

Proven Poke Co.

Appetizers

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

Musubi | Hawaii's favorite snack: spam and white sushi rice wrapped in nori 2.50
Flavors: Original, Teriyaki **G**, Sweet chili & togarashi **GS**, Chili garlic & furikake **GS**

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**

Edamame hummus & chips | 5.99 | 9.99

Hawaiian-style salsa & chips | 5.49 | 8.99

Shrimp tempura | 7.99 **GM**



Smoothies & drinks

Smoothies – 7.00

All smoothies contain coconut milk

- **Pineapple**
- **Hawaiian**
- **Mango**
- **Strawberry**
- **Mango pineapple**
- **Mango strawberry**
- **Pineapple strawberry**

- **Fountain soda** – 2.75 **M**
- **Soda can** - 2.00
- **Kona coffee** – 2.50
- **Bottled water** – 1.00



Sides & dessert

- **Seaweed salad** – 7.00 **GS**
- **Krab or spicy krab** – 4.00 **GS**
- **Avocado** – 4.00
- **Marinated shiitake** – 4.00 **GS**
- **White or brown rice**
Sm - 2.00 | Md - 4.00 | Lg - 7.50
- **Mochi ice cream (2)** – 3.50



G - includes gluten **S** - includes seeds

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M- Offered in Montclair only

House fav bowls

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 12.75 | 15.49 *SG

Reel love | Slammin' salmon marinade (contains chili peppers), sweet onions, scallions, wonton crisps, wasabi tobiko 12.75 | 15.25 *SG

Lava | Torched spicy ahi, furikake, spicy mayo, masago, sea salt, scallions, garnished with sweet chili sauce 12.49 | 14.99 *GS

Off the hook | Chipotle yellowtail marinade (contains cilantro and chili peppers), red onions, scallions, sesame seeds, tempura flakes, avocado 12.99 | 15.99 *GS

Heat wave (HOT!) | Spicy tuna, spicy kani crab, cilantro, jalapeños, scallions, Proven's classic sauce, togarashi, wonton crisps 12.49 | 15.25 *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, crispy onions, macadamia nuts, sea salt 12.49 | 15.25* G

Shrimply ono | Chili garlic shrimp, scallions, sweet onions, cucumbers, mango, togarashi, tempura flakes 12.49 | 15.49 GS

Avocado | Avocado, cucumbers, cilantro, red onions, mango, citrus ponzu, macadamia nuts, edamame hummus 10.99 | 13.49 (add main for add'l charge) G

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

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 | 15.25 SG

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 17.99 *SG



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 12.49 | 15.25 *GS

Stop! It's salmon time | Slammin' salmon marinade (contains chili peppers), sweet onions, scallions, crispy onion 12.49 | 15.25 *GS

California love | Kani crab, cucumbers, soy sauce, avocado, wonton crisps 11.99 | 13.99 G

Tropic like it's hot | Spicy tuna, cucumbers, mango, spicy mayo, rolled in flamin' hot cheetos 12.49 | 15.25 *GS

Big shrimp | Chili garlic shrimp, mango, scallions, cilantro, sweet onions, tempura flakes 12.49 | 15.25 GS

Bang bang | Shrimp tempura, scallions, cucumbers, jalapeño, spicy mayo, chili garlic sauce 12.99 | 15.99 GSM

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



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Build your own bowl or burrito

10.99 **Snack size:** 1 base, 1 main, 3 mix-ins, 1 sauce, 2 toppings
12.75 **Regular size:** 2 bases, 2 mains, 4 mix-ins, 1 sauce, toppings
15.49 **Kahuna size:** 2 bases, 3 mains, 4 mix-ins, 2 sauces, toppings



1) BOWL OR BURRITO

bowl bases:

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

burrito base:

white sushi rice with greens wrapped in nori seaweed

2) CAST YOUR MAIN

- Classic Hawaiian ahi***GS**
- Slammin salmon***GS**
- Chipotle yellowtail***GS**
- Ahi tuna*
- Spicy tuna*
- Salmon*
- Red snapper*
- Octopus - 1.50
- Scallops
- Shrimp
- Kani crab **G**
- Chicken
- Tofu
- Steak (LTO)
- Beets (LTO) **GS**

3) ADD MIX-INS

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

4) PICK YOUR SAUCE

- Spicy mayo **S**
- Sweet chili **G**
- Hawaiian mayo
- Sweet sesame **GS**
- Chili garlic **GS**
- Wasabi mayo
- Coconut lime
- Proven's classic (hot!) **GS**
- Soy **G**
- GF soy
- Teriyaki **G**
- Citrus ponzu **G**

5) ADD TOPPINGS

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

6) TREAT YOURSELF TO ADD-ONS

- Avocado - 2.00
- Seaweed salad - 1.50 **GS**
- Marinated shiitake mushroom - 1.50 **GS**
- Kani crab or spicy kani crab- 1.50 **G**
- Wasabi tobiko - 1.00
- Edamame hummus - 1.50
- Hawaiian salsa - 1.00
- Macadamia nuts - 1.00

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