



MENU



BUILD YOUR OWN MARKET BOWL

Our entire chef driven market bowl menu is Gluten Free including all proteins, sides and sauces!

1) CHOOSE YOUR BASE

Quinoa, Brown Rice, Local Greens, Kale Crunch Slaw

2) CHOOSE YOUR PROTEIN

No protein (3 sides).....10.50 Roasted Chicken.....11.95
Garlic Lemon Shrimp.....12.95 Herb Roasted Salmon.....14.25
Impossible Ground Beef...12.95

3) SIDES (2 included, 3.00 per additional)

WARM SIDES

- » Charred Brussel Sprouts
- » Roasted Carrots
- » Roasted Sweet Potato
- » Curried Cauliflower

CHILLED SIDES

- » Quinoa Salad
- » Minted Tomato & Cucumber
- » Balsamic Mushrooms

TOPPINGS (ANY 3)

- » Roasted Almonds
- » Chopped Cilantro
- » Spicy Sunflower Seeds
- » Lemon Wedge

EPIC TOPPINGS

- » Feta, Parmesan (+.50)
- » Housemade Hummus (+1.50)
- » ½ Avocado (+1.90) (vegan)

4) SAUCES Choose a sauce

Lemon Herb Tahini
Green Goddess Ranch
Sriracha

Vegan Garlic Aioli
Balsamic Vinaigrette
Cilantro Pesto
Lemon Vinaigrette

BUILD YOUR OWN POKE BOWLS

Smalls (2 scoops).....12.25 | Biggie (3 scoops).....14.95
Extra scoop of protein +3.00

1) CHOOSE YOUR BASE

White Rice, Brown Rice, Salad, Zoodles (+1), Quinoa (+1)

2) CHOOSE YOUR PROTEIN

Ahi Tuna Kani Krab Salad Garlic Lemon Shrimp
Salmon Spicy Tuna Roasted Chicken
Roasted Tofu Spicy Salmon Tartar Avocado

3) CHOOSE YOUR MIX-INS

Masago, Cucumber, White Onion

4) SAUCES (ANY TWO)

Citrus Ponzu Sweet Teriyaki Sweet Sesame
Spicy Ponzu Sriracha Aioli Gluten-Free Soy
Cilantro Lime Vinaigrette Wasabi Aioli

5) TOP IT OFF (Extra Serving +.50)

Jalapeno, Edamame, Scallions, Pickled Onions, Carrot, Cilantro, Pickled Ginger, Radish, Cabbage, Mango, Sesame Seeds, Furikake

6) EPIC TOPPINGS +1.50

Seaweed Salad Kani Krab Salad Avocado

7) CRUNCH (ANY TWO)

Crispy Onions, Crispy Garlic, Tempura Flakes, Wonton Crisps, Shredded Nori

SIGNATURE POKE BOWLS

Smalls.....(2 Scoops) | Biggie.....(3 Scoops)

For All signature bowls, choose your base:
White Rice, Brown Rice, Salad, Zoodles (+1), Quinoa (+1)

FRESH COAST BOWL 12.25 / 14.95

Ahi Tuna , White Onions, Cucumber, Masago, Wasabi Aioli, Citrus Ponzu, Jalapeno, Scallions, Cilantro, Sesame Seeds Crispy Onions

UMAMI BOWL 12.25 / 14.95

Ahi Tuna , Cucumber, Masago, Spicy Ponzu , Sriracha Aioli , Jalapeno, Scallions, Cilantro, Tempura Flakes

CALIFORNIA ROLL BOWL 12.25 / 14.95

Kani Krab Salad, White Onion, Masago, Cucumber, Carrot, Scallions, Avocado, Sriracha Aioli, Sweet Teriyaki, Sesame Seeds & Crispy Onions (sorry no protein substitutions)

SWEET SHRIMP 12.25 / 14.95

Cooked Shrimp, White Onion, Masago, Sweet Sesame, Citrus Ponzu, Jalapeno, Mango, Cilantro, Scallions, Pickled Ginger, Sesame Seeds & Crispy Onions

MAUI WOWIE SALMON 12.25 / 14.95

Salmon , White Onion, Cucumber, Citrus Ponzu, Sriracha Aioli, Mango, Edamame, Scallions, Sesame Seeds & Crispy Garlic

SPICY ROLL BOWL 12.25 / 14.95

Finely Minced Ahi Tuna or Salmon Tartar, White Onion, Cucumber, Masago, Edamame, Scallions, Sriracha Aioli, Sesame Seeds & Tempura Flakes

ZEN BOWL 12.25 / 14.95

Oven Baked Garlic Shrimp, Cucumber, Mango, Radish, Scallions, Cilantro, Jalapeno, Cilantro Lime Vinaigrette, Sesame Seeds & Crispy Garlic

TERIYAKI 12.25 / 14.95

Roasted Chicken Or Roasted Tofu, White Onion, Cucumber, Sweet Teriyaki, Carrot, Edamame, Pickled Ginger, Cabbage, Scallions, Sesame Seeds & Crispy Onions (Make It Spicy By Adding Sriracha Aioli!)

LEGEND

- VEGAN
- RAW
- SPICY
- CONTAINS DAIRY
- GLUTEN FREE
- CONTAINS NUTS
- VEGETARIAN

EATFRESHCOAST.COM
@EATFRESHCOAST

LOCATIONS

NEWARK™ 1227 RAYMOND BLVD. NEWARK, NJ 07102
METUCHEN™ 31 NEW ST. METUCHEN, NJ 08840

“NOW FRANCHISING” VISIT EATFRESHCOAST.COM/OWNAFRESHCOAST

