

SUPERFOOD BOWLS 16 OZ..... 10.95
24 OZ.....12.95

CHOOSE YOUR BASE:
ACAI **V** **GF**
High in antioxidants, heart health

COCONUT **V** **GF**
Immune booster
PITAYA **V** **GF**
Vitamin packed, energizer

KALE **V** **GF**
Detoxifying, anti-inflammatory
CHIA SEED PUDDING **V** **GF**
BLUE SPIRULINA **V** **GF**
High in antioxidants, power, anti-inflammatory

DRIZZLE
Honey (+50¢), Nutella (+50¢), Agave (+50¢), Peanut Butter, Almond Butter (+\$1), Cookie Butter (+\$1)

CHIA SEED PUDDING 16 OZ..... 10.95

THE SESH
Granola, strawberry, banana, coconut & Nutella
NUTTY BY NATURE
Granola, almonds, cinnamon & honey

FAT-FREE FROYO **GF**
ORANGE SHERBERT **GF**

TOPPINGS:
Banana, Strawberry, Pineapple, Blueberry, Kiwi, Blackberry, Mango, Grapes, Coconut

EPIC TOPPINGS (ADD 75¢)
Flax Seeds, Cacao Nibs, Raw Hemp Seeds, Shaved Almonds, Goji Berries

PIPELINE
Granola, strawberry, blackberry, coconut & honey

TOASTS

AVO TOAST 8.49 **V**
Smashed avocado, tomato, crushed red pepper, salt & pickled red onion
EARTH TOAST 8.49 **V**
Hummus, chickpeas, cherry tomato, radish, paprika & lemon wedge
NUTELLA TOAST 6.25
Nutella, strawberry & banana

PUMPED UP SMOOTHIES

ACAI BERRY BUZZ **V** **GF**
Organic acai, banana, coconut milk, strawberry & agave
PAID VACATION **V** **GF**
Organic coconut, banana, pineapple, agave & coconut milk

SMOOTHIE ADD INS
Avocado (+1.50) Protein Powder (+1.50), Blueberry, Mango, Blackberry, Strawberry (+.50)

BANANA ALMOND TOAST 6.50
Banana, almond butter, cacao nibs & honey
MUSHROOM & GOAT CHEESE TOAST 8.49
Goat cheese & balsamic marinated mushrooms. Served w/ a side of balsamic vinaigrette

16. OZ.....7.49
24 OZ.....9.49

PARTY IN MY PITAYA **V** **GF**
Organic pitaya, pineapple, mango, coconut milk & agave
MINT CHIP **V** **GF**
Mint, blue spirulina, banana, cacao nibs & peanut butter

SMOOTHIES 16 OZ.....6.49
24 OZ.....8.49

IT TAKES 2 TO MANGO **GF**
Mango, white cranberry juice & orange sherbert
RISE & GRIND **GF** **N**
Coffee, almond milk, banana, cacao nibs, nutella & fat-free froyo
ENERGIZER MONKEY **GF** **N**
Almond milk, peanut butter, banana, cacao nibs & fat-free froyo
ELECTRIC BERRY **GF**
White cranberry juice, strawberry, raspberry & orange sherbert

PROTEIN SMOOTHIES

ROCKET FUEL **V** **GF** **N**
Banana, peanut butter, chocolate protein & almond milk

LEAN, MEAN DRINK YOUR GREENS **V** **GF**
Coconut milk, kale, banana, mango, pineapple & agave
PARTY WAVE **V**
Coconut milk, strawberry, banana, agave & granola
THE ISLANDER **GF**
White cranberry juice, pineapple, mango, coconut flakes & orange sherbert

24 OZ.....9.75
16 OZ.....7.75

POWER HOUSE VEGAN **V** **GF** **N**
Banana, almond butter, vanilla plant-based protein, agave & almond milk

SIGNATURE POKE BOWLS

Small..... 12.49
Biggie..... 14.49

ALOHA BOWL 🍷🍱🔥

Ahi tuna, cucumber, white onion, scallions, red hawaiian sea salt, ginger, chopped macadamia nuts, spicy ponzu, hawaiian sauce, & pineapple

MAUI WOWIE SALMON 🍷🍱🔥

Salmon, white onion, cucumber, edamame, mango, scallions, citrus ponzu, sriracha aioli, sesame seeds & tempura flakes

FRESH COAST BOWL 🍷🍱🔥

Ahi tuna, white onion, cucumber, jalapeño, cilantro, scallions, crispy onion, sesame seeds, wasabi aioli & hawaiian sauce

CALIFORNIA ROLL BOWL 🍷🍱🔥

Kani crab salad, white onion, cucumber, carrot, scallions, avocado, sesame seeds, crispy onion & sriracha aioli

SPICY ROLL BOWL 🍷🍱🔥

Minced ahi tuna or spicy salmon, white onion, cucumber, edamame, scallions, tempura flakes & sriracha aioli

SWEET SHRIMP BOWL

Garlic lemon shrimp, white onion, jalapeño, mango, cilantro, scallions, ginger, sesame seeds, citrus ponzu & sweet sesame

ZEN BOWL

Garlic lemon shrimp, cucumber, mango, radish, scallions, cilantro, jalapeño, sesame seeds, crispy fried onion & cilantro lime vinaigrette

UMAMI BOWL 🍷🍱🔥

Fresh ahi tuna, cucumber, scallion, cilantro, jalapeño, tempura flakes, sriracha aioli & spicy ponzu

SIGNATURE HONUUA BOWLS

MOTHER EARTH.....11.95 🍱🌱🌱

Hummus, cucumber, pickled red onion, tomato, avocado, cilantro, chickpeas, radish, lemon wedge & cilantro lime vinaigrette.
Served over quinoa and kale

TERIYAKI BOWL

Small.....11.95 Biggie.....13.95
Roasted chicken or tofu, sweet teriyaki, white onion, cucumber, carrot, edamame, scallions, pickled ginger, sesame seeds, & crispy fried onions

TOFU GOCHU 🌱

Small.....11.95 Biggie.....13.95
Baked tofu, white onion, cucumber, edamame, scallions, sesame seeds, crispy fried onion & gochujang

OMEGA BOWL.....15.95

Roasted salmon, tomato, cilantro, mango, avocado, radish, sesame seeds, lemon wedge & cilantro lime vinaigrette dressing.
Served over quinoa & spring mix base

SKINNY CHICKEN.....12.49

Roasted chicken, scallions, tomato, radish, carrots, cilantro & cilantro lime vinaigrette.
Served over quinoa & spring mix base

BUILD YOUR POKE BOWL

SNACK POKE.....10.50

1 base, 1 protein, 2 mix-ins, 3 toppings & 1 crunch

PROTEIN FROM LAND

Small.....11.95 Biggie.....13.95

PROTEIN FROM THE SEA

Small.....12.95 Biggie.....14.95

BUILD YOUR BASE

White Rice, Brown Rice, Spring Mix, Quinoa (+\$1.25), Kale Crunch (+\$1.25), Zoodles (+1.25)

PROTEIN CHOICE

Ahi Tuna 🍷🍱, Spicy Tuna 🍷🍱, Spicy Salmon 🍷🍱, Salmon 🍷🍱, Garlic Lemon Shrimp, Chicken, Tofu 🌱, Kani Crab Salad

MIX-INS Cucumber, White Onion

TOPPINGS:

Jalapeño, Edamame, Scallions, Pickled Red Onions, Carrots, Radish, Shredded Red Cabbage, Mango, Cilantro, Ginger

EPIC TOPPINGS (+\$1.50)

Seaweed Salad, Kani Crab Salad, Avocado

SAUCES:

Citrus Ponzu 🌱, Spicy Ponzu 🌱, Cilantro Lime 🌱
Vinaigrette 🌱, Sweet Teriyaki 🌱, Sriracha Aioli 🌱🌱
Wasabi Aioli 🌱, Sweet Sesame 🌱, Gochujang 🌱
Hawaiian Sauce 🌱🌱

CRUNCH:

Up to 2 included, each additional 50¢
Crispy Fried Onion, Shredded Nori, Wonton Strips, Tempura Flakes, Sesame Seeds

SIGNATURE
SALADS

HIPSTER SHROOM 10.95 
Spring mix, cherry tomato, parmesan cheese,
marinated mushrooms, sweet potato crisps &
balsamic vinaigrette

HAPPY HARVEST 12.49 
Kale, almonds, goat cheese, grilled chicken
breast, brown rice & sweet potato crisps.
Served w/ balsamic vinaigrette

MEDI VEGGIE 11.25 
Chopped kale, quinoa, red bell pepper, red
onion, feta cheese, avocado, chickpeas & lemon
wedge. Served w/ cilantro lime vinaigrette
dressing

CAESAR PLEASER 10.95 
A fresh take on a classic. chopped romaine
lettuce, chopped kale, cherry tomato, parmesan
cheese, avocado & sourdough croutons.
Served w/ Caesar dressing

EPIC SALAD EXTRAS:
Avocado – 1.50
Grilled Chicken – 3.00
Shrimp – 4.00
Oven Roasted Tofu – 3.00
Oven Roasted Salmon – 5.00

SNACKS AND SIDES

Seaweed Salad (8 oz.).....5.99
Kani Crab Salad (8 oz.).....5.49
Chia Seed Pudding Cup (8 oz.).....5.99
(Granola + 1 fruit & drizzle) 
Ono Vegan Power Bites (4).....4.99 
Spicy Tuna (8 oz.).....9.99 

DRINKS ON TAP 12 OZ.....4.95
16 OZ.....6.95
Nitro Cold Brew Coffee
Kombucha
Seasonal Kombucha

FRESH PRESSED
LEMONADE 16 OZ.....3.75
24 OZ.....5.00

HOUSE FAVORITES:
Coconut Mint, Ginger,
Pineapple, Pitaya,
Blackberry, Ginger Mint,
Blueberry Acai,
Strawberry, Mango

ADD INS
Chia Seeds (+50¢), Ginger
(+50¢), Mint (+50¢), Acai (+\$1),
Pitaya (+\$1), Strawberry (+50¢),
Blueberry (+50¢), Grape
(+50¢), Kiwi (+50¢), Mango
(+50¢), Coconut (\$+1),
Pineapple (+50¢)

FRESH JUICES 12 OZ.....6.49
16 OZ.....8.49

REVITALIZER 
Orange, pineapple, apple,
kale, celery & cucumber

HEALTH KICK 
Apple, beet, carrot &
strawberry

GLOW GETTER 
Orange, carrot & ginger

MORNING SUNSHINE 
Beet, celery, carrot, ginger
& lemon

BALI JUICE 
100% celery juice

SUPER JUICE 
Carrots, apple, cucumber,
beet & mint

LEGENDS:

	Raw		Gluten-Free		Vegetarian
	Spicy		Contain Nuts		Vegan