

SIGNATURE BOWLS

CHOOSE ANY BASE

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



The Sword
S | 13.95 R | 16.95
Swordfish, Rocket, Green Chili, Pineapple, Pickled Ginger, Coriander, Crispy Onion, Spicy Yuzu



The Big Katuna
S | 14.95 R | 17.95
Local Tuna, Seaweed Salad, Roasted Nori, Pickled Ginger, Crispy Onion, Classic Shoyu



Wasabi Tuna GF
S | 14.95 R | 17.95
Local Tuna, Cucumber, Red Onion, Rocket, Green Apple, Wasabi Peas, Wasabi Mayo



Tropical Salmon GF 🌶️
S | 14.95 R | 17.95
Salmon, Rocket, Cucumber, Pineapple, Green Chili, Mint, Red Pepper Blend, Green Avo-Coco, Ginger Ponzu



Salmon Finn GF
S | 13.95 R | 16.95
Cherry Tomato, Cucumber, Bean Sprout, Orange Segments, Nori Furikake, Classic Shoyu



Spicy Salmon Shaka GF
S | 13.95 R | 16.95
Red Onion, Bean Sprout, Daikon, Watermelon Radish, Shiso Furikake, Spicy Sriracha Mayo



The Cooked Chook GF
S | 13.95 R | 16.95
Slow Cooked Chicken Breast, Edamame, Rocket, Bean Sprout, Red Onion, Crispy Garlic, Classic Shoyu



The Spicy Chook
S | 13.95 R | 16.95
Slow Cooked Chicken, Rocket, Cucumber, Edamame, Coriander, Crispy Onion, Spicy Sriracha Mayo



The Vego V, GF
S | 12.95 R | 15.95
Fresh Tofu, Pickled Shiitake Mushrooms, Sweet Potato, Edamame, Coriander, Corn Nuts, Classic Shoyu



Dr. Beets V
S | 12.95 R | 15.95
Roasted Beets, Orange Segments, Sweet Potato, Watermelon Radish, Rocket, Crispy Onion, Classic Shoyu



Big Island Shrooms V, GF
S | 13.95 R | 16.95
Poached Seasonal Mushrooms, Edamame, Sweet Potato, Red Onion, Macadamia Nuts, Coconut Flakes, Spicy Yuzu

Specialty Bowls



Okinawa Beef Bowl GF
R | 16.95

Premium Wagyu Brisket on Rice with Caramelised and Marinated Onion, Pickled Ginger, Okinawa Special Sauce, Red Pepper Blend



Miso Salmon
Limited Quantities
R | 17.95

Slow Cooked Salmon, Shaved Cabbage, Pickled Red Onion, Edamame, Miso Caramel Glaze



Shroom Noodle Soup V
R | 13.95

Mushroom Broth, Seasonal Mushrooms, Buckwheat Noodles, Bean Sprouts, Coriander with your choice Tofu (V) or Chicken

BUILD YOUR OWN

STEP 1: BASE

GF options available for all bowls



Organic Black & Brown Rice
V, GF



Premium Japanese Soba Noodles +1



Farmers Mix Salad V, GF



Locally Farmed Kale
V, GF +1

STEP 2: PROTEIN

Our fish is fresh & certified sustainable.



MSC Swordfish (Mooloolaba) S | 13.95 R | 16.95
MSC Yellow Fin Tuna (Mooloolaba) S | 14.95 R | 17.95



ASC Atlantic Salmon (Tasmania) S | 13.95 R | 16.95
Slow Cooked Salmon Fillet R | 17.95



Slow Cooked Chicken Breast S | 13.95 R | 16.95
Fresh Local Tofu (Non-GMO) S | 12.95 R | 15.95



Poached Seasonal Mushrooms V, GF S | 13.95 R | 16.95
Roasted Beets V S | 12.95 R | 15.95

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



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.



HEALTHY KIDS Poké Bowl Meal \$10

Chicken or Tofu Poké Bowl with a small fresh juice fresca. Sashimi +2



FREE MISO SOUP

When you buy a bowl and drink



THE NO-BRAINERS ADD-ONS



Avocado +2.2



Locally Farmed Kale +1



Pickled Shitake Mushrooms +1.5



Macadamia Nuts +1.5



Tobiko Caviar +1.5