

-  **Mixed grain rice**
-  **Soba noodles**
-  **Gluten-free**
-  **Vegan**

OUR FAVOURITE POKÉ BOWLS



BIG ISLAND TUNA BOWL

\$18.90

Yellowfin Tuna mixed

edamame, cucumber, carrot, red cabbage, corn,

sesame seeds, ginger, spring onion, soy & sesame dressing



TORI TORI CHICKEN BOWL

\$16.90

Shredded Chicken

carrot, corn, cucumber, edamame, zucchini, fried shallots, parsley and sesame mayo



TERI TORI CHICKEN BOWL

\$17.90

Teriyaki Chicken

edamame, corn, carrot, beetroot, zucchini, fried shallots, parsley and sesame mayo



MISO HI TOFU BOWL

\$17.90

Miso Glazed Tofu

edamame, carrot, zucchini, beetroot, chickpeas

sesame seeds, pickled ginger, spring onion and soy & sesame dressing



ICHIBAN SALMON BOWL

\$19.90

Salmon Sashimi

edamame, kimchi, seaweed salad, carrot, bean sprouts, pickled ginger

black sesame seeds, spring onion and wasabi mayo



MISO HI SALMON BOWL

\$20.90

Miso Glazed Salmon

edamame, seaweed salad, carrot, bean shoots, mushroom

black sesame seeds, lemon, spring onion and soy & sesame dressing





BUILD YOUR OWN POKÉ BOWL

ポケボウルを作ろう

1 CHOOSE YOUR PROTEIN

Salmon Sashimi	19.90	Extra +6.50
Organic Tofu	15.90	+4.5
Spicy Mayo Crab	17.90	+5
Teriyaki Chicken	17.90	+5

Yellowfin Tuna	18.90	Extra +6
Miso Glazed Tofu	17.90	+5
Pork Gyoza	17.90	+5
Shredded Chicken	16.90	+4.5

Miso Glazed Salmon	20.90	Extra +7
Korean Ground Beef	18.90	+6
Grilled Haloumi	18.90	+6
Nori Mayo Tuna	17.90	+4.5

2 BASE



GF

Mixed Grain Rice



GF

Turmeric Quinoa



GF

Rice Noodles



Soba Noodles



GF

Spinach +Rocket



GF

Lettuce



GF

Corn Chips

3 ADD 4-5 TOPPING

Edamame
Cucumber
Zucchini
Kimchi

Carrot
Chickpeas
Pineapple
Corn

Red Cabbage
Bean Shoots
Beetroot
Jalapenos

Seaweed Salad
Mushrooms
Avocado +2
Seasoned baked egg +2

Tomato & Onion +1.50
Soft-Boiled Egg +1.50
Feta+2

Mozzarella Cheese +1.50

4 DRESSING

Sesame Mayo GF/DF
Wasabi Mayo GF/DF
Honey Mustard GF/DF

Coriander, Ginger & lime GF/V
Avo, Citrus & Herb GF/V
Seven Spice Mayo GF/DF

Sriracha Hot Sauce GF/V
Lemon, Garlic Herb GF/V
Soy & Sesame GF/V
Extra Dressing +.50c

5 SEASONINGS 0-3

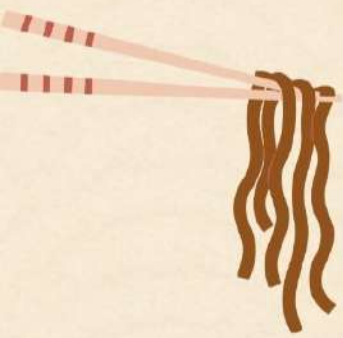
Black Sesame Seeds
Pink River Salt
Shredded Nori
Pickled Ginger

Seven Spice
Chilli Flakes
Spring Onion
Coriander

Chia Seeds
Cracked Pepper
Fried Shallots
Pickled Raddish

Lemon
Parsley
Crispy Chilli Oil +.50c





SPECIAL MENU POKE BOWLS

PORK GYOZA BOWL

17.90

Pork gyoza, soba noodles , edamame, cucumber seaweed salad, kimchi, carrot, black sesame seeds, pickled ginger, spring onion and soy & sesame dressing

GRILLED HALOUMI BOWL

18.90^{GF}

Grilled Haloumi, mixed grain rice, carrot, cucumber, zucchini, beetroot, chickpeas, black sesame seeds, spring onion, parsley and coriander, ginger & lime dressing

KOREAN GROUND BEEF BOWL

18.90

Korean Seasoned Ground Beef, mixed grain rice, carrot, cucumber, kimchi, edamame, bean shoots, spring onion, pickled radish, black sesame seeds and seven spice mayo

RAMEN BOWLS

9.90

BUILD YOUR OWN INSTANT RAMEN

- Start : Choose your Ramen
- Topping: Choose toppings from Poké menu
- Special : Extra protein from Poké

SMOOTHIES

All of our smoothies are plant based and made with real fruit

HOTEL TROPICANA (GF/V) 10.90

Mango, passionfruit, turmeric, chia seeds, coconut yoghurt and coconut water

COCO LOCO (GF) 11.90

Nutella, banana, coconut and almond milk

BAHAMA MAMA (GF/V) 10.90

Strawberries, raspberries, banana, coconut yoghurt and coconut water

JUNGLE GYM (V) 11.90

Banana, peanut butter, granola, salted caramel protein and almond milk

PALM SPRINGS (GF/V) 10.90

Mango, spinach, cucumber, green apple, lemon and coconut water

AÇAÍ BOWLS

Our açai base is a signature blend of açai, banana and coconut water

THE BEACH BOWL (V/NF) 15.90

Açai base, top and bottom granola with strawberries, kiwi, coconut flakes and cacao nibs

JAWS BOWL (V) 17.90

Açai base, top and bottom granola, strawberries, banana, peanut butter, crushed peanuts and cacao drizzle

TREASURE ISLAND BOWL (GF/V/NF) 17.90

Açai base, top and bottom buckini with strawberries, mango, passionfruit, coconut yoghurt and chia seeds

BUILD YOUR OWN BOWL 15.90

Signature açai base with your choice of top and bottom granola or buckini with up to 5 toppings

Strawberries	Cacao Nibs	Cacao Drizzle	Coconut Yoghurt +\$2
Mango	Chia Seeds	Passionfruit	Peanut Butter +\$2
Banana	Coconut Flakes	Biscoff +\$2	Protein Powder +\$2
Kiwi	Crushed Peanuts	Nutella +\$2	Extra Fruit +\$1