:



Mango Jelly



Pearl

\$1.00 Each:



CAFFEINE FREE



DAIRY FREE

Prices are subjected to change and do not included 9% NH meal tax.