

Build Your Own

Step 1: Base

GF options available for all bowls

Starting From **14.95**



Organic Black & Brown Rice **V, GF**



Premium Japanese Soba Noodles **V** +1.5



Farmers Mix Salad **V, GF**



Locally Farmed Kale **V, GF** +1.5

Step 2: Protein

Our fish is fresh & certified **sustainable**.



MSC Swordfish (Mooloolaba, QLD) +3

MSC Yellow Fin Tuna (Mooloolaba, QLD) +4



ASC Atlantic Salmon (Tasmania) +4

Slow Cooked Salmon Fillet (Tasmania) +4



Slow Cooked Chicken Breast +3

Fresh Local Tofu **V** (Non-GMO) +1



Poached Seasonal Mushrooms **V GF** +2

Roasted Beets **V** +1

Extra 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**



Spicy Sriracha Mayo **GF**



Teri-Yummy **GF**



Wasabi Mayo **GF**



Miso Caramel **V, GF**



Green Avo-Coco **V, GF**

Japanese Mayo Drizzle +1

Step 4: Filling

5 Free Fillings

All bowls and tacos are topped with our Poke 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



Chilli Oil



Shiso Furikake



Coconut Flakes

The No-Brainer Add-Ons



Avocado +2.2



Locally Farmed Kale +1.5



Pickled Shiitake Mushrooms +2



Macadamia Nuts +1.5



Tobiko Caviar +2

Signature Bowls



Organic Black & Brown Rice **V, GF**
 Premium Japanese Soba Noodles **V +1.5**
 Farmers Mix Salad **V, GF**
 Locally Farmed Kale **V, GF +1.5**

GF options available for all bowls

ALL bowls and tacos are topped with our Poke basics: fresh spring onion and black & white sesame seeds.

**Step 2
Choose
Your Bowl**



**The Big Katuna
17.95**

Local Tuna, Seaweed Salad, Roasted Seaweed, Pickled Ginger, Crispy Onion,



**Tropical Salmon
GF 18.95**

Salmon, Rocket, Cucumber, Pineapple, Green Chilli, Mint, Red Pepper Blend, Green Avo-Coco, Ginger Ponzu + base



**Salmon Finn
GF 18.95**

Salmon, Cherry Tomato, Cucumber, Bean Sprouts, Orange Segments, Roasted Seaweed, Classic Shoyu + base



**The Cooked Chook
GF 17.95**

Slow Cooked Chicken Breast, Edamame, Rocket, Bean Sprouts, Red Onion, Crispy Garlic, Classic Shoyu + base



**The Vego
V, GF 15.95**

Fresh Tofu, Pickled Shiitake Mushrooms, Sweet Potato, Edamame, Coriander, Corn Nuts, Classic Shoyu + base



**Big Island Shrooms
V, GF 16.95**

Poached Seasonal Mushrooms, Edamame, Sweet Potato, Red Onion, Macadamia Nuts, Coconut Flakes, Spicy Yuzu + base



**The Sword
17.95**

Swordfish, Rocket, Green Chilli, Pineapple, Pickled Ginger, Coriander, Crispy Onion, Spicy Yuzu + base



**Wasabi Tuna
GF 18.95**

Local Tuna, Cucumber, Red Onion, Rocket, Green Apple, Wasabi Peas, Wasabi Mayo + base



**Spicy Salmon Shaka
GF 18.95**

Salmon, Red Onion, Bean Sprouts, Daikon, Watermelon Radish, Shiso Furikake, Spicy Sriracha Mayo + base



**The Spicy Chook
17.95**

Slow Cooked Chicken, Rocket, Cucumber, Edamame, Coriander, Crispy Onion, Spicy Sriracha Mayo + base



**Dr. Beets
V 15.95**

Roasted Beets, Orange Segments, Sweet Potato, Watermelon Radish, Rocket, Crispy Onion, Classic Shoyu + base

Warm Bowls



**Miso Salmon
Limited Quantities
GF 18.95**

Slow Cooked Salmon, Shaved Cabbage, Pickled Red Onion, Edamame, Miso Caramel Glaze + base



**Teri-Yummy Chicken
GF 17.95**

Slow Cooked Chicken Breast, Edamame, Marinated Red Onion, House Teri-Yummy Sauce, Organic Black and Brown Rice, Farmers' Salad



**Teri-Mayo Salmon
GF 18.95**

Slow Cooked Salmon, Edamame, Marinated Red Onion, House Teri-Yummy Sauce, Japanese Mayo, Organic Black and Brown Rice, Farmers' Salad.



**Kalua Pulled Pork
18.95**

12 Hour Slow Cooked Pulled Pork, Pickled Ginger, Marinated Red Onion, Special Ginger Sauce, Organic Black and Brown Rice



**Okinawa Beef Bowl
GF 17.95**

Premium Wagyu Brisket on Rice with Caramelized and Marinated Onion, Pickled Ginger, Okinawa Special Sauce, Red Pepper Blend, Organic Black and Brown Rice



**Shroom Noodle Soup
V 14.95**

Mushroom Broth, Seasonal Mushrooms, Buckwheat Noodles, Bean Sprouts, Coriander with your Choice Tofu (V) or Chicken

Sides



**Crispy Garlic Edamame
V, GF 6.95**

Warm Edamame Pods, Crispy Garlic, Sesame Seeds, Spring Onion, Classic Shoyu (Spicy or Not)



**Sustainable Salmon Sashimi
GF 12.95**

Salmon, Wasabi, Choice of Any Sauce



**Seaweed Salad Salad
V, GF 5.95**

Farmers Mix Salad, Seaweed Salad, Edamame, Crispy Garlic, Spring Onion, Sesame Seeds (Spicy or Not)



Yakisoba 8.95

Japanese Fried Noodles, Seasonal Vegetables, Pickled Ginger



Free Miso Soup

When you buy a bowl and drink, or 2.95 (on its own) Upon request

Sweet



**Coconut Chia Pudding
V, GF 7.95**

Coconut Milk, Chia Seeds, Fruit Coulis, Toasted Coconut Flakes

Healthy Kids



**Poke Bowl Meal
GF 12**

Chicken or Tofu (V) Poke Bowl + Coconut Water Sashimi +2

Order Here
 Finn Poke Burleigh



Poke Tacos New

6.95 each - 3 for 17.95



Katuna Taco

Heirloom Blue Corn Tortilla, Sashimi Tuna, Seaweed Salad, Sriracha Mayo, House Cabbage Slaw, Crispy Onions



Coconutz Salmon GF

Heirloom Blue Corn Tortilla, Sashimi Salmon, Ginger Ponzu, Avo-Coco Sauce, Pineapple, Green Chillies, House Cabbage Slaw, Toasted Coconut



The Chook GF

Heirloom Blue Corn Tortilla, Slow Cooked Chicken Breast, Sriracha Mayo, Crispy Garlic, Pickled Ginger, House Cabbage Slaw, Fresh Coriander



Teriyaki Shrooms V

Heirloom Blue Corn Tortilla, Poached Seasonal Mushrooms, House Teri-Yummy Sauce, Pickled Onions, Bean Sprouts, Crispy Onions, Fresh Coriander