



NUTRITION INFORMATION

top quality seafood, thoughtfully selected produce
and always the freshest poke bowls

build your own

	Amount	Calories	Fat (grams)	Protein (grams)	Carbs (grams)	Dietary/Allergens
BASES						
bamboo rice	1 cup	180	0	4	44	GF
jasmine rice	1 cup	180	0	4	44	GF
spring mix	2 cup	20	0	2	0	GF
cauliflower rice	1 cup	25	0	2	5	GF
seaweed salad	5 oz	120	5	2	8	GF
PROTEINS						
ahi tuna	3 oz	110	1	25	0	GF
chicken (cooked) - soy sauce marinade	4 oz	120	3	34	0	GF
faroe island salmon	3 oz	120	8	18	0	GF
japanese yellowtail	3 oz	120	5	19	0	GF
organic tofu	3 oz	98	5	10	2	GF
shrimp (cooked)	4 oz	160	3	31	1	GF
SIDES						
avocado	1/4	80	7	1	4	GF
edamame	2 oz	83	4	7	6	GF
kani salad	2.5 oz	70	0	6	10	GF
pineapple	2 oz	30	0	0	7	GF
seaweed salad	2.5 oz	60	2.5	1	4	GF

	Amount	Calories	Fat (grams)	Protein (grams)	Carbs (grams)	Dietary/Allergens
TOPPINGS						
bean sprouts	1 oz	15	0	1	1	GF
broccoli	2 oz	15	0	1	3	GF
carrots	1.5 oz	25	0	1	6	GF
corn	2 oz	20	0	0	4	GF
cucumbers	2 oz	15	0	1	4	GF
green onion	1 oz	5	0	0	1	GF
jalapenos	1 oz	5	0	0	0	GF
kim chi	2 oz	45	0	3	4	GF
mandarin oranges	2 oz	35	0	0	9	GF
pickled beets	2 oz	35	0	0	9	GF
pickled ginger	1 oz	30	0	0	6	GF
snow peas	2 oz	35	0	3	5	GF
sweet potato	2 oz	45	0	1	10	GF
tobiko	1 tbsp	20	1	3	0	GF
wasabi peas	1 oz	80	3	3	10	GF
watermelon radish	1 oz	10	0	0	0	GF

bowls & sauces

	Calories	Fat (grams)	Protein (grams)	Carbs (grams)	Dietary/Allergens
BOWLS					
aloha og	490	10	32	64	*
bubba	585	8	45	82	GF
chicken chirashi	610	13	41	82	**
flaming jewel	385	2	10	80	*
flaming tuna	640	15	32	84	***
fcpc	615	13	58	66	*
flying salmon	675	29	30	70	***
green vegan	635	20	27	86	*
keto salmon	590	40	30	27	*
ono	440	6	27	69	*
salmo	490	12	33	62	*
surf & turf	800	26	72	69	GF

KEY

V - vegan GF - gluten free S - sesame LF - low fat
*Substitute sauce for GF **Substitute fried onions for GF ***Substitute sauce and fried onions for GF

	Calories	Fat (grams)	Protein (grams)	Carbs (grams)	Dietary/Allergens
SAUCES					
ponzu - citrus infused soy sauce	10	0	0	2	V, LF
spicy ponzu - citrus infused soy sauce w/ chili	10	0	0	2	V, LF
sesame shoyu - house sauce: sesame soy sauce	70	7	2	2	V, LF, S
ginger citrus - savory & tangy made w/ ginger, onions, garlic	60	2	4	6	V, GF, LF
chili mustard - sweet & spicy	70	3	0	10	V, GF, LF
wasabi yuzu - wasabi soy blend	110	8	0	8	V
lemon basil - light & refreshing	100	8	0	2	V, GF
spicy korean pepper sauce - house spicy sauce: w/ fermented chilis, agave	90	5	1	10	V
spicy mayo - spicy & savory	110	11	1	1	GF