



FRESH. SUSTAINABLE. SUSHI GRADE.

TWO SCOOPS | THREE SCOOPS | FOUR SCOOPS
\$9.95 | \$12.45 | \$14.95

MAINLAND POKE SIGNATURE BOWLS

LU'AU

ahi, shoyu, seaweed, chili flakes

ICHIBAN

albacore, ponzu, wasabi aioli, pickled ginger, scallions, tobiko, red alaea sea salt

SO CALI

salmon, avocado (+\$1), coconut sauce, sweet onions, jalapenos

THREE WAY (THREE SCOOPS)

ahi, albacore, salmon, shoyu, sriracha aioli, cucumber, scallions, edamame, seaweed, furikake

THAT FIRE!

ahi, wasabi aioli, sriracha, jalapeño, furikake, chili flakes

SOY BOY

tofu, edamame, shoyu, scallions, black sesame

BUILD YOUR OWN BOWL

EASY AS 1. 2. 3. 4.

1 BASE

white rice | brown rice | kale | baby greens | kelp noodles* | seaweed*

2 PROTEIN

ahi | salmon | albacore | octopus | tofu

OR

PREMIUM FISH

blue crab* | spicy tuna* | toro* | salmon belly*

3 SAUCES

shoyu | spicy shoyu | sriracha aioli | wasabi aioli | coconut sauce | sweet chili lime vinaigrette | lemon juice | ponzu

4 TOPPINGS

avocado | chili flakes | edamame | furikake | jalapeños | mango | pickled ginger | seaweed | black sesame | sriracha | sweet onions | tobiko | cucumbers | red alaea salt | crispy onions

NOTE: Toppings subject to availability, some toppings incur an additional cost.

**Premium bases and fish incur an additional cost.*

WWW.MAINLANDPOKE.COM

@MAINLANDPOKESHOP

#flowmotionbaby