

Build Your Own

Step 1: Base

GF options available for all bowls

Starting From **15.95**



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



Premium Japanese Soba Noodles **V** +1.95



Farmers Mix Salad **V, GF**



Locally Farmed Kale **V, GF** +1.95

Step 2: Protein

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



Barramundi (Humpty Doo, NT) +5



Slow Cooked Barramundi (Humpty Doo, NT) +5



ASC Atlantic Salmon (Tasmania) +5



Slow Cooked Salmon Fillet (Tasmania) +5



MSC Yellow Fin Tuna (Mooloolaba, QLD) +5



Slow Cooked Chicken Breast +3.5



Fresh Local Tofu **V** (Non-GMO) +2.5



Poached Seasonal Mushrooms **V GF** +3



Roasted Beets **V** +2.5



Extra Protein
+\$5

Step 3: Sauce



Classic Shoyu (Soy & Sesame) **V, GF**



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



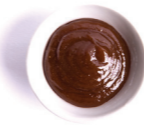
Spicy Yuzu (Soy, Citrus, Red Pepper) **V, GF**



Spicy Sriracha Mayo **GF**



Spicy Thai **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



Mango



Pineapple



Orange Segments



Green Apple



Watermelon Radish



Seaweed Salad



Green Chilli



Coriander



Mint



Roasted Seaweed



Crispy Onion



Crispy Garlic



Wasabi Peas



Corn Nuts



Puffed Rice



Chilli Oil



Shiso Furikake



Coconut Flakes



Red Pepper Blend

The No-Brainer Add-Ons



Avocado +2.2



Locally Farmed Kale +1.95



Pickled Shiitake Mushrooms +2.5



Macadamia Nuts +2.5



Tobiko Caviar +2.95

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** +1.95
Farmers Mix Salad **V, GF**
Locally Farmed Kale **V, GF** +1.95

Step 2
Choose Your Bowl



The Big Katuna
19.95

Local Tuna, Seaweed Salad, Roasted Seaweed, Pickled Ginger, Crispy Onion, Classic Shoyu + base



OG Barra Bowl
20.95

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



Wasabi Tuna
GF 20.95

Local Tuna, Cucumber, Red Onion, Rocket, Green Apple, Wasabi Peas, Wasabi Mayo + 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 16.95

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

New



Spicy Thai Barra
21.95

Barramundi, Mango, Cucumber, Red Onion, Fresh Mint, Coriander, Crispy Onion, Puffed Rice, Spicy Thai Sauce + base

New



Tropical Salmon
GF 20.95

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



Salmon Finn
GF 20.95

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



The Spicy Chook
18.95

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



Dr. Beets
V 16.95

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

Warm Bowls



Miso Salmon or Barramundi
GF 20.95

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



Teri-Yummy Chicken
GF 19.95

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



Teri-Mayo Salmon
GF 20.95

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



Kalua Pulled Pork
20.95

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



Okinawa Beef Bowl
GF 19.95

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 15.95

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

Sides



Sustainable Barramundi Sashimi
GF 14.95

Barramundi, Wasabi, Choice of Any Sauce



Sustainable Salmon Sashimi **GF 14.95**

Salmon, Wasabi, Choice of Any Sauce



Crispy Garlic Edamame
V, GF 6.95

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



Seaweed Salad
V, GF 6.95

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



Yakisoba 10.95

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 10.95

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

Healthy Kids



Poke Bowl Meal
GF 13

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

Poke Tacos

7.95 each - 3 for 19.95



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