

POKE

V VEGETARIAN **GF** GLUTEN FREE **MS**  Mealshare
Buy one, give one.

CHOOSE YOUR BASE:

RICE · QUINOA · GREENS · NAKED

+

HAWAIIAN CLASSIC \$17

Tuna, cucumber, avocado, green onion, shallot, tempura, soya sauce, sesame oil, sesame seeds, nori

GF SPICY TUNA \$17

Tuna, cucumber, avocado, edamame, wakame, green onion, tobiko, sesame seeds, chili poke sauce, nori

GF MS SALMON BASIL \$16

Salmon, cucumber, avocado, mango, edamame, wakame, masago, ginger, sesame seeds, basil mayo, nori

V GF VEGGIE \$14

Avocado, mango, red pepper, carrot, edamame, cucumber, fusion sauce, nori

* When you order any Mealshare menu item a full meal will be provided to a youth in need.

SMOOTHIE \$9.25

#ACAI

Açaí, blueberry, strawberry, banana, almond butter, coconut almond milk

RYU

Kale, spinach, mango, pineapple, pineapple juice, maple syrup

BALANCE

Mango, pineapple, banana, coconut almond milk

SKINNY

Strawberry, banana, apple, carrot, vanilla almond milk

SUPERCARGE (+\$1 EACH)

Chia seeds, sesame seeds, avocado, almond butter, granola, coconut shred, almond, goji berry, açai.

ADD ONE SCOOP OF "VEGA" VEGAN PROTEIN & GREENS \$3

R

Y

Ú

Like you, we care about our environmental footprint. We leave on this earth. We are a proud partner of OCEANWISE.CA and all the fish and seafood we serve you is certified sustainable.



SOUP

- MISO SOUP \$4
- SEAFOOD MISO SOUP \$6.50

NIGIRI

(WITH RICE) (2)

OR

SASHIMI

(NO RICE) (3)

- CRAB STICK \$5
- EBI SHRIMP \$5.50
- SMOKED SALMON \$6
- SALMON CAVIAR \$6
- SALMON \$6
- TUNA \$6.50
- TUNA TATAKI 6.50\$

CLASSIC

V VEGETARIAN **GF** GLUTEN FREE

- GF V CUCUMBER (8) \$6.50**
Rice, cucumber, sesame seeds, nori
- GF V AVOCADO (8) \$6.50**
Rice, avocado, sesame seeds, nori
- CALIFORNIA (5) \$7.50**
Rice, crabstick, avocado, cucumber, tobiko, sesame seeds, nori
- SPICY SALMON (8) \$7.50**
Rice, salmon tartare, togarachi, tempura, sesame seeds, spicy mayo, nori
- SPICY TUNA (8) \$8**
Rice, tuna tartare, togarachi, tempura, sesame seeds, spicy mayo, nori
- KAMIKAZE (5) \$7.50**
Rice, salmon, avocado, cucumber, tempura, spicy mayo, nori
- GF V TULUM (5) \$7**
Rice, avocado, cucumber, mixed salad, red pepper, nori
- V BRAZIL (5) \$8.50**
Rice, cream cheese, avocado, carrot, mango, tempura, soy paper
- GF VANCOUVER (5) \$8.50**
Rice, smoked salmon, avocado, cucumber, cream cheese, shallot, sesame seeds, nori
- YUL (5) \$9.50**
Rice, shrimp, salmon, crabstick, avocado, cucumber, spicy mayo, soy paper

SPECIAL

- RAINBOW (8) \$13.50**
Rice, crabstick, tuna, salmon, avocado, nori
- MR. MIAGI (8) \$14**
Rice, tuna tartare, shrimp, tobiko, tempura, spicy mayo, soy paper
- THE ADM CLUB (2) \$14**
Rice, shrimp, crabstick, avocado, tempura, tobiko, spicy mayo, sesame seeds, soy paper
- GF DUO SALMON (8) \$14**
Rice, salmon tartare, torched salmon, spicy mayo, nori
- CALIFORNIA DREAM (8) \$14.50**
Rice, salmon tartare, crabstick, avocado, cucumber, tempura, tobiko, spicy mayo, apricot marmalade, soy paper
- POKE MAKI (8) \$14.50**
Rice, tuna, crabstick, avocado, sesame seeds, spicy mayo, chili poke sauce, nori
- GF CAJUN TUNA (8) \$15**
Rice, tuna tartare, torched tuna togarachi, green onion, spicy mayo, nori
- TARTARE \$15**
Tuna, salmon, avocado, tempura, tobiko, fusion sauce, ginger sauce, spicy mayo

ADD SPICY MAYO +\$1 AVOCADO +\$1 CRUNCH +\$1