

Proven Poke Co.

Appetizers

Avocado boat | 1/2 avocado topped with poke marinade and tempura flakes 8.95*GS

Spicy tuna cracker | Spicy tuna on rice cracker with avocado, masago and nori 7.95 *SG

Musubi | Hawaii's favorite snack: spam and white sushi rice wrapped in nori 2.50

Poke nachos | Corn tortilla chips with ahi tuna, scallions, jalapeños, cilantro, soy sauce, spicy mayo, sesame seeds, nori and avocado 12.75 *GS

Miso soup | Includes scallions, hijiki seaweed, tofu 2.95 | 4.95

Hawaiian krab salad | Spicy kani crab, cucumbers, mango, avocado 5.50 | 10.00 | 19.50 GS

House salad | Mixed greens, cucumbers, wonton crisps tossed in sweet sesame dressing 3.95 GS

Edamame hummus 3.99 | 5.99 | 9.99

Hawaiian-style salsa 2.99 | 5.49 | 8.99



Sides & dessert

- **Seaweed salad**
4 oz - 4.00 | 8 oz - 7.00 GS
- **Krab or spicy krab**
4 oz - 2.00 | 8 oz - 4.00 GS
- **White or brown rice**
8 oz 2.00 | 16 oz - 4.00 | 32 oz - 7.50
- **Avocado** - 4.00
- **Marinated shiitake mushrooms** - 4.00 GS
- **Mochi ice cream (2)** - 3.50

Smoothies & drinks

- Smoothies** - 7.00
All smoothies contain coconut milk
- **Pineapple**
 - **Hawaiian**
 - **Mango**
 - **Strawberry**
 - **Mango pineapple**
 - **Mango strawberry**
 - **Pineapple strawberry**
- **Fountain soda** - 2.49
 - **Bottled water** - 2.00
 - **Kona coffee** - 2.50

G - includes gluten S - includes seeds

*consuming uncooked seafood may increase your risk of foodborne illness

BUILD YOUR OWN BOWL, SALAD OR BURRITO

Snack 9.95

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

Regular 12.49

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

Kahuna 14.99

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
- Scallops

- Marinated beets
- Shrimp
- Krab G
- Steak
- Octopus - 1.50
- Red snapper*
- Monthly marinade



3 add your mix-ins

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

4 pick your sauce

Housemade:

- Proven's classic sauce AS GS
- Proven's spicy mayo AS
- Sweet chili G
- Hawaiian mayo
- Sweet sesame GS
- Chili garlic GS
- Wasabi mayo AS
- Coconut lime

More:

- Teriyaki G
- Soy G
- GF soy
- Citrus ponzu G



5 pick your toppings

- Furikake S
- Togarashi AS
- Crispy garlic
- Crispy onions
- 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 AS
- Macadamia nuts 1.00
- Hawaiian salsa - 1.00
- Edamame hummus - 1.50

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House fav bowls

Pick your base: white sushi rice, brown rice, mixed greens, zucchini noodles

Nine | Classic Hawaiian ahi marinade, sweet onions, scallions, cucumbers, seaweed salad, sesame seeds, nori strips 12.49 | 15.49 *SG

Reel love | Slammin' salmon marinade (contains chili peppers), sweet onions, scallions, wonton crisps, wasabi tobiko 12.49 | 14.99 *SG

Heat wave (HOT!) | Spicy tuna, spicy kani crab, cilantro, jalapeños, scallions, Proven's classic sauce, togarashi, wonton crisps 11.99 | 14.99 *SG

Kickflip | Chicken, scallions, sweet onions, cilantro, mango, chili garlic sauce, crispy onions, crispy garlic, garnished with Hawaiian mayo 11.99 | 14.99 G

Red snapper coconut | Red snapper, mango, cilantro, red onions, coconut lime sauce (contains jalapeño), crispy onions, macadamia nuts, sea salt 12.99 | 15.99*

Shrimp or steak fresca | Shrimp or steak, avocado, mixed with blended tomatoes, jalapeños, cilantro, red onions, pineapple and mango, topped with Proven's spicy mayo, crispy onions, lemon and lime wedges 12.49 | 14.99 S

Big catch (seafood combo) | Ahi tuna, salmon, shrimp, kani crab, avocado, mixed with blended tomatoes, jalapeños, cilantro, red onions, pineapple and mango, topped with spicy mayo, crispy onions, lemon and lime wedges 17.49 *S



House fav burritos

Made of white sushi rice with greens wrapped in nori seaweed

Straight outta Hawaii | Classic Hawaiian ahi marinade, sweet onions, scallions, cucumbers, ogo seaweed 11.99 | 14.99 *GS

Stop! It's salmon time | Slammin' salmon marinade (contains chili peppers), sweet onions, scallions, crispy onion 11.99 | 14.99 *GS

California love | Kani crab, cucumbers, soy sauce, avocado, wonton crisps 10.99 | 13.99 G

Tropic like it's hot | Spicy tuna, cucumbers, mango, spicy mayo, rolled in flamin' hot cheetos 11.99 | 14.99 *GS

Big shrimp in | Chili garlic shrimp, mango, scallions, cilantro, sweet onions, tempura flakes 10.99 | 13.99 GS

Big Poppa | Slammin' salmon and classic Hawaiian ahi marinades, kani crab, sweet onions, scallions, wonton crisps 16.00 *GS

Vegan bowls

Avocado bowl | Avocado, tomatoes, cilantro, red onions, mango, citrus ponzu, macadamia nuts, edamame hummus 12.49 | 14.99 G

Beet bowl | Marinated beets (honey-soy marinade), scallions, carrots, edamame, cilantro, avocado, nori strips 12.49 | 14.99 GS

Vegan AF | Tofu, edamame, pickled ginger, mango, sweet sesame sauce, marinated shiitake, avocado, sesame seeds 11.99 | 14.99 GS

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