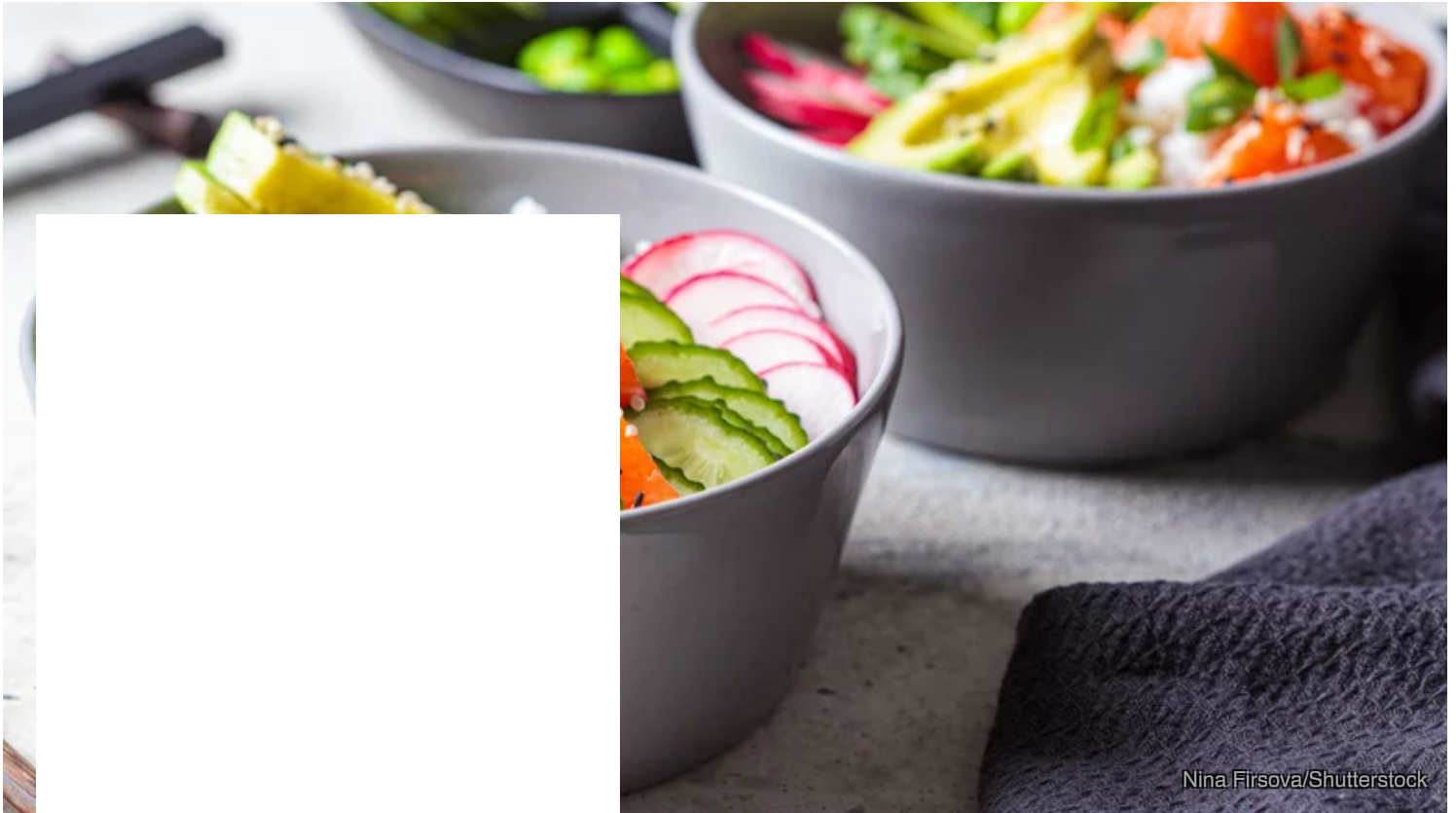


# Best Poke Restaurants In The US

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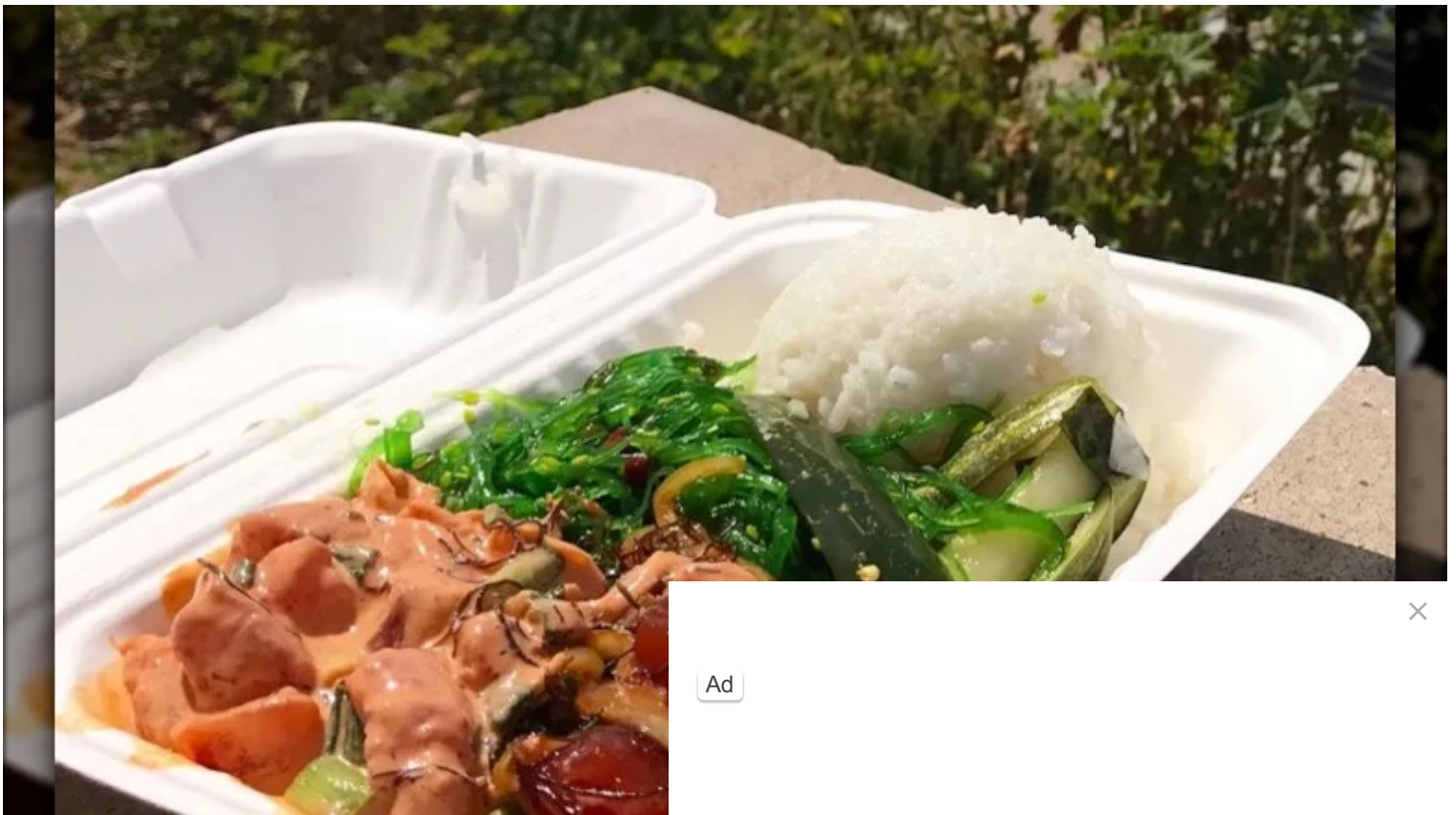
# Best Poke Restaurants In The US



VACATION HOMES FOR WHOEVER YOU CALL FAMILY

From salmon to octopus, restaurants and seafood stands all around the country have managed to create some pretty mouthwatering combos when it comes to poke. While there is no denying that some of the best poke is found on the islands of Hawaii, the 48 contiguous states are also home to some pretty renowned spots that know their way around a poke bowl or two. That being said, here are some of the best poke restaurants in the United States when it comes to quality, taste, and freshness.

## Jus' Poke – Redondo Beach



Los Angeles is home to a diverse array of poke restaurants, with no exception. **Jus' Poke** in Redondo Beach is a true taste of the islands to Californi



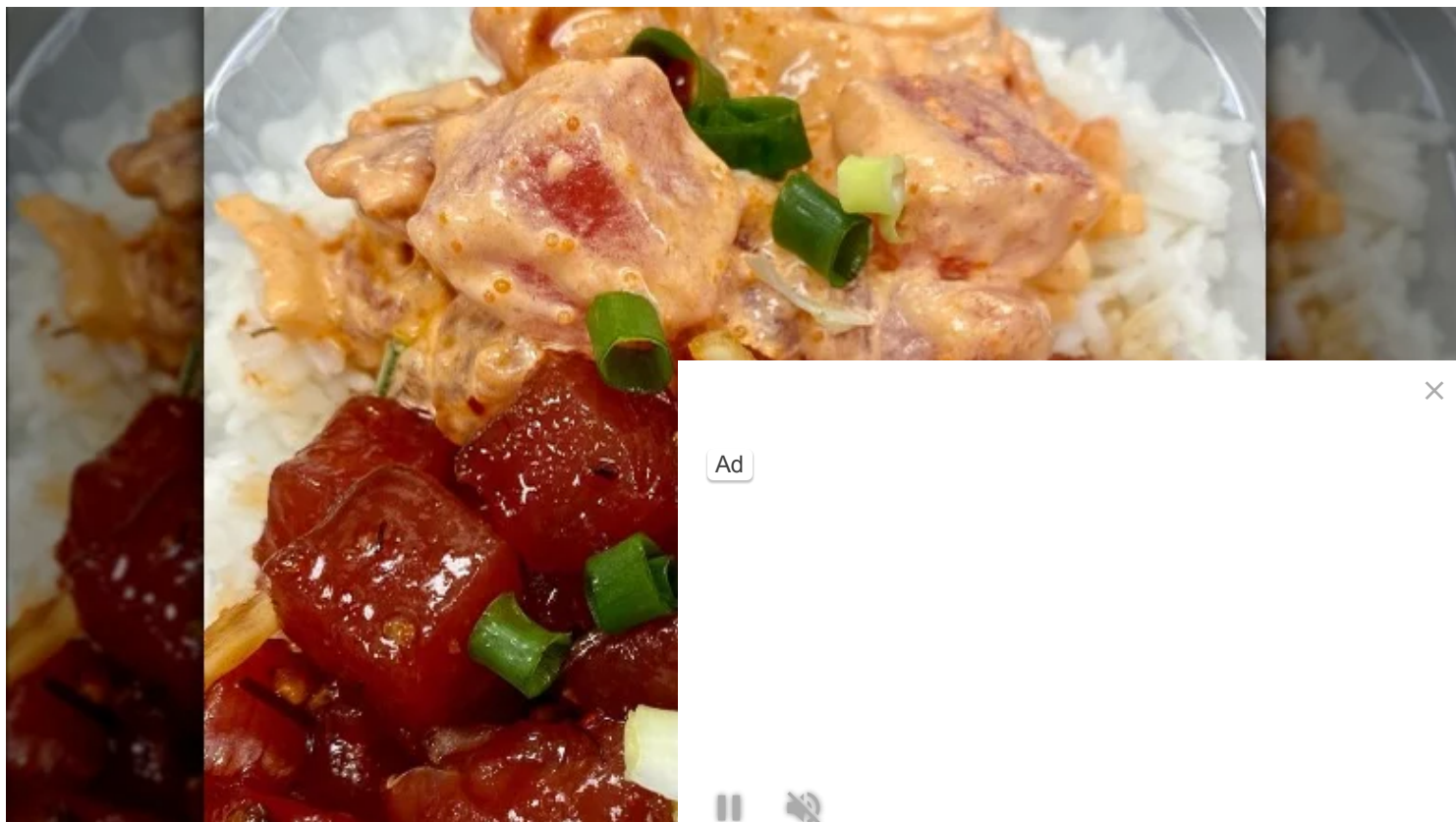
## Best Poke Restaurants In The US

and the finest cuts of fish. Stelanie Honda, co-owner of Jus' Poke, was raised learning about the art of this beloved seafood dish thanks to her father, who brought several recipes over to the mainland from Pu'unene.



Jus' Poke offers several options for clients, including the classic original and spicy pokes that use fresh ahi tuna as the main ingredient. Vegans and vegetarians are still able to get in on the fun with the tofu poke, featuring a savory blend of onions and shoyu to create a plant-based treat. In addition to being able to choose between white and brown rice, diners can also add fresh sides like edamame, Hawaiian chips, and seaweed salad.

### Ono Seafood – Honolulu



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access to fresh fish, it's also the birthplace of poke, so you know you're going to get the best of the best. At **Ono Seafood** in Honolulu, everything from the ahi tuna to the octopus is caught fresh daily, making it one of the most popular poke places on the island since 1995.

All of the poke is prepared by weight, and customers have the option to choose between a plate that comes with a hearty portion of poke over rice or a to-go container of just poke. When it comes to sides, the seaweed salad (referred to as the ocean salad) and the garlic soybeans are a must-try. If you are looking to keep lunch simple, go for an order of sashimi and experience the true taste of high-grade fish without all of the extra spices and flavors.

### Manoa – San Francisco



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SAN FRANCISCO IS HOME TO ONE OF THE MOST DIVERSE AND RENOWNED CULINARY SCENES in the country, and when it comes to quality, the poke is no exception. **Manoa Poke Shop** is a family-owned joint that brings the ingredients and recipes of Hawaii to the West Coast. The poke is available by the pound, making it a great option for entertaining large groups or parties. Keep in mind that Manoa Poke Shop has a tendency to sell out of items, so try to plan ahead when possible.

On the menu, you'll find everything from spicy tuna poke to salmon shoyu poke. But if you want something truly unique and flavor-blasting, go for the traditional Samoan-style Oka poke. It is made with yellowfin tuna, coconut milk, and chili, resulting in a spicy, yet sweet, delicacy. Some other menu highlights include the Spam musubi, lumpia, kalua pig, and tasty guava cakes for dessert.

### Hawaiian Poke Bowl – St. George

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Considering that the owner of **Hawaiian Poke Bowl** is a native Hawaiian, diners can expect to indulge in beloved poke recipes that boast classic and bold flavors using quality seafood. Though Utah is not the first place that you might think of when it comes to amazing poke, don't let the location fool you. Since opening in July 2011, Hawaiian Poke Bowl has been serving the St. George community and providing them with an authentic poke experience that keeps things simple, sweet, and very satisfying.

The servings are large, and Hawaiian Poke Bowl definitely doesn't skimp on the protein. There are two different sizes available: regular and large. With each size, customers can choose one to three different proteins when building their own bowls. If seafood isn't your first choice, the kalua pork bowls are another option that offers a tasty experience

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### Chikarashi – New York City



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Located in both Chinatown and the Financial District, New York's **Chikarashi** blends Hawaiian poke with Japanese chirashi, resulting in a seafood-lovers dream restaurant. Despite being a more casual eatery, the setting is very modern and contemporary, with sleek wooden walls, bar tops, and stools that create a cohesive and monochromatic space. The majority of the menu is a variety of bowls that feature fresh fish along with koshihikari sushi rice and house-made sauces.



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The bowls are built with care and cor  
the garnishes are laid out with delica  
that the bowls at Chikarashi are too b



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to the spicy namaihi, the menu is full of variety and bright flavors that are sure to make your mouth water.

### Da Poke Shack – Kailua-Kona

Instagram

Diners at **Da Poke Shack** can rest easy knowing that none of the fish used is ever frozen. In fact, everything is caught fresh, ensuring a rich taste and clean texture. Though Da Poke Shack is most famous for its ahi or yellowfin tuna, it also features shrimp, octopus, and ta  
meat over seafood will appreciate the  
impeccable and worth giving a try.





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If you are able to snag a table outside, be sure to take advantage of the shining sun and ocean breeze. There are also communal tables inside for those who don't mind getting cozy with others and making new friends. It is best to get there as early as possible since it has a tendency to sell out. Best of all, Da Poke Shack refuses to serve yesterday's poke, so you're never eating anything but the freshest catch of the day.

### Mana Poke – Coral Gables & Miami



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Situated in the heart of Miami, Florida  
poke bowls in a warm and modern se  
vacation or you are a longtime local, I



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~~Coral Gables. The restaurant is backed by renowned chef, Geoff Lee. Chef Lee~~  
was named "Best Chef" by **Miami New Times** in 2019 for his work at Byblos, but Mana Poke is no slouch — it's also been awarded some serious accolades.

The menu at Mana Poke features seven diverse and innovative poke bowls. From spicy salmon to yuzu salmon, fresh fish is complemented by vibrant flavors in each bowl. One of the more unique options includes the kimchi tuna bowl which has a one-of-a-kind kick to it. **Plant-based diners** will appreciate the vegetarian bowl that is made with spicy watermelon instead of tuna, house-pickled cucumbers, and radish.

### Seaside Poke – Carrollton

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Instagram

All of the bowls at **Seaside Poke** feature locally sourced ingredients that are fresh and flavorful. The menu features a variety of island-inspired recipes, with options such as salmon ponzu, tuna aioli, and classic spicy tuna. However, you can also build your own bowl, allowing you to get creative with different toppings, proteins, and sauces. Speaking of sauces, all of the ones used at Seaside Poke are made in-house, and they're available in glass bottles for purchase, making it easy for you to bring a taste of the restaurant home with you.

Whether you're planning on making your own poke bowl at home or you're looking for a new **stir-fry** sauce, the Seaside Poke restaurant comes to at-home condiments. Options include sesame shoyu, soy shoyu, and truffle shoyu. Also, if you're looking for a poke bowl option on the menu.

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Instagram

Transport yourself to the islands with a visit to **Tropicali** in Big Bear. Despite the fact that this transportive poke joint is located in the middle of a mountain town, it does an incredible job of curating a warm and inviting atmosphere that features tropical decor, a vibrant menu, and a cozy patio. Though Big Bear is popular in the winter for snowboarding and skiing, a visit during the summer means nice weather, water sports on the lake, and refreshing poke from Tropicali.

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Customers can expect nothing but the best from this unique and innovative concept. With poke bowl names such as Rasta, Luau, and Tikiyaki, Tropicali pays close attention to details as evidenced from the decor and ingredients coming out of this eatery. From jerk chicken and carnitas to sashimi-grade tuna, there are a ton of protein options to explore along with other menu items like chicken-and-waffles and preservative-free smoothies.

### FOB Poke Bar – Seattle

No matter if you're keto, vegetarian, or options, **FOB Poke Bar** in Seattle is the healthier lifestyle, FOB Poke Bar also the veggies is as fresh as possible. Not shines through in the taste and color greens or soft white rice as the base, 1

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Enjoy proteins such as bright orange salmon or sweet shrimp before choosing the sauce that is going to bring all of those natural flavors to life. The signature Hawaiian shoyu-based FOB sauce is a fan favorite, but if you like a little spice, go for the wasabi aioli and let your taste buds soar. There are also more than 20 different topping options including mango, edamame, and fried garlic.

### Olia – Portland, Oregon



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Oregon is a great go-to when it comes to grabbing quick and healthy meals on the go. While the poke is beautiful, Olia is also known for its non-poke options — just in case you find yourself craving something different. Rather than serving exclusively Hawaiian cuisine, Olia blends the aloha culture with Vietnamese cuisine, bringing Portland delicious salad rolls, sandwiches, and of course, poke bowls.

When it comes to appetizers, start with the shrimp salad rolls with creamy peanut sauce. Since you can build your own poke bowls, there is no limit to your creativity. Simply choose your base, protein, sauce, and toppings before digging in. The Banh Mi sandwiches are another winner if you're craving something more filling. No matter what you order for your main course, don't leave Olia without grabbing one of the teas.

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### Crunchy Poké – Portland, Main



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Instagram

Eating at **Crunchy Poké** in Portland, Maine, means supporting local and sustainable fishing. Best of all, Crunchy Poké makes it a mission to give back to the community through donations and charity, allowing you to feel just as good about your purchase as it tastes. The poke options are vast, ranging from Maine lobster to spicy scallops. There's even a hearty unagi eel bowl for those who prefer sweeter recipes.

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The signature base at Crunch Poké cc carrot, edamame, red ginger, green o fried onion and garlic, sesame seed, t burrito is another tasty treat, made w mixed crunch, and house poke sauce





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is tender and tantalizing.

## Maymar Poké & Grill – Norfolk

Instagram

**Maymar Poké & Grill** in Virginia brings diverse flavors and dishes to the middle of Norfolk. The restaurant is somewhat unassuming from the outside, featuring nothing more than a brick exterior and simple signage. Despite the lack of flair and curbside appeal of this tasty joint, the food goes above and beyond and does not disappoint.

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## Best Poke Restaurants In The US

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Though Maymar Poké & Grill is closed on Sunday and Monday, it is open for lunch every other day of the week. While you can opt to grab a table and eat inside the restaurant, it is better suited for takeout. Diners can choose between tuna, salmon, octopus, shrimp, and tofu, and there are plenty of toppings and sides that can be used to create a wide array of flavor profiles. Maymar Poké & Grill is also one of the only options for Filipino food in the area, shining a light on classic recipes like lumpia, chicken adobo, and picadillo.

### Kaohu Store – Wailuku-Maui



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Located on the stunning Hawaiian island of Maui, Kaohu Store is a restaurant that serves poke (and more) by the plate daily, and it is some of the most melt-in-your-mouth poke in the area. The mixes are pretty simple and



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unique than any tuna, order the tender tako poke and experience just how dynamic octopus can truly be.

Vibrant and delicate sashimi is also an option at Kaohu Store, and everything is conveniently packaged so that you can take it to go and spend your day under the sun or on the sandy shores of a nearby tropical beach. Some amazing sides that are available at Kaohu Store include the Chinese lemons, macaroni salad, pickled peaches, and pickled cuttlefish.

### Poke Poké – Chicago



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Though Chicago is best known for its deep-dish pizza, **Poke Poké** proves that the Windy City can impress across a wide variety of culinary categories. In addition to poke, Poke Poké is also known for serving up some amazing salads. If you are visiting Chicago during the colder months — or you're simply a fan of soup year-round — the ramen is rich, decadent, and worth every slurp. Best of all, everything from the poke to the salads are nutritious and healthy, offering lighter bases such as purple rice, vermicelli, and mixed greens.

Following your base, choose the star of your dish. Poke options here include everything from tuna to scallops to shrimp. There is also a tofu option for vegans and vegetarians. Another option that you can choose your spice level, allow toppings are also pretty extensive, featuring edamame, onion, cucumber, carrots,

### Freshe Poke – Columbia



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Freshe Poke

Between the bubble tea and the build-your-own bowls, **Freshe Poke** is one of the best places to get poke in South Carolina. In addition to sourcing the finest fish and produce, Freshe Poke also places an emphasis on sustainability and responsible farming, ensuring that you can get your fix and still feel good about where your money is going. Even the ingredients used to make the bubble teas undergo a strict protocol of responsibility and ethics.

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scoops of poke (or more if you're feeling ravenous!). In addition to traditional proteins like ahi tuna, Freshe Poke also serves chicken, organic tofu, crab salad, and even avocado as main options, ensuring that a variety of diets are addressed. If you feel like having something a bit different than a bowl, give Freshe Poke's famous poke burrito a try.

### Pau Hana Poke – Kailua-Kona

Instagram

From the light and crunchy edamame  
**Hana Poke** makes delicious poke plat  
 furikake (a seaweed-rich Japanese se  
 twist that enhances the natural flavo  
 restaurant is located only a short dist  
 place to grab lunch before hitting the  
 as the sun sets over the horizon.

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Pau Hana Poke is open every day except Sunday, and when you're there, you can choose one or two scoops of poke and rice. The poke varieties are endless, ranging from baby octopus to oyster to smoked marlin. Seaweed packs are also available for only \$1, and there are a variety of drinks available (like juice and soda) that you can grab on the go.

### Reel Aloha Poke and Fish Co. – Kealakekua



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poke. In addition to poke bowls and plain poke, this beachside eatery also serves platters for a reasonable price, allowing you to order two scoops of poke, two scoops of rice, and two sides of your choice. From cold macaroni salad to seaweed salad, everything here works together to create delicious dishes that can be enjoyed pretty much anywhere.

All of the fish used at this beloved poke joint is caught locally daily, making it a refreshing and sustainable lunch option. After grabbing some food, be sure to spend some time browsing the t-shirts, hats, and other merchandise available so that you can rep the restaurant from near and far. If you're looking for something more unique, snag some dried ahi tuna if it's available. This seafood jerky is surprisingly addictive.

Off the Hook Poke Market – Ho

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Honolulu is home to amazing surf, sandy beaches, and some of the freshest fish imaginable. At **Off the Hook Poke Market**, the owners live by the notion that everything should always be as fresh as possible — including the flavors. After opening in 2018, Off the Hook Poke Market won the Ilima Award for Hawaii's best seafood restaurant, proving just how top-notch this establishment truly is. You can spot this restaurant from afar thanks to its bright teal exterior and cozy vibe.



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With eight different poke flavors made with local ingredients, there are many options to choose from. The cold ginger poke is a classic choice, while the Kilauea fire poke is a spicy option with chili peppers. The Hawaiian-style poke is topped with a generous amount of inamona (a condiment made from roasted pineapples).



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used is acquired daily from the Honolulu Fish Auction each day.

## Kawamata – Orange County

Instagram

Located in Capistrano Beach, **Kawamata Seafood** is a locally owned and operated restaurant with a laid-back and casual appeal. The focus at Kawamata is not on the aesthetic of the restaurant or fancy decor, but rather the quality of the food. Upon arrival, guests order at the counter and then have the option to snag one of the few tables or take their poke on the patio for those that prefer outdoor

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When building your poke bowl, the first thing to choose is the size. After deciding between regular or large, diners are then instructed to choose their base. Though white rice is the most popular and classic base, other options include brown rice or cabbage salad. Next is the flavor, which ranges from spicy mayo to shoyu to wasabi. Then, comes the protein, where you have the option of salmon, tuna, octopus, or a combo of the three.

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### RECOMMENDED

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**11 Tasty Hacks To Try With Olive Garden Leftovers**



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**The Canned Bean Brand You Should Avoid At All Costs**

**The Sneaky Effect Of Eating Mold That Many Don't Know**



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