

BUILD YOUR

own bowl

regular (1 scoop) \$11.25 | large (2 scoop) \$14.35



STEP 1

bases (check one)

all bases are gluten free

- jasmine rice
- bamboo rice (+ \$1.20)
- spring mix
- jasmine rice & spring mix
- cauliflower rice (+ \$2.00)
- jasmine & cauliflower rice (+ \$1.00)
- seaweed salad (+ \$3.50)



STEP 2

proteins (check one)

- shrimp
- antibiotic-free chicken
- organic tofu

(additional scoops \$2.95 each)

PREMIUM +\$1

- ahi tuna
- japanese yellowtail
- faroe island salmon
- ceviche

(additional scoops \$3.95 each)



STEP 3

sides (check one)

- edamame
- seaweed salad
- krab salad
- pineapple
- avocado (+ \$1.00)

(additional scoops \$1.00 each)



STEP 4

toppings (check up to four)

- green onion
- cucumber
- jalapeno
- carrots
- wasabi peas
- corn
- mandarin oranges
- watermelon radish
- pickled ginger
- broccoli
- snow peas
- kimchi
- toasted coconut
- tobiko
- bean sprouts
- pickled beets

(extra toppings \$.50 each)



STEP 5

sauces (check one) *gluten free soy sauce available*

- sesame shoyu**
sesame oil blended with soy sauce
- spicy ponzu**
citrus infused soy sauce with chili
- spicy korean pepper**
fermented chili peppers and rice, organic agave, hint of sesame oil
- spicy ginger citrus**
ginger, onions, tamari
- wasabi yuzu**
citrus infused soy sauce blended with wasabi
- homemade spicy aiolo**
made from farm fresh eggs, spicy and creamy
- ponzu**
citrus infused soy sauce
- chili mustard**
mustard and chili
- lemon basil**
light, citrusy and refreshing

DON'T FORGET

the extras





- hot miso soup \$3.00
- lobster roll \$18.95 (everyday) 2 for \$34.00 (tuesdays)
- mochi ice cream 2 for \$5.00
- assorted vegan & gluten-free cookies \$5.00











SIGNATURE

bowls

extra scoop of protein \$3.50

- aloha og** 
\$12.25
ahi tuna, bamboo rice, seaweed salad, green onion, carrots, watermelon radish, ginger, fried onions, sesame seeds, sesame shoyu
- flaming jewel** 
\$10.95
torched sweet potato, jasmine rice, carrots, cucumbers, broccoli, watermelon radish, sesame seeds, toasted coconut, ponzu
- ono** 
\$12.25
yellowtail, jasmine rice, pineapple, green onion, jalapenos, carrots, peas, tobiko, spicy ponzu
- bubba** 
\$11.25
shrimp, jasmine rice, krab salad, green onion, cucumbers, broccoli, wasabi peas, sesame seeds, spicy ginger citrus
- salmo** 
\$11.95
faroe island salmon, jasmine rice, edamame, cucumbers, bean sprouts, jalapenos, tobiko, sesame seeds, ponzu
- green** 
\$11.55
tofu, bamboo rice, edamame, carrots, broccoli, wasabi peas, cucumbers, sesame seeds, wasabi yuzu

DELUXE BOWLS

- fcpc**  
\$15.95
ahi tuna, faroe island salmon, bamboo rice, edamame, green onion, cucumbers, watermelon radish, fried onions, toasted coconut, tobiko, ponzu
- gf surf & turf**  
\$14.95
antibiotic-free chicken, shrimp, jasmine rice, avocado, carrots, broccoli, bean sprouts, sesame seeds, spicy ginger citrus, spicy mayo
- k keto salmon** 
\$15.95
faroe island salmon, cauliflower rice, double avocado, green onion, cucumber, broccoli, sesame shoyu, spicy mayo
- flaming tuna** 
\$13.35
ahi tuna, jasmine rice, seaweed salad, green onion, jalapenos, snow peas, watermelon radish, ginger, fried onions, spicy korean pepper, sesame seeds, sesame shoyu, spicy mayo
- flying salmon** 
\$12.95
faroe island salmon, bamboo rice, seaweed salad, avocado, jalapenos, watermelon radish, snow peas, kimchi, tobiko, sesame seeds, spicy ponzu, spicy mayo
- chicken chirashi** 
\$11.95
antibiotic-free chicken, jasmine rice, avocado, carrots, snow peas, cucumbers, broccoli, fried onions, chili mustard