

# SIGNATURE BOWLS

## TUNANIMOUS CHOICE <sup>G</sup> 13.95

sesame ginger tuna\* poke, jasmine rice, seaweed salad, charred broccoli, kimchi, radishes, nori furikake, sesame ginger vinaigrette, korean red chili sauce

## SALMON POKE-MANNA FROM HEAVEN <sup>G</sup> 13.95

sesame ginger salmon\* poke, brown rice, avocado, marinated cherry tomatoes & cucumbers, rainbow carrots, scallions, spiced seeds & nuts, sesame ginger vinaigrette, korean red chili sauce

## NOODLE IT OVER SHRIMP <sup>G</sup> 13.95

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

## PICK YOUR HOISIN <sup>G</sup> 13.95

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

## CHICKY CHICKY BANG BANG <sup>G</sup> 11.95

grilled chicken breast, mixed field greens, roasted cauliflower & shallots, portobello mushrooms, chickpea salad, basil, tomatoes, parmesan croutons, romano cheese, white balsamic dressing

## IN(MAN) THE RAW 8.95

kale, zucchini noodles, rainbow carrots, cucumbers, radishes, cherry tomatoes, shaved cauliflower, spiced seeds & nuts, oil & vinegar

# HOUSEMADE BEVERAGES

## LEMONADE 2.50

## ORGANIC GREEN TEA 2.50

mint, basil

## HAYMAKER'S PUNCH 2.50

raw honey, apple cider vinegar, ginger

<sup>G</sup> contains gluten

\*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

brown rice  
jasmine rice  
mixed field greens  
zucchini noodles  
lo mein noodles <sup>G</sup>

## Step 2 YOUR CAST choose up to 3 sides

roasted cauliflower & shallots  
marinated cherry tomatoes & cucumbers  
spicy roasted sweet potatoes  
grilled lemon kale  
seaweed salad <sup>G</sup>  
red & white quinoa  
charred broccoli  
chickpea salad  
portobello mushrooms  
shaved romano cheese  
avocado half ..... + 1.25

## Step 3 REEL IT IN add a protein (optional)

hoisin glazed salmon <sup>G</sup> ..... + 5.00  
marinated organic shrimp .... + 5.00  
tuna\* poke <sup>G</sup> ..... + 5.00  
salmon\* poke <sup>G</sup> ..... + 5.00  
grilled chicken breast ..... + 3.00  
five-spice tofu <sup>G</sup> ..... + 3.00  
hard-boiled egg ..... + 1.00

## Step 4 END OF THE LINE choose 1 dressing

white balsamic  
sesame ginger <sup>G</sup>  
cider dijon  
orange chipotle <sup>G</sup>  
olive oil & vinegar  
tahini  
korean red chili <sup>G</sup>