

Build Your Own

Step 1: Base

GF options available for all bowls.

Starting From
S. 11.95
R. 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

Step 2: Protein

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



MSC Swordfish (Mooloolaba, QLD) +2



MSC Yellow Fin Tuna (Mooloolaba, QLD) +3



ASC Atlantic Salmon (Tasmania) +3



Slow Cooked Salmon Fillet (Tasmania) +3.5



Slow Cooked Chicken Breast +2



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



Seaweed Furikake



Shiso Furikake



Coconut Flakes

The No-Brainer Add-Ons



Avocado +2



Locally Farmed Kale +1



Pickled Shiitake Mushrooms +1.5



Macadamia Nuts +1.5



Tobiko Caviar +1.5

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.

Order Here
Finn Poke Gateway



Step 1
Choose
Your Own
Base

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



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



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



The Big Katuna
S • 14.95 R • 17.95
Local Tuna, Seaweed Salad, Roasted Seaweed, Pickled Ginger, Crispy Onion, Classic Shoyu + base



Salmon Finn
GF S • 14.95 R • 17.95
Cherry Tomato, Cucumber, Bean Sprouts, Orange Segments, Roasted Seaweed, Classic Shoyu + base



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



The Sword
S • 13.95 R • 16.95
Swordfish, Rocket, Green Chilli, Pineapple, Pickled Ginger, Coriander, Crispy Onion, Spicy Yuzu + base



Spicy Salmon Shaka
GF S • 14.95 R • 17.95
Red Onion, Bean Sprouts, Daikon, Watermelon Radish, Shiso Furikake, Spicy Sriracha Mayo + base



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



Tropical Salmon
GF S • 14.95 R • 17.95
Salmon, Rocket, Cucumber, Pineapple, Green Chilli, Mint, Red Pepper Blend, Green Avo-Coco, Ginger Ponzu + base



The Cooked Chook
GF S • 13.95 R • 16.95
Slow Cooked Chicken Breast, Edamame, Rocket, Bean Sprouts, Red Onion, Crispy Garlic, Classic Shoyu + base



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

Warm 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.



Miso Salmon
Limited Quantities
GF R • 17.95
Slow Cooked Salmon, Shaved Cabbage, Pickled Red Onion, Edamame, Miso Caramel Glaze + base



Teri-Yummy Chicken
GF R • 16.95
Slow Cooked Chicken Breast, Edamame, Marinated Red Onion, House Teri-Yummy Sauce, Organic Black and Brown Rice, Farmers' Salad



Teri-Mayo Salmon
GF R • 17.95
Slow Cooked Salmon, Edamame, Marinated Red Onion, House Teri-Yummy Sauce, Japanese Mayo, Organic Black and Brown Rice, Farmers' Salad.



Kalua Pulled Pork
R • 17.95
12 hour slow cooked Pulled Pork, Pickled Ginger, Marinated Red Onion, Special Ginger Sauce, Organic Black and Brown Rice



Okinawa Beef Bowl
GF R • 16.95
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**
R • 13.95
Mushroom Broth, Seasonal Mushrooms, Buckwheat Noodles, Bean Sprouts, Coriander with your choice Tofu (V) or Chicken

Sides



Crispy Garlic Edamame
V, GF 5.95
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)