

# APPETIZERS

- **Avocado boat**  
½ avocado topped with 1 scoop of poke marinade and tempura flakes – **8.95** \*GS
- **Spicy tuna cracker**  
spicy tuna on rice cracker with avocado, masago and nori – **7.95** \*AGS
- **Edamame hummus & chips** – **5.99**
- **Miso soup**  
scallions, hijiki seaweed, tofu – small **2.95** medium **4.95**
- **Poke nachos**  
corn tortilla chips with ahi tuna, scallions, jalapenos, cilantro, soy sauce, Proven's spicy mayo, sesame seeds, nori and avocado – **12.75** \*AGS
- **Musubi**  
(Hawaii's favorite snack) white sushi rice and spam wrapped in nori **2.50**
- **Hawaiian krab salad**  
spicy krab, avocado, mango, cucumbers – **5.95** AGS
- **House salad**  
mixed greens, cucumbers, wonton crisps, tossed in sweet sesame dressing – **3.95** GS

## Specialty poke marinades by the pound

(Limited availability) If ordering more than 1 lb, please call ahead of time

- **Classic Hawaiian ahi**  
marinated ahi, scallions, sweet onions – **32.99/lb** \*GS
- **Slammin' salmon**  
marinated salmon, chili peppers, scallions, sweet onions – **34.99/lb** \*GS
- **Special marinade of the week** – call for details

# BUILD YOUR OWN BOWL, SALAD OR BURRITO

## Snack 9.95

1 base, 1 main, 3 mix-ins, 1 sauce, 2 toppings

## Regular 11.99

up to 2 bases, 2 mains, 4 mix-ins, 1 sauce, unlimited toppings

## Kahuna 14.50

up to 2 bases, 3 mains, 4 mix-ins, 2 sauces, unlimited toppings

## 1 bowl or burrito

- **Bowl bases:**  
white sushi rice, brown rice, mixed greens, zucchini noodles

- **Burrito base:**  
white sushi rice with greens wrapped in nori (seaweed)



## 2 cast your main

- **Classic Hawaiian ahi** \*GS  
Inspired by our fav poke spot in Oahu (limited availability)

- **Slammin' salmon** \*GS  
(limited availability)

- Ahi tuna\*
- Spicy tuna\*
- Salmon\*
- Chicken
- Tofu
- Shrimp
- Krab G
- Steak (served hot)



## 3 add your mix-ins

- Cucumbers
- Edamame
- Scallions
- Sweet onions
- Pickled ginger
- Jalapenos
- Pineapple
- Mango
- Tomato
- Hijiki seaweed
- Ogo seaweed
- Carrots
- Sweet corn
- Cilantro

## 4 pick your sauce

### Housemade:

- Proven's classic sauce \*\*AGS
- Proven's spicy mayo AS
- Sweet chili G
- Hawaiian mayo
- Sweet sesame GS
- Chili garlic GS
- Wasabi mayo A

### More:

- Teriyaki G
- Soy G
- GF soy
- Sesame oil S
- Citrus ponzu G



## 5 pick your toppings

- Furikake S
- Togarashi AS
- Crispy garlic
- Crispy onions G
- Nori strips
- Sesame seeds
- Masago
- Wonton crisps G
- Tempura flakes G

## 6 treat yourself to add-ons

- Avocado – **2.00**
- Marinated shiitake – **1.50** GS
- Seaweed salad – **1.50** GS
- Krab or spicy krab – **1.50** GS
- Wasabi tobiko – **1.00** A
- Edamame hummus – **1.50**

# HOUSE FAVS



## Poke bowls

### Pick your base:

white sushi rice, brown rice, mixed greens, zucchini noodles

### Reel love

Slammin' salmon marinade, wonton crisps, wasabi tobiko  
**12.49** \*AGS

### Nine

Classic Hawaiian ahi marinade, cucumbers, seaweed salad, sesame seeds, nori strips  
**12.49** \*GS

### Heat wave

Spicy tuna, spicy krab, cilantro, jalapeños, scallions, Proven's classic sauce, togarashi, wonton crisps  
**11.99** \*AGS

### Kickflip

Chicken, scallions, sweet onions, cilantro, mango, chili garlic sauce, crispy onions, crispy garlic, garnished with Hawaiian mayo  
**10.99** G

### Vegan AF

Tofu, edamame, pickled ginger, mango, sweet sesame sauce, marinated shitake, avocado, sesame seeds  
**11.99** GS



## Poke WRAPS

AKA burrito made of white sushi rice with greens wrapped in nori (seaweed)

### Stop! It's salmon time

Slammin' salmon marinade, sweet onions, scallions, fried onion  
**11.99** \*GS

### Straight outta Hawaii

Classic Hawaiian ahi marinade, sweet onions, scallions, cucumbers, ogo seaweed  
**11.99** \*GS

### Big shrimpin

Chili garlic shrimp, mango, scallions, cilantro, sweet onions, tempura flakes  
**10.99** GS

### Tropic like it's hot

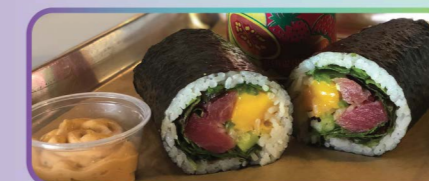
Spicy tuna, cucumbers, mango, spicy mayo, flamin' hot cheetos  
**11.99** \*AGS

### California love

Krab, cucumbers, soy sauce, avocado, wonton crisps  
**10.99** G

### Big Poppa

Slammin' salmon and classic Hawaii ahi marinades, krab, wonton crisps  
**16.00** \*GS



\* – eating uncooked seafood may increase your risk of foodborne illness  
G – includes gluten  
A – hot! don't say we didn't warn you  
S – includes seeds

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