

Signature Bowls

Served over your choice of:
White Rice • Brown Rice • Zoodles • Mixed Greens

Regular: \$12.95 Large: \$15.95

House Classic

ahi tuna • sesame shoyu sauce • cucumber
sweet onion • gochujang mushrooms • scallions
sesame seeds • macadamia nuts

Firecracker Bowl

choice of spicy tuna or spicy salmon • sriracha
aioli • scallions • cucumber • togarashi
sesame seeds • onion crisps

Citrus Ponzu Shrimp

shrimp • citrus ponzu sauce • mango
red onion • cilantro

Rainbow Bowl

VT Soy tofu • sesame shoyu sauce
cucumbers • pineapple • edamame beans
beets • gochujang mushrooms • scallions

The Land Lover

choice of local chicken or local beef
pineapple teriyaki sauce • cucumber
gochujang mushrooms • pineapple
scallions • onion crisps

Fish and Chips

\$7.95
1 poke + chips

Build Your Own

Regular: \$12.95 Large: \$15.95

1. Choose Your Base

white rice • brown rice • zoodles
mixed greens

2. Pick Your Poke

ahi tuna • wild salmon • wild shrimp
local beef • local chicken • VT soy tofu

3. Add Your Mix-In's

cucumber • sweet onion • red onion

4. Choose Your Sauce

Firecracker

sriracha aioli • togarashi
sesame oil • garlic

Sesame Shoyu

tamari • sesame oil
ginger • garlic • scallion

Pineapple Teriyaki

tamari • roasted pineapple
brown sugar • garlic

Citrus Ponzu

tamari • lime • rice wine
crushed red pepper

Creamy Wasabi

wasabi • aioli • garlic • ginger

5. Top with Toppings

gochujang mushrooms • asian slaw • mango
edamame • pineapple • mandarin oranges
beets • seaweed salad (+\$1.00) • avocado (+\$1.50)

6. Crunch & Spice

macadamia nuts • crunched potato chips • togarashi
furikake • sriracha aioli • onion crisps (NOT GF) • cilantro
sesame seeds • scallions • shredded nori

Açaí Bowls

Sambazon organic fair trade frozen Açaí
purée with fresh fruit and toppings

Standard

\$6.95
banana • GF granola • honey

Premium

\$7.95
banana • strawberry • blueberry
GF granola • honey

Power

\$8.45
banana • almond butter • cacao nibs
GF granola • honey

Tropical

\$8.95
banana • strawberry • blueberry • GF granola
honey • coconut flakes • pineapple • hemp hearts

Additional add-ons (+\$1.00 each)

- chia seeds - hemp hearts
- coconut flakes - cacao nibs
- bee pollen - almond butter

Beverages

house-made beverages
bottled beverages

Kids' Bowls

\$5.95
1 poke • 1 base • 4 toppings • fruit