

## Musubi

SPAM – \$3

SPAM EGG & CHEESE – \$4

PINEAPPLE – \$4

VEGAN – \$4

JEON – \$5

## Onigiri

SHRIMP TEMPURA – \$5

PICKLED PLUM – \$4

SALMON SKIN – \$3

SAUTEED MUSHROOM – \$4

## Build Your Own Snack Box

### STEP 1: CHOOSE YOUR DRINK

Poland Spring, Coke, Diet Coke, or Sprite  
Hawaiian Sun (+\$1.50)

### STEP 2: CHOOSE ONE SNACK

Spicy Tuna App, Takoyaki, Beef or Vegetable  
Gyoza

### STEP 3: CHOOSE TWO SNACKS

Any 2 Onigiri or Musubi  
Shrimp Tempura or Jeon (+\$1.50)

Ask your Poke Peeps for more details!

## Drinks

### JAPANESE TEA AND COFFEE DRINKS – \$4

Barley Tea, Black Milk Tea, Caffe Latte, Green Tea,  
Jasmine Milk Tea, Matcha Latte

### JAPANESE SOFT DRINKS – \$5

#### Ramuné

FLAVORS: Blue Hawaii, Orange, Original, Strawberry  
Bubbles

FLAVORS: Mango, Melon, Peach

### HAWAIIAN SUN – \$3

Green Tea Lychee, Lili Koi Lychee, Luau Punch, Mango  
Orange, Pass-0-Guava, Strawberry Guava

### SPARKLING WATER – \$3

La Croix, Perrier

### SODA – \$1.35

Coke, Diet Coke, Sprite

### WATER – \$1

Poland Spring

## Desserts

### PINEAPPLE UPSIDE DOWN CAKE – \$7

Soft and decadent Cake with a  
Caramellized Pineapple and Brown  
Sugar Glaze

### MOCHI ICE CREAM – \$2 per piece

FLAVORS: Black Sesame, Chocolate,  
Green Tea, Red Bean, Strawberry,  
Mango

### JAPANESE ICE CREAM SANDWICH – \$5

FLAVORS: Chocolate, Matcha,  
Strawberry, Vanilla

### JAPANESE SOFT SERVE – \$3

FLAVORS: Vanilla, Strawberry,  
Matcha



**310 Wall Street  
Kingston, NY**

**845-514-2801**

## Hours

**Sunday: CLOSED**  
**Monday: 11a-9p**  
**Tuesday: 11a-9p**  
**Wednesday: 11a-9p**  
**Thursday: 11a-9p**  
**Friday: 11a-9p**  
**Saturday: 11a-9p**

**Order online for pick-up or delivery**  
**[www.firstcapitalpokebar.com](http://www.firstcapitalpokebar.com)**

**\*\*Cash Prices Are Reflected On Menu\*\***

## Lunch Bowls

Served Daily From 11a – 4p

**\*\* CHOOSE YOUR BASE \*\***

Brown Rice, Mixed Greens, White Rice, Zoodles,  
or Half + Half (Pick Two Bases)

### CALIFORNIA – \$12 🔥

Crab Sticks, Avocado, Cucumber, topped with Eel Sauce,  
Spicy Mayo, and Sesame Seeds

### CHICKEN TERIYAKI – \$12

Grilled Chicken Breast, Broccoli, Carrots, Corn, topped  
with Teriyaki Sauce, Scallions, and Sesame Seeds

### CRUNCHY – \$15

Two Shrimp Tempura, Avocado, Masago, topped with Eel Sauce,  
Scallions, and Tempura Flakes

### SEITAN AKUA – \$13 🔥

Seitan, Broccoli, Corn, topped with Sweet Thai Chili Sauce,  
Scallions, Sweet Potato Shoestrings, and Sesame Seeds

### SNO-KO-NOMI-YAKI – \$15

Snow Crab, Shredded Egg, Pickled Daikon, Green Wakame,  
topped with Okonomi Sauce, Kewpie Mayo, Katsuobushi,  
and Shredded Nori

### SPICY TUNA – \$13 🔥

Spicy Tuna, Avocado, Edamame, Mango Chutney, topped with  
Spicy Mayo, and Sesame Seeds

## Snacks

### TAKOYAKI – \$7

Battered Balls of Octopus topped with Okonomi Sauce,  
Kewpie Mayo, Aonori, and Katsuobushi

### BEEF OR VEGETABLE GYOZA – \$8

Pan Seared Potstickers with our House Chili Gyoza  
Sauce

### JUMBO STEAMED BUNS – \$4

Jumbo Pork Bun or Jumbo Curry Chicken Buns

### SPICY TUNA APP – \$8 🔥

Spicy Tuna, Shredded Daikon, Masago

### MISO SOUP – \$3

Seaweed, Tofu, and Scallions with a  
Soy Bean Broth

## Build Your Own Bowl

**1 SCOOP OF PROTEIN: \$12**

**2 SCOOPS OF PROTEIN: \$15**

**3 SCOOPS OF PROTEIN: \$18**

### STEP 1: CHOOSE YOUR BASE

Brown Rice, Mixed Greens, White Rice, Zoodles,  
or Half + Half (Any Two Bases)

### STEP 2: CHOOSE YOUR PROTEINS

Tofu, Chicken, Salmon, Tuna  
Seitan (+\$1.00 per scoop)  
Shrimp Tempura (+\$2.00 per piece)  
Snow Crab (+\$4.00 per scoop)

### STEP 3: PROTEIN SAUCE

Korean Spicy, Pineapple Miso, Poke Sauce, Ponzu,  
Spicy Mayo, Teriyaki, Thai Chili, Wasabi Ponzu

### STEP 4: TOPPINGS

Broccoli, Carrots, Corn, Cucumbers, Daikon,  
Edamame, Mushrooms, Pickled Daikon, Pickled  
Ginger, Pineapple, Shishito Peppers, Spinach,  
Tomatoes

(+\$1.00 per item)

Avocado, Crab Stick,  
Green Wakame, House Kimchi, Mango Chutney,  
Masago, Shredded Egg

### STEP 5: CONDIMENTS

Bulgogi Sauce, Eel Sauce, Gochujang, Grated  
Wasabi, Japanese Mustard, Kewpie Mayo, Okonomi,  
Soy Sauce, Spicy Mayo, Sriracha, Truffle Soy,  
Wasabi Mayo

### STEP 6: GARNISHES

7 Spice Powder, Almonds, Crispy Garlic, Crispy  
Onions, Fried Onion, Furikake, Katsuobushi, Nori,  
Puffed Rice, Scallions, Sesame Seeds, Shiso,  
Sweet Potato Shoestrings

## Signature Bowls

**NEW: Turn any Signature Bowl into a Sushi  
Burrito for +\$2.00**

### MILLION DOLLAR – \$27 🔥

White Rice, Two Shrimp Tempura, Snow Crab, Spicy  
Mayo, Avocado, Masago, Shredded Egg, topped with  
House Eel Sauce, Crispy Onions, Spicy Mayo, Sesame  
Seeds, and Shredded Nori

### HWE DUP BAP – \$17 🔥🔥

Brown Rice, Tuna, Salmon, Korean Spicy, Avocado,  
Carrots, Cucumbers, Daikon, Masago, Spinach, House  
Kimchi, topped with Bulgogi Sauce, Crispy Garlic,  
Gochujang, and Nori

### OLD CAPITAL – \$15 🔥

White Rice, Salmon, Tuna, Spicy Mayo, Carrots,  
Cucumbers, Edamame, topped with Spicy Mayo,  
Scallions, Sesame Seeds, and Tempura Flakes

### VEGAN – \$15

White Rice, Zoodles, Tofu, Poke Sauce, Avocado,  
Broccoli, Edamame, Carrots, Corn, Cucumbers,  
Tomatoes, topped with Truffle Soy, Shiso, Crispy  
Garlic, Puffed Rice, Scallions, and Sesame Seeds

### THE POKE – \$16 🔥🔥

White Rice, Salmon, Tuna, Poke Sauce, Avocado,  
Cucumbers, Daikon, Green Wakame, Mango Chutney,  
Tomatoes, topped with Wasabi Mayo, Scallions, Nori,  
and Wasabi

### FARMERS – \$16

Brown Rice, Mixed Greens, Chicken, Pineapple Miso  
Sauce, Avocado, Corn, Carrots, Mushrooms, Spinach,  
Shredded Egg, Tomatoes, topped with Kewpie Mayo,  
Truffle Soy, Scallions, Crispy Onions, and Sweet  
Potato Shoestrings

**\*\* NOTICE \*\***

**CONSUMING RAW OR UNDERCOOKED MEATS,  
POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY  
INCREASE YOUR RISK OF FOODBORNE ILLNESS**