



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

salmo

faroe island salmon, jasmine rice, edamame, cucumber, bean sprouts, jalapeno, tobiko, sesame seeds, ponzu

bubba

shrimp, jasmine rice, crab meat, green onion, cucumber, broccoli, wasabi peas, spicy ginger citrus

ono

hawaiian marlin, jasmine rice, pineapple, green onion, jalapeno, carrots, peas, tobiko, spicy ponzu

Ⓥ flaming jewel

torched sweet potato, jasmine rice, carrots, cucumber, broccoli, watermelon radish, 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, tobiko, ponzu

gf surf & turf

antibiotic-free chicken, shrimp, jasmine rice, avocado, carrots, broccoli, 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

5933 main street | williamsville, ny 14221

eatfreshcatchpoke.co | 716 271 7653



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BUILD YOUR

own bowl

regular \$10.95 | large \$13.95



STEP 1

bases

(where it all begins)

- jasmine rice
- bamboo rice (add \$.75)
- spring mix
- seaweed salad (add \$3.50)
- jasmine rice & spring mix
- low carb seasonal noodle or cauliflower rice (seasonal and price will vary)



STEP 2

proteins

(from the sea or the earth)

- hawaiian ahi tuna
- faroe island salmon
- hawaiian marlin
- shrimp
- tofu
- antibiotic-free chicken
- (additional scoops \$3.50 each)



STEP 3

sides

(choose 1 for extra deliciousness)

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



STEP 4

toppings

(choose up to 4. seasonal and can vary)

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

(extra toppings \$.50 each)



STEP 5

sauces

(savory. spicy. bold. seasonal sauces vary)

- sesame shoyu**
sesame oil blended with soy sauce nutty and savory
- spicy ginger citrus**
ginger, onions, tamari sweet, spicy, and tangy
- ponzu**
citrus infused soy sauce salty and mild citrus
- spicy ponzu**
citrus infused soy sauce with chili salty, mild citrus, with hint of heat
- wasabi yuzu**
citrus infused soy sauce blended with wasabi savory and spicy
- mustard**
mustard and chili sweet and spicy with hint of heat
- spicy korean pepper**
fermented chili peppers and rice, organic agave, hint of sesame oil *our house spicy sauce!*

(gluten free soy sauce available)

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

assorted chips \$2.50

chia parfait \$5.00

macarons

2 for \$5.00 | 6 for \$13.50

mochi ice cream 2 for \$5.00

kombucha draft \$4.00

kombucha growler
\$10.00 | \$8.00 refills

local & hawaiian beer \$4.00 - \$6.00

assorted wine & sake
\$5.00 - \$10.00

spiked seltzers \$4.50

organic cold pressed
juice made locally \$6.50

fresh young coconut water \$5.00

bottled drinks price varies
shaken matcha tea, organic tea, bottled alkaline water, coconut water, cold brew coffee

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