



813-907-MEAL (6325)

<http://www.mobilemeals.com>

Big Island Poke

Acai Bowls

16 oz. Size Add extra fruit for \$1.00, add extra toppings and/or drizzles for \$0.75 each.

The Natural Acai Bowl	\$8.99
<i>Acai blend, granola, fresh berries, banana and honey drizzle.</i>	
Coco Berry Acai Bowl	\$8.99
<i>Acai blend, granola, fresh berries, banana, coconut, chocolate drizzle</i>	
Nutella Bowl	\$8.99
<i>Acai blend, fresh berries, banana, topped with nutella, coconut</i>	
Dragon Berry Bowl	\$8.99
<i>Dragon fruit acai blend, mixed berries, banana, granola, honey drizzle.</i>	
Nutter Butter Bowl	\$8.99
<i>Acai blend, banana, granola, topped with almond butter drizzle</i>	

Smoothies

16 oz \$6.95 and 24 oz \$8.95

Tropical Mango Smoothie	\$5.95
<i>Mango, strawberry, pineapple, banana, soy milk, ice</i>	
Peanut Butter Blast Smoothie	\$5.95
<i>Peanut butter, banana, honey, soy milk, chocolate drizzle, ice.</i>	
Nutella Peanut Butter Smoothie	\$5.95
<i>Nutella, peanut butter, peanut butter powder, protein powder, honey, soy milk, chocolate drizzle, ice.</i>	
Dragon Paradise Smoothie	\$5.95
<i>dragon fruit, banana, mango, pineapple, agave, ice</i>	
Dream Green Smoothie	\$5.95
<i>Kale, spinach, pineapple, mango, strawberry, honey, ice</i>	
Strawberry Banana Smoothie	\$5.95
<i>banana, strawberry, agave, ice</i>	
Acai Berry Smoothie	\$5.95
<i>Acai berry, strawberry, banana, ice.</i>	
PB&J Smoothie	\$5.95
<i>Peanut Butter, strawberry, banana, soy milk, ice.</i>	

Fresh Juices

16 oz Size NO Ice add \$1.00

Machine Gun Kale Juice	\$8.95
<i>Apple, cucumber, celery, lemon, spinach, kale</i>	
Ginger Bunny Juice	\$8.95
<i>Fresh ginger, carrots, orange, pineapple</i>	
Immunity	\$8.95
<i>Kale, spinach, parsley, fresh ginger, apple, orange</i>	
Cleanse	\$8.95
<i>fresh ginger, parsley, cucumber, celery, carrot, lemon</i>	
Keep the Doctor Away Juice	\$8.95
<i>Apple, pineapple, orange, lemon</i>	

House Sushi Burritos

A Crab in the Seaweed Burrito	\$9.95
<i>Crab mix, seaweed salad, crunchy onion, cucumber, cilantro, white rice and quinoa, served with sweet soy sauce.</i>	
Hot Salmon Burrito	\$9.95
<i>Salmon, avocado, cucumber, jalapeño, scallion, white rice and quinoa, served with spicy mayo.</i>	

Bowl Your Own

Regular \$11.95, Large \$14.95. Click on each bowl to select size. Base Options: white rice, brown rice, quinoa, kale salad. Protein Options: tuna, salmon, shrimp, crab mix, chicken breast, tofu. Mix-ins: cucumber, avocado, scallions, red onion. lomi tomatoes, pickled daikon, carrots, jalapeno, edamame, spinach, seaweed salad, ginger, red cabbage, kimchi, red bell pepper, mango, pineapple, cilantro, crunchy onions. Sauce Options: spicy mayo, sweet soy, sesame soy, miso ponzu, green goddess, spicy poke sauce, teriyaki sauce.

Bowl Your Own - Regular	\$11.95
<i>Select your base, protein, mix-ins, and sauce.</i>	
Bowl Your Own - Large	\$14.95
<i>Select your base, protein, mix-ins, and sauce.</i>	
Sushi Burrito	\$9.95
<i>Pick one base, one protein, three mix-ins, one sauce</i>	

Poke Bowls

All Bowls are \$11.95, upgrade to a large for \$14.95. Garnished with crunchy onions and sesame seeds.

Hawaiian Bowl	\$10.95
<i>Fresh tuna, avocado, cucumber, edamame, scallions, white rice, sesame soy sauce.</i>	
Spicy Tuna Bowl	\$10.95
<i>Spicy tuna, avocado, mango, scallions, jalapeno, brown rice, spicy poke sauce.</i>	
Lightning Bowl	\$11.95
<i>Fresh tuna, fresh salmon, shrimp, cucumber, edamame, avocado, scallions, white rice, sesame soy sauce.</i>	
Teriyaki Chicken Bowl	\$10.95
<i>Teriyaki chicken, onions, red bell pepper, spinach, carrots, edamame, lomi tomatoes, scallions, white rice, teriyaki sauce.</i>	
Arctic Blast Bowl	\$10.95
<i>spicy salmon, spicy crab, cucumber, seaweed salad, scallion, brown rice, sesame soy sauce</i>	
Not Your Average Vegan Bowl	\$9.95
<i>Tofu, kale, carrot, red cabbage,</i>	

Small Bites

Voodoo Chips	\$5.99
<i>Fresh tuna, shrimp and crab tossed in mango, scallion and spicy mayo served over crispy wonton chips</i>	
Fruit Cup	\$3.99
<i>16 oz fresh seasonal fruits and berries</i>	

Kona Dogs

All-beef hot dogs on a Hawaiian roll

Original Kona Dog	\$4.75
<i>Pineapple salsa, onion, mustard and mayo</i>	
Chi Town Kona Dog	\$4.75
<i>Tomatoes, pickled cucumber, green relish, onion, sport peppers and mustard</i>	
Hollywood Kona Dog	\$4.75
<i>Avocado, mango, onions, bacon, mustard and mayo</i>	
Banh Mi Kona Dog	\$4.75
<i>Pickled daikon, carrots, cilantro, jalapeno and spicy mayo</i>	
Kids Plain Dog	\$3.50

Beverages

Arizona Green Tea	\$1.95
Bottle Water - 12 oz	\$1.50
Sparkling Water	\$1.99
Flavored Sparkling Water	\$1.99

tomato, cucumber, edamame, red pepper, spinach, quinoa and green goddess sauce.

Voodoo Bowl

\$10.95

Fresh tuna, shrimp and crab tossed in with mango, scallion and spicy mayo, topped with edamame, tomato and cucumber over a bed of white rice and quinoa, served with sweet soy sauce and spicy mayo.