

# Build Your Own

## Step 1: Base

GF options available for all bowls

Starting From **14.95**

Warm



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

Warm



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

GF options available for all bowls

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



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  
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



**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



**Big Island Shrooms**  
**V, GF 16.95**  
Poached Seasonal Mushrooms, Edamame, Sweet Potato, Red Onion, Macadamia Nuts, Coconut Flakes, Spicy Yuzu + 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

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