



NUTRITIONAL INFORMATION

Broths, sides & specials	KJ	Cal
Salmon Potsticker (3 pc)	1237	295
Vegan broth w tofu	845	201
Broth w salmon fish cakes	1635	390
Wakame seaweed & avo salad	505	120
Edamame beans w sea salt	408	97
Prawn on the Lawn	1884	449
Tuna Nachos	1491	355
The Grom pokè (kiddies)	1400	333

Bases	Regular		Maxi	
	KJ	Cal	KJ	Cal
Sticky rice	918	219	1296	309
Brown rice	580	138	1062	253
Quinoa	720	171	1320	314
Kale & Cabbage	99	24	139	33
Glass Noodles	441	105	735	175



Signature bowls	Regular		Maxi	
	KJ	Cal	KJ	Cal
Charlie Tuna	1735	413	2618	623
Undercurrent	1450	345	2112	503
Windward	1384	330	1969	469
Leeward	1667	397	2463	586
Tiger Bowl	1125	268	1641	390
The Chick	1315	313	1926	459
Beef Brisket	2038	485	3401	810
Garden Gate	1105	263	1616	385
Miso Eggplant	1066	254	1608	383

Protein	Regular		Maxi	
	KJ	Cal	KJ	Cal
Tuna sashimi	272	65	363	87
Salmon sashimi	368	88	490	117
Prawns	322	77	460	110
Beef brisket	767	183	1535	366
Shredded Chicken	277	66	323	77
Tofu	230	55	287	68
Miso glazed eggplant	158	38	198	47



Toppings	Regular		Maxi	
	KJ	Cal	KJ	Cal
Mango	121	29	212	50
Papaya	75	18	130	31
Orange	91	22	160	38
Pineapple	86	20	128	30
Cucumber	30	7	43	10
Sweet red onion	121	29	161	38
Carrot	68	16	85	20
Edamame beans	102	24	153	36
Pickled ginger	22	5	31	7
Radish	18	4	27	6
Pickled beetroot	80	19	119	28
Jalapenos	18	4	36	9
Coriander	2	0,5	4	1
Mung bean sprouts	32	8	48	11
Avocado	306	73	408	92
Wakame	86	20	114	27
Tobiko caviar	4	1	9	2

Crunch	Regular		Maxi	
	KJ	Cal	KJ	Cal
Crispy onions	222	53	333	79
Almond flakes	260	62	390	93
Macadamia nuts	465	110	775	185
Coconut flakes	166	40	332	80
Shredded nori	< 1	< 1	< 1	< 1
Wasabi salmon skin	16	4	16	4



Dressings	Regular		Maxi	
	KJ	Cal	KJ	Cal
House shoyu	109	26	161	38
House ponzu	67	16	100	24
Ginger ponzu	60	14	88	21
Hawaiian heat	94	22	139	33
Creamy togarashi	534	127	790	188
Creamy wasabi	543	129	804	191
Miso tahini	279	66	413	98
GF tamari	105	25	155	37

Breakfast	KJ	Cal
Apple crumble oats	2534	603
Banana quinoa porridge	1779	424
Strawberry chia pot	2601	619
Avo smash toast	1568	373
Avo smash toast w prawns	1775	423
Avo smash toast w smoked salmon	1788	426
Avo smash toast w eggs	2224	530
Nut butter toast	2374	565



Smoothie Bowls	KJ	Cal
Green Kanaloa	1920	457
Nutty Charger	3072	732
Mango Kicker	1402	334
Pink Pitaya	1272	303
Acai Power	1318	314

House Juices	KJ	Cal
Sunbae	400	95
Beetboom	392	93
Green Room	656	156
Cape Doctor (25ml)	80	19

Smoothies	350ml		500ml	
	KJ	Cal	KJ	Cal
Green Kanaloa	800	190	1342	320
Nutty Charger	2077	495	2729	650
Mango Kicker	715	170	1267	302
Pink Pitaya	745	177	1133	270
Acai Power	863	205	1319	314