

SIGNATURE BOWLS

TUNANIMOUS CHOICE^G 13.95

sesame ginger tuna* poke, jasmine rice, seaweed salad, charred broccoli, kimchi, radishes, nori furikake, poke sauce

SALMON POKE MANNA FROM HEAVEN^G 13.95

sesame ginger salmon* poke, garlic leek brown rice, avocado, marinated tomatoes & cucumbers, rainbow carrots, scallions, spiced seeds & nuts, poke sauce

NOODLE IT OVER SHRIMP^G 13.95

marinated shrimp, lo mein noodles, marinated mushrooms, rainbow carrots, spicy roasted sweet potatoes, cucumbers, scallions, basil, cilantro, mint, tahini dressing

PICK YOUR HOISIN^G 13.95

hoisin glazed salmon, zucchini noodles, grilled lemon kale, charred broccoli, sunflower seeds, sesame seeds, red pepper flakes, avocado, cider dijon dressing

TUNA SPICED NICE^G 13.95

spicy tuna*, jasmine rice, avocado, edamame, cucumber, wasabi peas, tobiko*, nori furikake, tamari

CHICKY CHICKY BANG BANG^G 11.95

grilled chicken, jasmine rice, grilled lemon kale, spicy roasted sweet potatoes, charred broccoli, sunflower seeds, orange chipotle dressing

LIQUID BOWLS

NEW ENGLAND CLAM CHOWDER^G 9.95

HOUSEMADE BEVERAGES

LEMONADE 2.50

ORGANIC GREEN TEA 2.50

mint, basil, elderflower syrup

HAYMAKER'S PUNCH 2.50

raw honey, apple cider vinegar, ginger

^G contains gluten

Before placing your order, please inform your server if a person in your party has a food allergy.

*Served raw or undercooked, or contains (or may contain) raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

CREATE YOUR OWN

7.95 + protein (optional)

Step 1 ALL ABOARD choose 1 base

garlic leek brown rice zucchini noodles
jasmine rice lo mein noodles^G
mixed field greens

Step 2 YOUR CAST choose up to 3 sides

roasted cauliflower & shallots
marinated tomatoes & cucumbers
spicy roasted sweet potatoes
grilled lemon kale
seaweed salad^G
edamame
charred broccoli
rainbow carrots
marinated mushrooms
hummus
avocado half + 1.25

Step 3 REEL IT IN add a protein (optional)

hoisin glazed salmon^G + 5.00
marinated shrimp + 5.00
tuna* poke^G + 5.00
salmon* poke^G + 5.00
spicy tuna* + 5.00
grilled chicken + 3.00
kung pao tofu^G + 3.00

Step 4 NIBBLES choose 1 crunch

spiced seeds & nuts nori furikake
wasabi peas^G sesame seeds
sunflower seeds

Step 5 END OF THE LINE choose 1 dressing

sesame ginger^G olive oil & vinegar
cider dijon tahini
orange chipotle^G poke sauce^G