

SIGNATURE BOWLS

CHOOSE
YOUR OWN
BASE

ALL bowls are topped with our Poké basics: Fresh Spring Onion and Black & White Sesame seeds.



The Sword
S | 13.95 R | 16.95
Swordfish, Green Chili, Pineapple, Pickled Ginger, Coriander, Crispy Onion, Spicy Yuzu



The Big Katuna
S | 14.95 R | 17.95
Local Tuna, Seaweed Salad, Roasted Nori, Pickled Ginger, Crispy Onion, Classic Shoyu



Wasabi Tuna GF
S | 14.95 R | 17.95
Local Tuna, Cucumber, Red Onion, Rocket, Green Apple, Wasabi Peas, Wasabi Mayo



Tropical Salmon GF
S | 14.95 R | 17.95
Salmon, Pineapple, Green Chili, Mint, Red Pepper Blend, Green Avo-Coco, Ginger Ponzu



Salmon Finn GF
S | 13.95 R | 16.95
Cherry Tomato, Cucumber, Bean Sprout, Orange Segments, Nori Furikake, Classic Shoyu



Spicy Salmon Shaka GF
S | 13.95 R | 16.95
Red Onion, Bean Sprout, Daikon, Watermelon Radish, Shiso Furikake, Spicy Sriracha Mayo



The Cooked Chook GF
S | 13.95 R | 16.95
Slow Cooked Chicken Breast, Edamame, Rocket, Bean Sprout, Red Onion, Crispy Garlic, Classic Shoyu



The Spicy Chook
S | 13.95 R | 16.95
Slow Cooked Chicken, Rocket, Cucumber, Edamame, Coriander, Crispy Onion, Spicy Sriracha Mayo



The Vego V, GF
S | 12.95 R | 15.95
Fresh Tofu, Pickled Shiitake Mushrooms, Sweet Potato, Edamame, Coriander, Corn Nuts, Classic Shoyu



Dr. Beets V
S | 12.95 R | 15.95
Roasted Beets, Orange Segments, Sweet Potato, Watermelon Radish, Rocket, Crispy Onion, Classic Shoyu



Big Island Shrooms V, GF
S | 13.95 R | 16.95
Poached Seasonal Mushrooms, Sweet Potato, Red Onion, Macadamia Nuts, Coconut Flakes, Spicy Yuzu



BORN IN BYRON



Miso Salmon
Limited Quantities
S | 14.95 R | 17.95
Slow Cooked Salmon, Shaved Cabbage, Pickled Red Onion, Edamame, Miso Caramel Glaze



Shroom Noodle Soup V
13.95
Mushroom Broth, Seasonal Mushrooms, Buckwheat Noodles, Bean Sprouts, Coriander with your choice Tofu (v) or Chicken

BUILD YOUR OWN

STEP 1: BASE

GF options available for all bowls



Organic Black & Brown Rice
V, GF



Premium Japanese Soba Noodles V +1



Farmers Mix Salad V, GF



Locally Farmed Kale
V, GF +1

STEP 2: PROTEIN

Our fish is fresh & certified sustainable.



MSC Swordfish (Mooloolaba)
S | 13.95 R | 16.95



MSC Yellow Fin Tuna (Mooloolaba)
S | 14.95 R | 17.95



ASC Atlantic Salmon (Tasmania)
S | 13.95 R | 16.95



Slow Cooked Chicken Breast
S | 13.95 R | 16.95



Fresh Local Tofu V
S | 12.95 R | 15.95



Roasted Beets V
S | 12.95 R | 15.95



Poached Seasonal Mushrooms V, GF
S | 13.95 R | 16.95

DOUBLE PROTEIN +5\$



STEP 3: SAUCE



Classic Shoyu (Soy & Sesame)
V, GF



Ginger Ponzu (Soy, Citrus, Ginger) V, GF



Spicy Yuzu (Soy, Citrus, Red Pepper) V, GF



Wasabi Mayo
GF



Spicy Sriracha Mayo
GF



Miso Caramel



Green Avo-Coco
V, GF

STEP 4: FILLING

5 FREE FILLINGS

All bowls are topped with our Poké basics: Fresh spring onion and black & white sesame seeds.



Carrots



Edamame



Sweet Potato



Marinated Red Onion



Pickled Ginger



Bean Sprouts



Shaved Cabbage



Rocket



Cucumber



Cherry Tomato



Daikon



Pineapple



Orange Segments



Green Apple



Watermelon Radish



Seaweed Salad



Green Chilli



Coriander



Mint



Roasted Seaweed



Crispy Onion



Crispy Garlic



Wasabi Peas



Corn Nuts



Red Pepper Blend



Chili Oil



Seaweed Furikake



Shiso Furukake



Coconut Flakes

HEALTHY KIDS Poké Bowl Meal \$10

Chicken or Tofu Poké Bowl with a small fresh juice fresca. Sashimi +2



ADD A MISO TO YOUR MEAL \$1

Must be purchased with a bowl and drink. \$2.95 on it's own.



THE NO-BRAINERS ADD-ONS



Avocado +2



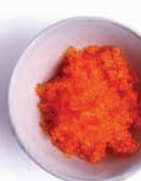
Locally Farmed Kale +1



Pickled Shitake Mushrooms +1.5



Macadamia Nuts +1.5



Tobiko Caviar +1.5