

(ACAI BOWLS)

*All Acai Bowls can be substituted for Dragon Fruit Xtra \$1 * (apple juice blend)

*All of our signature bowls are made with Organic Acai, layered with Homemade Granola, and topped with Fresh Local Fruit & drizzled with Honey. We try to buy or grow our ingredients as organically & locally as possible. We love farmers! :)

Classic Bowl:

Blend: Organic Acai & Organic Apple Juice
Toppings: Bananas, Homemade Granola, and Drizzled Honey.....(\$8.00)

Shaka Bowl:

Blend: Organic Acai & Vanilla Almond Milk
Toppings: Fresh Strawberries, and Organic Coconut Shavings, Homemade Granola, Drizzled with Honey.....(\$8.50)

The Outrigger:

Blend: Organic Acai & Organic Apple Juice
Toppings: Fresh Pineapple, Strawberries and Blueberries, Homemade Granola, Drizzled with Honey.....(\$9.00)

Mana Kea Bowl:

Blend: Organic Acai & Vanilla Almond Milk
Toppings: Fresh Blueberries & Bananas, sprinkled with Crunchy Cacao Nibs (the organic form of chocolate) Homemade Granola & Honey.....(\$9.00)

The Waterman:

Blend: Organic Acai & Organic Apple Juice
Toppings: Bananas, Fresh Blueberries, and Organic Coconut Shavings, Homemade Granola, Drizzled with Honey.....(\$8.50)



The Hibiscus

Blend: Organic Acai & Organic Apple Juice
Toppings: Fresh Strawberries, Bananas, and Goji Berries (for added antioxidants) Homemade Granola, Drizzled with Honey.....(\$9.00)

Maui Bowl:

Blend: Organic Dragonfruit & Organic Apple Juice
Toppings: Strawberries, Kiwis, and Pineapple with Homemade Granola, Drizzled with Honey.....(\$9.50)

The Lifeguard:

Blend: Organic Acai & Almond Milk
Toppings: Bananas, Blueberries with Hemp Seed and Peanut Butter made with Homemade Granola and Drizzled with Honey.....(\$10.00)





(Poke Bowls)

* What are Poke Bowls?
Poke is pronounced (poh-KAY)

Generally speaking, poke would refer to raw pieces of sushi grade tuna cut into cubes. Those cubes are then marinated with soy sauce, sea salt, sesame oil and our special Poke sauce. Poke is traditionally served over a bed of jasmine rice and topped with avocado, fresh vegetables and sesame seeds.

CLASSIC POKE.....\$12

Sushi Grade Tuna marinated in our Special Sesame Soy Sauce, served over a bed of Jasmine Rice, Topped with Creamy Avocado, Crisp Cucumber, Fresh Red Peppers and Green Onion. Finished with a sprinkle of Sesame Seeds

SPICY POKE.....\$12

Sushi Grade Tuna marinated in our Homemade Spicy Aioli Sauce, served over a bed of Jasmine Rice, Topped with Creamy Avocado, Crisp Cucumber, Fresh Red Peppers and Green Onion. Finished with a sprinkle of Sesame Seeds.

TERAYAKI POKE\$13

Sushi Grade Tuna Marinated in our Savory Teriyaki Sauce, served over a bed of Jasmine Rice, Topped with Creamy Avocado, Crisp Cucumber, Fresh Red Peppers, Green Onion, and Sweet Pineapple. Finished with a sprinkle of Sesame Seeds.

A-FRAME DATIL SAUCE POKE\$13

Sushi Grade Tuna marinated in our A-Frame Sweet & Spicy Datil Sauce, served over a bed of Jasmine Rice, Topped with Creamy Avocado, Crisp Cucumber, Fresh Red Peppers, Green Onion, and Sweet Mango. Finished with a sprinkle of Sesame Seeds.

VEGAN OR VEGETARIAN POKE.....\$9

A Whole Creamy Avocado served over a bed of Jasmine Rice, Topped with Crisp Cucumber, Fresh Red Peppers and Green Onion. Finished with a sprinkle of Sesame Seeds.

Vegan- comes with Sesame Soy Sauce
Vegetarian-comes with Spicy Aioli Sauce

*served spicy or terayaki style