

SIGNATURE BOWLS

CHOOSE ANY BASE

ALL bowls are topped with our Poké basics: Fresh Spring Onion and Black & White Sesame seeds.



The Sword
16.95
Swordfish, Rocket, Green Chili, Pineapple, Pickled Ginger, Coriander, Crispy Onion, Spicy Yuzu



The Big Katuna
17.95
Local Tuna, Seaweed Salad, Roasted Nori, Pickled Ginger, Crispy Onion, Classic Shoyu



Wasabi Tuna
GF 17.95
Local Tuna, Cucumber, Red Onion, Rocket, Green Apple, Wasabi Peas, Wasabi Mayo



Tropical Salmon 🍷
GF 17.95
Salmon, Rocket, Cucumber, Pineapple, Green Chili, Mint, Red Pepper Blend, Green Avo-Coco, Ginger Ponzu



Salmon Finn
GF 16.95
Cherry Tomato, Cucumber, Bean Sprout, Orange Segments, Nori Furikake, Classic Shoyu



Spicy Salmon Shaka
GF 16.95
Red Onion, Bean Sprout, Daikon, Watermelon Radish, Shiso Furikake, Spicy Sriracha Mayo



The Cooked Chook
GF 16.95
Slow Cooked Chicken Breast, Edamame, Rocket, Bean Sprout, Red Onion, Crispy Garlic, Classic Shoyu



The Spicy Chook
16.95
Slow Cooked Chicken, Rocket, Cucumber, Edamame, Coriander, Crispy Onion, Spicy Sriracha Mayo



The Vego
V, GF 15.95
Fresh Tofu, Pickled Shiitake Mushrooms, Sweet Potato, Edamame, Coriander, Corn Nuts, Classic Shoyu



Dr. Beets
V 15.95
Roasted Beets, Orange Segments, Sweet Potato, Watermelon Radish, Rocket, Crispy Onion, Classic Shoyu



Big Island Shrooms
V, GF 16.95
Poached Seasonal Mushrooms, Edamame, Sweet Potato, Red Onion, Macadamia Nuts, Coconut Flakes, Spicy Yuzu

Specialty Bowls



Okinawa Beef Bowl
GF 16.95
Premium Wagyu Brisket on Rice with Caramelized and Marinated Onion, Pickled Ginger, Okinawa Special Sauce, Red Pepper Blend



Miso Salmon
Limited Quantities
GF 17.95
Slow Cooked Salmon, Shaved Cabbage, Pickled Red Onion, Edamame, Miso Caramel Glaze



Shroom Noodle Soup
V 13.95
Mushroom Broth, Seasonal Mushrooms, Buckwheat Noodles, Bean Sprouts, Coriander with your choice Tofu (v) or Chicken

SIDES



Crispy Garlic Edamame
V, GF 5.95
Warm Edamame Pods, Crispy Garlic, Sesame Seeds, Spring Onion, Classic Shoyu (Spicy or Not)



Seaweed Salad Salad
V, GF 5.95
Farmers Mix Salad, Seaweed Salad, Edamame, Crispy Garlic, Spring Onion, Sesame Seeds (Spicy or Not)



Sustainable Sashimi
GF 11.95
Salmon or Tuna (+1), Wasabi, Choice Of Any Sauce



FREE MISO SOUP
When you buy a bowl and drink, or 2.95 (on its own)

DESSERT



Coconut Chia Pudding
V, GF 7.95
Coconut milk, Chia seeds, Fruit Coulis, Toasted Coconut Flakes

BUILD YOUR OWN

STEP 1: BASE

GF options available for all bowls

STARTING FROM **14.95**



Organic Black & Brown Rice V, GF



Premium Japanese Soba Noodles V +1



Farmers Mix Salad V, GF



Locally Farmed Kale V, GF +1

STEP 2: PROTEIN

Our fish is fresh & certified sustainable.



MSC Swordfish (Mooloolaba Qld) +2



MSC Yellow Fin Tuna (Mooloolaba Qld) +3



ASC Atlantic Salmon (Tasmania) +2



Slow Cooked Salmon Fillet (Tasmania) +3



Slow Cooked Chicken Breast +2



Fresh Local Tofu (Non-GMO) V +1



Poached Seasonal Mushrooms V, GF +2



Roasted Beets V +1

EXTRA PROTEIN +\$5



STEP 3: SAUCE



Classic Shoyu (Soy & Sesame) V, GF



Ginger Ponzu (Soy, Citrus, Ginger) V, GF



Spicy Yuzu (Soy, Citrus, Red Pepper) V, GF



Wasabi Mayo GF



Spicy Sriracha Mayo GF



Miso Caramel V, GF



Green Avo-Coco V, GF

STEP 4: FILLING

5 FREE FILLINGS

All bowls are topped with our Poké basics: Fresh spring onion and black & white sesame seeds.



Carrots



Edamame



Sweet Potato



Marinated Red Onion



Pickled Ginger



Bean Sprouts



Shaved Cabbage



Rocket



Cucumber



Cherry Tomato



Daikon



Pineapple



Orange Segments



Green Apple



Watermelon Radish



Seaweed Salad



Green Chilli



Coriander



Mint



Roasted Seaweed



Crispy Onion



Crispy Garlic



Wasabi Peas



Corn Nuts



Red Pepper Blend



Chili Oil



Seaweed Furikake



Shiso Furkake



Coconut Flakes



HEALTHY KIDS Poké Bowl Meal \$10

GF
Chicken or Tofu Poké Bowl with a small fresh lemonade. Sashimi +2

THE NO-BRAINER ADD-ONS



Avocado +2.2



Locally Farmed Kale +1



Pickled Shitake Mushrooms +1.5



Macadamia Nuts +1.5



Tobiko Caviar +1.5