



FREESTYLE POKÉ

Poke

Hawaiian for "to slice, or cut crosswise into pieces, such as with fish."

Freestyle Poke

A modern twist on traditional Hawaiian poke bowls.



SIGNATURE BOWLS

.....
Extra Mix-ins/Toppings: \$ Extra Protein: SEA \$ LAND \$

Choose Base: White Sushi Rice, Forbidden Rice, Quinoa, Zucchini Noodles

.....
2 Scoop Protein 3 Scoops Protein

Classic

Tuna*, Spring Onion, Cucumber, Wasabi, Freestyle Shoyu, Pickled -
Ginger, Crab Mix, Masago, Sriracha Mayo, Nori, Sesame Seeds

Ride the Wave

Salmon*, Cilantro, Wasabi, Spring Onion, Truffle Yuzu Ponzu,
Avocado, Sweet Potato, Seaweed Salad, Sweet Corn, Yum Yum

Nirvana

Tuna*, Cucumber, Tomato, Edamame, Sriracha Ponzu,
Mango, Sprouts, Crab Mix, Togarashi Yuzu Mayo

Why so Serious?

Spicy Tuna*, Jalapeño, Cilantro, Cucumber, Freestyle Shoyu,
Avocado, Carrots, Marinated Kale, Pickled Ginger, Sriracha Mayo

Hakuna Matata Paleo Keto

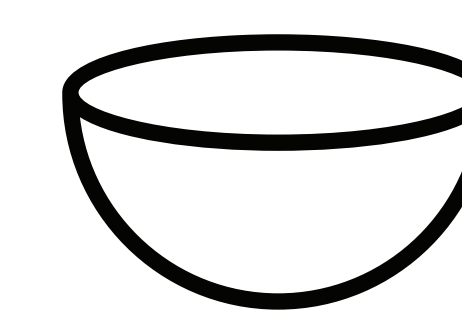
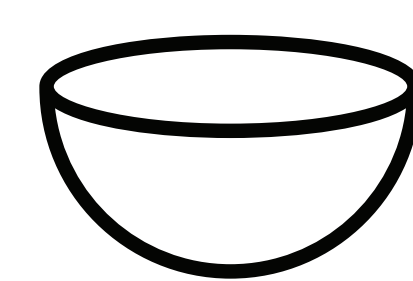
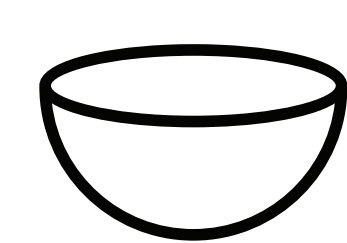
Shredded Chicken (served hot), Cilantro, Jalapeño, Spring Onion,
Coconut Curry, Carrots, Sprouts, Spicy Cashews, Avo-coco

Love Yo-Self Vegan

Organic Tofu, Edamame, Spring Onion, Cilantro, Freestyle Shoyu,
Sprouts, Seaweed Salad, Marinated Kale, Avo-coco

*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH
OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS

BUILD YOUR OWN



SEA

One Scoop \$

/Two Scoops \$

/Three Scoops \$

LAND

One Scoop \$

/Two Scoops \$

/Three Scoops \$

Extra Mix-ins/Toppings: \$1.00 Extra Protein: **SEA** \$ **LAND** \$

1 Base It **Up to 2 Choices**

White Sushi Rice, Forbidden Rice, Quinoa, Zucchini Noodles

2 Protein

Sushi Grade Ahi Tuna*, Sushi Grade Salmon*, Spicy Tuna*, Cooked Salmon, Cooked Shrimp, Shredded Chicken (served hot), Organic Tofu

3 Mix-ins **Up to 3 Choices**

Tomato, Spring Onion, Cilantro, Cucumber, Edamame, Jalapeño, Wasabi

4 Marinade It

Freestyle Shoyu, Sriracha Ponzu, Coconut Curry, Truffle Yuzu Ponzu, Honey-Ginger Tamari

5 Top It **One Scoop-Pick 2** **Two Scoops-Pick 3** **Three Scoops-Pick 5**

Sweet Potato, Mango, Crab Mix, Spicy Cashews, Marinated Kale, Kimchi, Carrots, Sprouts, Masago, Pickled Ginger, Sweet Corn, Seaweed Salad **Avocado + \$**

6 Sauce It

Sriracha Mayo, Togarashi Yuzu Mayo, Avo-coco, Eel Sauce, Yum Yum

7 Final Touches

Togarashi Spice, Sesame Seeds, Fried Onions, Wasabi Toasted Coconut, Nori, Crispy Garlic

BEVERAGES

Open Water Bottled Water

Open Water Sparkling Water

Spindrift Sparkling Water

Honest T Organic Teas

Tea-Biotics Kombucha On Tap

Taste Nirvana Coconut Water

Sugar Cane Soda



FOOD ALLERGY NOTICE:

IF YOU HAVE A FOOD ALLERGY OR A SPECIAL DIETARY REQUIREMENT PLEASE INFORM A STAFF MEMBER BEFORE YOU PLACE YOUR ORDER. THANK YOU.