



Ingredient & Allergen Reference Sheet

PROTEIN NAME	INGREDIENTS	CALORIES [1.8oz]	TASTE PROFILE	ALLERGENS
Krab Salad	Imitation crab, mayo, sesame oil	≈80 kcal	Creamy, sesame	egg, sesame
Red Snapper	Red snapper, sliced/cubed	≈30 kcal	Delicate, slightly sweet	Fish (snapper)
Salmon	Atlantic salmon cubes	≈60 kcal	Rich, buttery, umami	Fish (salmon)
Seared Salmon	Salmon slices, oil, salt, pepper	≈70 kcal	Toasty, rich, tender	Fish (salmon)
Seared Tofu	Extra-firm tofu, garlic salt, white pepper, onion powder	≈22 kcal	Light, savory	None
Shrimp	Cooked shrimp, garlic salt, white pepper, lemon	≈30 kcal	Fresh, savory, slight garlicky	Shellfish (shrimp)
Soft-Boiled Egg	Egg marinated in soy, mirin, sugar	≈45 kcal	Creamy yolk, savory-sweet	Egg, soy, wheat
Spam	Pork, ham, salt, seasoning	≈90 kcal	Savory, salty, rich	None
Spicy Krab Salad	Imitation crab, mayo, sesame oil, sriracha	≈85 kcal	Creamy, sesame, spicy	egg, sesame
Tempura Shrimp	Shrimp in wheat batter	≈75 kcal	Crispy, savory, mild sweet	Shellfish, wheat, egg
Teriyaki Chicken	Cooked chicken, teriyaki sauce	≈47 kcal	Savory, lean, tender	Wheat, soy, sesame
Tuna	Ahi tuna cubes	≈34 kcal	Lean, clean, mild	Fish (tuna)
Unagi	Eel fillet with sweet soy glaze	≈60 kcal	Sweet-savory, smoky, rich	Fish (eel), soy, wheat

POKÉ	INGREDIENTS	CALORIES [1.8oz]	TASTE PROFILE	ALLERGENS
Citrus Snapper	Red Snapper in Citrus Poké Sauce	≈30 kcal	Bright, citrusy, slightly tangy	Fish, sesame, wheat
Kimchi Salmon	Salmon in Kimchi Poké Sauce	≈60 kcal	Fermented, spicy, savory, garlicky	Fish, sesame, wheat, shellfish
Miso Salmon	Salmon in Miso Poké Sauce	≈60 kcal	Savory miso, gingery, slightly sweet, umami-rich	Fish, soy, sesame
Pepper Shrimp	Shrimp in Pepper Poké Sauce	≈30 kcal	Garlicky, peppery, chili heat, savory	Shellfish, soy
Mango Shrimp	Shrimp in Mango Poké Sauce	≈35 kcal	Creamy, sweet mango, tangy, smooth	Shellfish, egg, soy
Sweet Tuna	Tuna in Sweet Poké Sauce	≈34 kcal	Sweet-savory, glossy, slightly smoky	Fish, soy, wheat
Tom Yum Snapper	Red Snapper in Tom Yum Poké Sauce	≈35 kcal	Creamy, tangy, spicy, lemongrass-lime	Fish, Shellfish
Volcano Tuna	Tuna in Spicy Poké Sauce	≈40 kcal	Bold spicy, gochujang heat, savory umami	Fish, sesame

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TOPPING	INGREDIENTS	CALORIES [1oz]	TASTE PROFILE	ALLERGENS
Avocado	Fresh Avocado, sliced	≈50 kcal	Creamy, buttery, smooth	None
Bamboo Shoot	bamboo shoots, cooked, sweet chili	≈8 kcal	Mild, crunchy, sweet	None
Black Bean	Black beans, drained & rinsed	≈38 kcal	Savory, hearty	None
Carrot	Shredded carrot	≈12 kcal	Crunchy, fresh, slightly sweet	None
Corn	Canned corn, drained	≈25 kcal	Sweet, juicy	None
Cucumber	Fresh diced cucumber	≈4 kcal	Cool, crisp, refreshing	None
Edamame	Soybean with salt	≈44 kcal	Nutty, savory	Soy
Fukujinzuke	Pickled daikon, carrot, cucumber, eggplant	≈12 kcal	Sweet, tangy, crunchy	Soy
Ginger	Pickled ginger	≈12 kcal	Tangy, sharp	None
Jalapeño	Fresh diced jalapeño	≈4 kcal	Spicy, sharp	None
Kimchi	Fermented napa cabbage, chili, garlic	≈10 kcal	Spicy, tangy, fermented	Soy, fish
Oshinko	Pickled daikon radish	≈3 kcal	Tangy, crunchy	None
Mango	Frozen mango, diced	≈12 kcal	Sweet, fruity	None
Narutomaki	Fish cake (surimi, starch, seasonings)	≈20 kcal	Umami, chewy	Fish, wheat
Pineapple	Canned pineapple, drained	≈12 kcal	Sweet, tangy, juicy	None
Purple Cabbage	Fresh shredded purple cabbage	≈20 kcal	Crunchy, earthy	None
Red Onion	Fresh diced red onion	≈11 kcal	Sharp, pungent	None
Roasted Red Pepper	Fire-roasted, red pepper, diced	≈7 kcal	Sweet, smoky, slight tangy	None
Scallion	Fresh chopped scallion	≈11 kcal	Mild onion, fresh	None
Seaweed Salad	Marinated seaweed salad	≈13 kcal	Umami, tangy, sesame note	Soy, sesame
Shiitake Mushroom	Braised shiitake mushroom	≈11 kcal	Savory, umami, earthy	Soy, wheat
Tobiko	Flying fish roe	≈31 kcal	Briny, umami, crunchy	Fish
Water Chestnut	water chestnut, diced, garlic chili saice	≈18 kcal	Crunchy, savory, mildly spicy	Soy

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Dressing with wheat

NAME	INGREDIENTS	CALORIES (2 Tbsp)	TASTE PROFILE	ALLERGENS
Citrus Poke	Soy sauce, mirin, sugar, lime juice, sake, yuzu, rice vinegar	≈70 kcal	Bright, citrusy, sweet-salty	Soy, wheat
Classic Poke	Soy sauce, mirin, sugar, sesame oil, sriracha	≈70 kcal	Umami-rich, sweet-savory, mild spicy	Soy, wheat, sesame
House Soy	Soy sauce, mirin, sugar, sesame oil, cornstarch, ginger	≈55 kcal	Sweet, savory, umami	Soy, wheat, sesame
Kimchi	Kimchi, miso, roasted garlic, sugar, rice vinegar, lime	≈120 kcal	Spicy, tangy, fermented, savory	Soy, wheat, sesame, fish, shellfish
Sweet Poke	Unagi sauce, sesame oil, lime juice, pineapple juice	≈70 kcal	Sweet, tangy, fruity	Soy, wheat, sesame
Teriyaki	Soy Sauce, brown sugar, honey, mirin, garlic, ginger	≈70 kcal	Sweet, savory	Soy, wheat

Dressings Made Without Wheat or Verified Gluten-Free

NAME	INGREDIENTS	CALORIES (2 Tbsp)	TASTE PROFILE	ALLERGENS
Garlic Mayo	Mayo, roasted garlic puree, lemon juice, garlic powder	≈185 kcal	Creamy, garlicky, savory	Eggs, soy
Garlic Chili	Chili garlic sauce, rice vinegar, sesame oil	≈60 kcal	Spicy, garlicky, rich, tangy	Soy, sesame
Mango Mayo	Mayo, mango puree, mirin, sugar, lime juice	≈180 kcal	Creamy, fruity, lightly sweet	Eggs, soy
Spicy Mayo	Mayo, sriracha, mirin, togarashi	≈180 kcal	Creamy, spicy, slightly smoky	Eggs, soy
Spicy Poke	chili pepper, cayenne pepper, sesame, thai chili, sriracha	≈50 kcal	Spicy, smoky, bold	soy
Miso Ginger	Miso paste, ginger, garlic, sugar, sesame oil	≈40 kcal	Savory, gingerly, light tangy	Soy, sesame
Sweet Chili	Sweet chili sauce, lime juice, pineapple juice, garlic,	≈140 kcal	Sweet, tangy, mildly spicy, creamy	none
Wasabi	Wasabi, kewpie mayo, rice vinegar, lemon juice, mirin	≈110 kcal	Sharp, pungent, creamy	Eggs, soy
GF Soy	Tamari, mirin, sugar, sesame oil, cornstarch, ginger	≈50 kcal	Sweet, savory, umami	Soy, Sesame
GF Teriyaki	Tamari, brown sugar, honey, mirin, garlic, ginger	≈70 kcal	Sweet, savory	Soy
GF Poké	Tamari, brown sugar, mirin, garlic, ginger, lime, miso	≈50 kcal	Savory umami, light sweet, citrusy	Soy, Sesame
Tom Yum	Kaffir, fish sauce, chili pepper, lime, tamarind, lemongrass	≈45 kcal	Sour, spicy, aromatic	Fish, soy, shellfish, sesame

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Crunch Ingredient & Allergen Reference Sheet

CRUNCH	INGREDIENTS	CALORIES [1 tsp]	TASTE PROFILE	ALLERGENS
Black Sesame Seed	Toasted black sesame seeds	≈8 kcal	Nutty, earthy, crunchy	Sesame
White Sesame Seed	Toasted white sesame seeds	≈8 kcal	Nutty, mild, crunchy	Sesame
Bubu Arare	Japanese rice crackers (tiny puffed rice)	≈6 kcal	Crunchy, toasty, light	Soy, wheat
Crispy Garlic	Fried garlic chips	≈7 kcal	Savory, aromatic, bold	None
Crispy Onion	Fried onion bits	≈8 kcal	Sweet, savory, crunchy	Onion
Furikake	Seaweed, sesame, sugar, salt, bonito flakes	≈5 kcal	Savory, umami, nutty	Sesame, fish, soy
Nori	Shredded roasted seaweed	≈1 kcal	Umami, salty, briny	Seaweed
Tempura Pop	Tempura flakes (agedama)	≈9 kcal	Light, crispy, savory	Wheat
Chili Flakes	Crushed Toasted Chili	≈1 kcal	Spicy, crunchy	None

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Ingredient & Allergen Reference Sheet

HOUSE SPECIAL

NAME	INGREDIENTS	CALORIES [per bowl]	TASTE PROFILE	ALLERGENS
ONO	Salmon, Red Snapper, Ahi Tuna, Krab Salad, Mixed Veggies & Seaweed	≈924 kcal	Fresh, balanced, umami	Fish, soy, egg, wheat, sesame
PANIOLO	Tempura Shrimp, Seared Salmon, Spam, Teriyaki Chicken, Krab Salad	≈1187 kcal	Crispy, hearty, savory-sweet	Fish, shellfish, egg, soy, wheat, sesame
TERIYAKI	Chicken Teriyaki, Seared Salmon, Sweet Tuna, Krab Salad, Mixed Veggies	≈1036 kcal	Sweet-savory, umami, hearty	Fish, soy, wheat, egg, sesame
KUMU	Sweet Tuna, Volcano Tuna, Kimchi Salmon, Miso Salmon, Mixed Veggies	≈1118 kcal	Spicy, smoky, bold umami	Fish, soy, wheat, egg, sesame
VOLCANO	Tom Yum Snapper, Spicy Krab Salad, Pepper Shrimp, Kimchi Salmon, Volcano Tuna	≈1078 kcal	Spicy, tangy, aromatic	Fish, shellfish, soy, wheat, egg, sesame
TEMPURA	Tempura Shrimp x4, Krab Salad, Mixed Veggies	≈1253 kcal	Crunchy, rich, savory	Fish, shellfish, soy, wheat, egg, sesame
POLOLI	Sweet Tuna, Volcano Tuna, Citrus Tuna, Albacore, Mixed Veggies	≈977 kcal	Bright, citrusy, umami	Fish, soy, wheat, sesame
LANI	Tofu x3, Avocado, Mixed Veggies	≈785 kcal	Light, fresh, plant-based	Soy, sesame

All bowls come with the following sides -

carrot | corn | seaweed salad | black beans | edamame | purple cabbage | wood ear mushroom | naruto fish cake (exclude LANI)

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BOBA Ingredient & Allergen Reference Sheet

BASE FLAVOR	CALORIES (16 OZ)	ALLERGENS	SYRUP	CALORIES (1 TBSP)	ALLERGENS
CLASSIC MILK TEA	≈220 kcal	gluten free non-dairy	BROWN SUGAR SYRUP	≈220 kcal	gluten free non-dairy
UBE TARO	≈300 kcal	gluten free non-dairy	STRAWBERRY SYRUP	≈300 kcal	gluten free non-dairy
COCONUT	≈240 kcal	gluten free non-dairy coconut	LEMON SYRUP	≈240 kcal	gluten free non-dairy coconut
MILK COFFEE	≈260 kcal	gluten free non-dairy	PEACH SYRUP	≈260 kcal	gluten free non-dairy
STRAWBERRY	≈190 kcal	gluten free non-dairy	PINEAPPLE SYRUP	≈190 kcal	gluten free non-dairy
MANGO	≈180 kcal	gluten free non-dairy	ORANGE SYRUP	≈180 kcal	gluten free non-dairy
MATCHA	≈260 kcal	gluten free non-dairy	CARAMEL SYRUP	≈260 kcal	gluten free dairy
HONEYDEW MELON	≈210 kcal	gluten free non-dairy	CHOCOLATE SYRUP	≈210 kcal	gluten free dairy
JASMINE TEA	≈120 kcal	gluten free non-dairy	COFFEE SYRUP	≈120 kcal	gluten free non-dairy
LEMON LIME TEA	≈140 kcal	gluten free non-dairy	YOGURT SYRUP	≈140 kcal	gluten free dairy (trace)
THAI TEA	≈320 kcal	gluten free non-dairy	Topping	Calories (2 tbsp)	Allergens
VANILLA	≈260 kcal	gluten free non-dairy	COFFEE JELLY	≈40 kcal	gluten free non-dairy
Creamer	Calories (2 tbsp)	Allergens	MANGO JELLY	≈35 kcal	gluten free non-dairy
DAIRY CREAMER	≈80 kcal	Dairy	STRAWBERRY JELLY	≈35 kcal	gluten free non-dairy
COCONUT CREAMER	≈90 kcal	Coconut	COCONUT JELLY	≈20 kcal	gluten free non-dairy coconut
CREAM CHEESE CREAMER	≈110 kcal	Dairy	LYCHEE JELLY	≈35 kcal	gluten free non-dairy
NON-DAIRY CREAMER	≈70 kcal	None	RAINBOW JELLY	≈35 kcal	gluten free non-dairy
			TAPIOCA	≈80 kcal	gluten free non-dairy
			SAKURA JELLY	≈35 kcal	gluten free non-dairy
			BROWN SUGAR POP	≈60 kcal	gluten free non-dairy
			PEACH POP	≈60 kcal	gluten free non-dairy
			PASSION FRUIT POP	≈60 kcal	gluten free non-dairy
			YOGURT POP	≈60 kcal	gluten free non-dairy
			CHERRY POP	≈60 kcal	gluten free non-dairy
			YOGURT POP	≈60 kcal	gluten free non-dairy
			CHERRY POP	≈60 kcal	gluten free non-dairy

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