

# M E N U

## DRINKS

### Smoothies \$12.50

#### **Coco Dragon**

Dragonfruit, mango, chia, coconut, buckinis, cashew, honey and coconut milk.

#### **Choc Nana**

Organic Raw cacao, banana, pure maple, peanut butter, organic maca, cinnamon, almond milk.

#### **Berry Nice**

Acai, blueberries, raspberries, banana, oats, organic yoghurt, honey and coconut H2O.

#### **Super Green**

Kale, Spinach, avo, almonds, banana, spirulina, kiwi and coconut H2O

### Cold Brew Coffees

Mahalo Cold Brew \$5

Mahalo Cold Brew Milk \$5

### Bubbles with Benefits

Kombucha Original \$6

Kombucha Ginger & Lemon \$6

Naked Life Natural Cola \$5.50

Naked Life Sparkling Lemon \$5.50

### Alcoloha

Kona Big Wave Golden Ale \$10

Kona Longboard Island Lager \$10

Pinot Grigio \$9/45

Rose \$9/45

Pinot Noir \$9/45

### Water

Coconut Water \$5

Water \$4

## BREAKFAST

*Breakfast served until 11am (all day weekends)*

### **Artisan Sourdough \$6**

Toast with house jam.

### **Artisan Sourdough Fruit toast \$9**

Toast with spiced honey, house ricotta and fig.

### **Poached eggs on sourdough toast \$12**

### **Breakfast Poke \$16**

Poached egg, raw Atlantic salmon, broccolini, kale topped with flaked raw almonds and Furikake. (w/sourdough +\$3)

### **Hawaiian Pancakes \$16**

Macadamia crumble, banana with maple and coconut syrup. (w/bacon +\$4)

### **Hula Waffle \$18**

Waffles with pure maple, bacon, house ice cream and macadamia crumble.

### **Aloha Avocado \$18**

With togarashi, jalapeño tomato salsa, goats fetta, seeds, radish, bullseye beets on sourdough. (w/ poached egg +\$3)

### **Pialligo Bacon \$18**

Bacon with poached eggs, Tasmanian handmade butter, toragashi and sesame on sourdough. (w/avo +\$4)

### Extras:

Extra egg \$3

Avo \$4

Bacon \$4

Salmon \$4

Artisan Toast \$3

## SUPER BOWLS

### **Chia \$12**

Coconut and maple chia seeds, buckinis, blueberries, kiwi, cashew nut butter with cacao nibs and crunchy chia.

### **Mahalo Maple Granola \$12**

Organic yoghurt, LSA with dried fruit and nuts.

### **Acai \$14**

Activated buckinis, cacao nibs, pineapple, dragonfruit, raspberries and almonds.

## POKE BOWLS

Available after 11am; please order at the counter

### Signature Bowls No substitutions ☺

All signature bowls are topped with furikake, nori, crispy taro and shoyu.

#### Choose your 1 base:

Kale, brown rice, jasmine rice or soba noodle.

#### Spicy Salmon \$15

Pickled ginger, corn, edamame, ka'ukama, carrot, purple cabbage, volcano ponzu and soy tahini sauce.

#### Mahalo Tuna \$18

Pickled chilli, heirloom tomato, ka'ukama, red onion, cabbage, pineapple and Hawaiian Gribiche.

#### The 'King'fish \$16

Heirloom radish, jalapeño, zucchini, ka'ukama, edamame, cabbage, pickle ginger and wasabi mayo.

#### Crispy Soft Shell Crab \$17

Corn, kimchi, ka'ukama, red onion, carrot and jalapeño Sriracha cream.

#### Mochiko Fried Chicken \$15

Pickle chilli, pineapple, ka'ukama, edamame, corn, wasabi mayo and tonkatsu bbq sauce.

#### Buddha Beets \$14

Roast Beets, zoodles, sprouts, carrot, cucumber, seeds, kale chips and soy tahini.

## SNACKS & SIDES

#### Buttermilk Fried Chicken \$12

3 pieces with Hawaiian style gribiche.

#### Zucchini Rice Fritters \$16

With chunky cucumber yoghurt and herb.

#### Waffle Fries \$12

With kimchi, spring onion, chilli salt and herbed sour cream.

#### Volcano Chips \$8

With spicy toragashi and furikake.

#### Apple Slaw \$8

Red cabbage, apple, carrot and currants.

#### Edamame \$6

With miso butter and furikake.

#### Taro Crisps \$6

Crispy fried taro chips with chilli salt.

Poke, pronounced (poh-keh) is a traditional Hawaiian seafood preparation; Poke is the Hawaiian verb for 'section' or 'to slice or cut'.

### Build Your Own Bowl \$14

Pick – 1 Base 1 Protein, 4 Toppings\* and 1 Dressing

#### Base:

Kale, brown rice, jasmine rice or soba noodle.

#### Protiens:

Mochiko chicken, Buddha Veg, Salmon (+\$1), Kingfish (+\$2), Soft Shell Crab (+\$3), Tuna (+\$4).

#### Toppings:

Corn	Tomato	Ka'ukama
Pickle chilli	Carrot	Zucchini
Red onion	Pineapple	Edamame
Wakame	Jalapeño	Purple cabbage
Pickle ginger	Heirloom radish	Heirloom tomatoes
Kale chips	Crispy taro	

\*each additional item is \$1

#### Dressings:

Soy tahini	Tonkatsu BBQ	Hawaiian Gribiche
Wasabi mayo	Volcano ponzu.	Jalapeño sriracha cream

### POKE BOWL ADD-ONS:

Tobiko Caviar	Kimchi	Avocado Smash
\$3	\$3	\$3

## BURGERS

#### The Big Kahuna burger \$18

Buttermilk fried chicken, pineapple, bacon, apple cabbage, wasabi slaw on a Hawaiian sweet bun.

#### Loco Moco Beef Burger \$18

Double beef, cheese, bacon, pickles, butter lettuce, tartare on a Hawaiian sweet bun.

### TAG

#mahalopoke

@mahalo\_poke

