

BUILD YOUR

# own bowl

regular \$10.95 | large \$13.95



STEP 1

## bases *(check one)*

- jasmine rice
- bamboo rice (add \$1.00)
- spring mix
- seaweed salad (add \$3.50)
- jasmine rice & greens
- bamboo rice & greens (add \$1.00)
- low carb cauliflower rice (add \$2.00)
- 1/2 jasmine 1/2 califlower rice (add \$2.00)



STEP 3

## sides *(check one)*

- edamame
- seaweed salad
- krab salad
- pineapple
- avocado (add \$1.00)
- (additional scoops \$1.00 each)



STEP 5

## sauces *(check one)*

- sesame shoyu pure sesame oil blended with low sodium soy
- spicy ginger citrus ginger, onions, tamari savory & tangy
- ponzu lemon & lime citrus infused soy sauce with chili
- spicy ponzu citrus infused soy sauce with chili
- wasabi yuzu soy sauce blended with wasabi & canola oil
- chili mustard sweet mustard & chili
- spicy korean pepper fermented chili peppers & rice, organic agave, hint of sesame oil



STEP 2

## proteins *(check one)*

- ahi tuna
- faroe island salmon
- japanese yellowtail
- shrimp
- organic tofu
- antibiotic-free chicken
- (additional scoops \$3.50 each)



STEP 4

## toppings *(check up to four)*

- green onion
- cucumber
- jalapeno
- carrots
- wasabi peas
- corn
- mandarin oranges
- watermelon radish
- pickled ginger
- broccoli
- kimchi
- sweet potato
- tobiko
- bean sprouts
- pickled beets
- (extra toppings \$.50 each)

DON'T FORGET

## finishing touches

- 1 lb & 1/2 lb poke *poke tossed in your choice of sauce with green onions, sesame seeds, and tobiko* pricing: MKT
- taro chips \$3.00
- homemade soup price varies
- mochi ice cream 2 for \$5.00
- macarons by Blue Eyed Baker 2 for \$5.00
- kim chi to go \$6.95
- sauce to go \$6.95 - \$8.95
- snowy owl kombucha draft \$4.00
- local & hawaiian beer \$5.00
- assorted wine & sake \$5.00 - \$10.00
- organic cold pressed juice made locally \$5.00 - \$6.50
- bottled drinks price varies *shaken matcha tea, organic tea, bottled alkaline water, coconut water, cold brew coffee*



SIGNATURE

# bowls

regular \$10.95 | deluxe \$14.95

*extra scoop of protein \$3.50*

- aloha og**  
ahi tuna, bamboo rice, seaweed salad, green onion, carrots, watermelon radish, ginger, fried onions, sesame seeds, sesame shoyu
- bubba**  
shrimp, jasmine rice, krab salad, green onion, cucumber, broccoli, wasabi peas, spicy ginger citrus
- flaming jewel**  
torched sweet potato, jasmine rice, carrots, cucumber, peas, watermelon radish, ponzu
- salmo**  
faroe island salmon, jasmine rice, edamame, cucumber, bean sprouts, jalapeno, tobiko, sesame seeds, ponzu
- ono**  
japanese yellowtail, jasmine rice, pineapple, green onion, jalapeno, carrots, peas, tobiko, spicy ponzu
- green**  
tofu, bamboo rice, edamame, carrots, broccoli, wasabi peas, cucumbers, sesame seeds, wasabi yuzu

## DELUXE BOWLS

- fcpc**  
ahi tuna, faroe island salmon, bamboo rice, edamame, green onion, cucumber, watermelon radish, fried onions, toasted coconut, tobiko, ponzu
- surf & turf**  
antibiotic-free chicken, shrimp, jasmine rice, avocado, carrots, peas, bean sprouts, spicy ginger citrus, spicy mayo



JUST FOR

# kids

all meals \$6.75

*all meals served with veggies or fruit, and organic juice box or organic milk*

- chicken, shrimp, or tofu bowl**
- organic mac & cheese**
- nut free pb&j**