

I actually had no idea what a Poké was...



... so I Googled an image... and was not impressed!

It seemed to me that someone had prepared all the ingredients for making some sushi and then suddenly had to leave, calling out for their partner to continue rolling dinner... and he – yes, definitely a he – took one look at all the effort required to layer, press and roll those delicacies into precisely-shaped and -sized bite portions,

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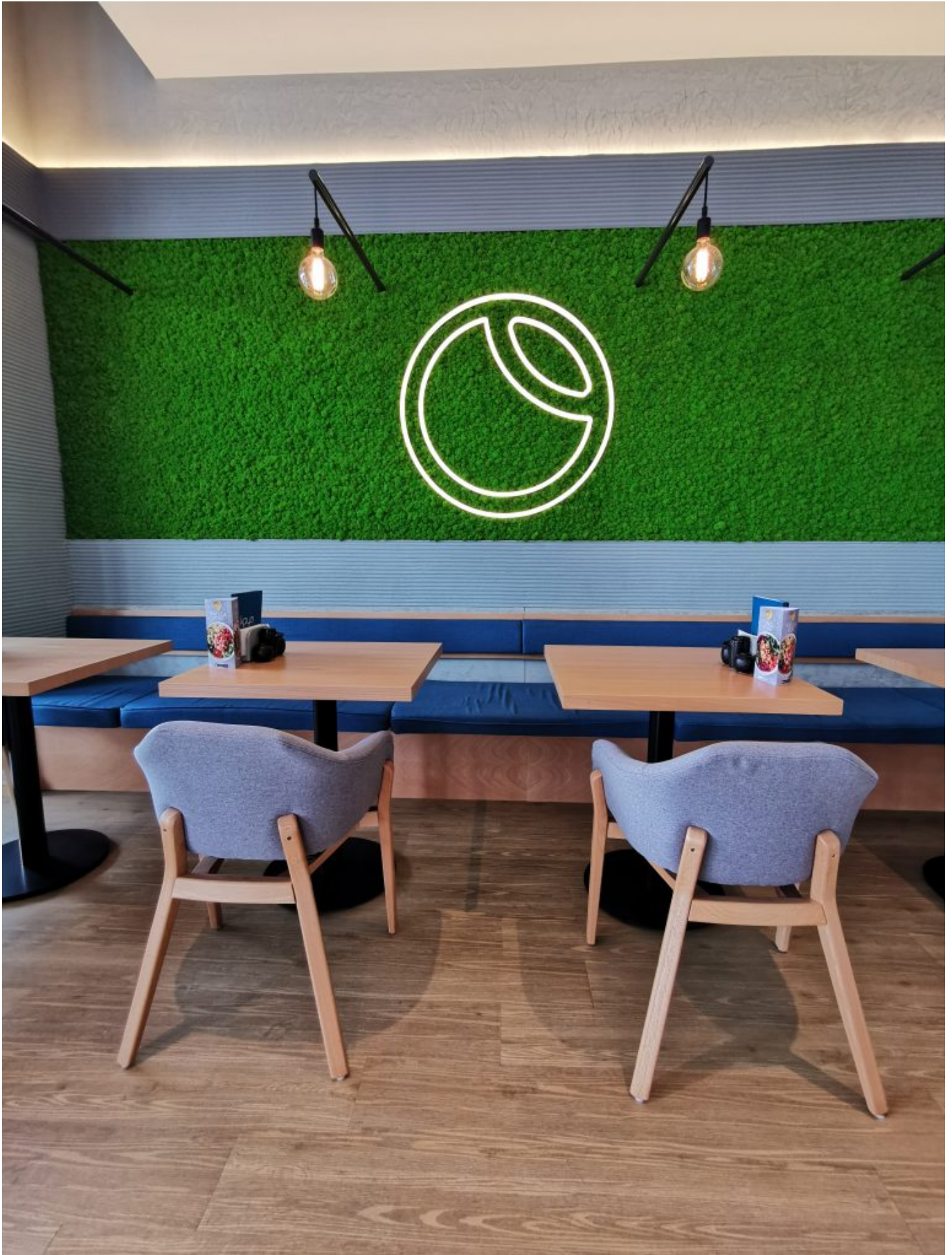
and just said “What the heck, it all ends up in the stomach anyways,” and so he scooped it all into a bowl and happily ate it with a spoon!

I was cheered up a little when I arrived at Kayo Poké & Sushi, because the place is so fresh, bright and lively – it’s a happy place.









And later I was to discover this freshness matches the food perfectly!

It turns out Poké is a genius invention – and actually a traditional Polynesian dish dating back thousands of years, and only in modern form often borrowing tastes and textures, and ingredients, from Japanese sushi. But nothing like what I was imagining!

In Dubai, at the new trendy Wasl 51 in Jumeirah, a few steps from the beach, the Poké is served in a modern style, which unleashes your creativity as well as quenching your hunger.

In fact, there are probably ten thousand variations that you could create right there in Kayo Poké & Sushi!

You choose the base (Japanese white rice, wild brown rice, quinoa, zucchini noodles, or mixed greens) and that goes into the bowl – first layer.

Then you select from 12 main meats or seafood or veggies... you then add the marinade of your choice from 10 options... then choose your sides (30 available)... then your dressing... and finally your topping!

All those colors, flavors, and textures make for a super customization!

Or, you can choose from one of Kayo's design suggestions – something like: Japanese white rice, salmon, tuna, crab stick, cooked shrimp, mango pepper marinade, mango, pickled ginger, jalapeno, spring onion, avocado, furikake seasoning, black tobiko eggs, and avocado dressing.

Mix it all up in a bowl and E'ai kāua! (Bon appetit in Hawaiian!)







Kayo Poké & Sushi at Wasl 51, Dubai

and







Each one is different - each one has a crunchy munchy and super-fresh healthy feel to each bite!

I was extremely happy and surprised! Poké, where have you been all my life!?!?!









Kayo Poké & Sushi at Wasl 51, Dubai

Add a soup of the day – miso!





And you have a full meal on your table at Kayo Poké & Sushi!

Sushi is served as well, but I must warn you the Poké destroyed it in the flavorsome department! It just couldn't compete with the explosions of flavors from the rice bowl.

So start the sushi as an appetizer, and then move onto the Poké as a mains!





All in all, I felt fully satisfied and even grateful that

1. I live in UAE where I can find all the world cuisines, including Polynesian
2. I found Kayo Poké & Sushi to introduce me to a wonderful new dish, which will now be one of my favorites!







Kayo Poké & Sushi at Wasl 51, Dubai

