

	SOY	PEANUT	TREENUT	GLUTEN	EGG	SHELLFISH	DAIRY	SESAME	SPICY	CALORIES
BASE										
Sushi Rice				X						280
Brown Rice										250
Yam Noodles										35
Organic Mixed Greens										20
BASE TOPPINGS										
Cucumber										10
White Onions										24
Crab Meat				X	X	X				36
Avocado (\$1)										50
POKE										
Naked										
Salmon										40
Ahi Tuna										40
Yellow Tail										40
Veggie Poke	X				X			X		30
Chef's Poke Mix								X		45
Walnut Sesame Shrimp			X		X	X		X		60
Spicy Poke Mix								X	X	50
SAUCES										
Ponzu (Citrus)								X		15
Walnut Sesame (Sweet, creamy, nutty)			X		X			X		30
Chef's Special Sauce (Ponzu, Tamari, Sesame)								X		20
Spicy Mayo (Spicy and creamy)					X			X	X	35
Cho-Chilli (Spicy Sweet Tang)	X			X				X	X	30
TOPPINGS										
Green onion										1
Serrano									X	2
Masago				X						1
Ginger										66
Seaweed Salad (\$1)	X			X				X		29
Wasabi									X	26
Fried Onion				X						15
Garlic Furikake				X				X		23
Sesame Seeds								X		17
Crispy Salmon Skin				X				X		24
Corn										9
Top 5 Poke										
1. The OG Bowl (100% Chef Poke Mix)					X	X		X		N/A
2. S-A-Y YES (Salmon, Ahi, Yellowtail in Ponzu)								X		N/A
3. Hot Pinky (Salmon in Spicy Mayo)								X	X	N/A
4. Blue Whale Mixer (Chef Mix, Walnut Sesame Shrimp, and Spicy Poke Mix)								X	X	N/A
5. Veggie Bowl					X					N/A
Hot Food										
NOTE: Calorie count is applicable for just the protein and not the base or other toppings.										
1. Yuzu-Mayo Baked Salmon Bowl - \$13	X			X	X					550
2. Loco Moco Bowl - Steak Hamburger in Galbi Sauce	X			X	X			X		420
3. Chicken Katsu	X			X	X					400
4. Unagi Bowl	X			X				X		320
5. Pork Belly Bowl	X			X						550
6. Vegetable Curry										
Chicken or Potstickers				X						

