

HULA POKÉ BOWLS ARE CUSTOMIZED FOR EACH CUSTOMER WITH OPTIONS FOR THE BOWL, BASE, AND PROTEIN. PLEASE ADD YOUR CHOICE FROM ALL 3 CATEGORIES TOGETHER FOR COMPLETE NUTRITIONALS.

POKÉ BOWLS

STEP 1 OF 3
ADD BASE & PROTEIN FOR
COMPLETE NUTRITIONALS

TIKI

togarashi sauce, cucumber, green onion, red chili, edamame, crispy onion, black sesame, cilantro, kale



YUZU

yuzu, ginger sesame, avocado, cucumber, edamame, carrot, furikake, black sesame, crispy onion, kale



BAHAMIAN

coconut salsa, pineapple salsa, edamame, red pepper, green onion, jalapeno, coconut flake, cilantro, kale



LEI

togarashi sauce, seaweed, cucumber, avocado, green onion, red pepper string, microgreens,



GIN'GEE

miso sesame, ginger vinaigrette, avocado, pineapple, carrot, cucumber, coconut flake, plantain chips, microgreens, kale



	Energy (kCal)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)	Iron (mg)
TIKI	220	14	2.5	260	21	1	3	5	5
YUZU	190	11	2	280	20	2	3	6	5
BAHAMIAN	100	6	3.5	120	12	2	8	3	1
LEI	165	8	2	250	17	3	5	5	3.5
GIN'GEE	160	11	4	200	17	3	3	2	1

GLUTEN-FRIENDLY
 SPICY HEAT
 VEGAN-FRIENDLY
 DAIRY-FRIENDLY

All of our bowls are prepared fresh on site and cross-contamination of ingredients can occur.



POKÉ BOWLS

STEP 1 OF 3

ADD BASE & PROTEIN FOR COMPLETE NUTRITIONALS

KOKO

spicy gochujang, carrot, white onion, avocado, cucumber, kimchi, furikake, black sesame, cilantro, miso ginger vinaigrette, kale



ANCHO

ancho crema, avocado, jicama slaw, green onion, red pepper, chili oil, cilantro, crispy onion, microgreens, kale



THAI

coconut thai green curry, pineapple, carrots, red pepper, green chilies, cilantro, black sesame, pickled red onions, ponzu, kale



LIL'LEI

KIDS BOWL

ginger sesame, cucumber, edamame, pineapple, red pepper, coconut flake, rice



(INCLUDES BASE OF KELP NOODLES)

CALI VEG

(ALBERTA)

miso ginger, red pepper, avocado, carrot, pickled cucumber, black sesame, red pepper string, microgreens, kelp noodle, kale

CALI VEG

(BRITISH COLUMBIA)



	Energy (kCal)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)	Iron (mg)
KOKO	100	6	1	250	11	3	3	3	5
ANCHO	180	13	2	180	14	2	3	3	1
THAI	140	8	2	280	14	2	4	3	4
LIL'LEI KIDS BOWL	60	4	2.5	110	5	1	3	2	1
CALI VEG (ALBERTA)	140	10	1.5	370	9	3	2	4	6
CALI VEG (BRITISH COLUMBIA)	120	9	1	330	9	3	3	3	5



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BASES

STEP 2 OF 3
ADD TO POKÉ BOWL & PROTEIN
FOR COMPLETE NUTRITIONALS

SUSHI RICE

(Serving per container 225g)

COCONUT RICE

(Serving per container 225g)

EXTRA KALE

(Serving per container 28g)

KELP NOODLES

(Serving per container 28g)
ALBERTA

BRITISH COLUMBIA

	Energy (kCal)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)	Iron (mg)
SUSHI RICE (Serving per container 225g)	360	0.5	0	160	79	3	0	6	4
COCONUT RICE (Serving per container 225g)	400	1	1	80	86	0	1	8	2
EXTRA KALE (Serving per container 28g)	15	0	0	10	2	1	1	1	0
KELP NOODLES (Serving per container 28g) ALBERTA	50	4.5	0.5	105	2	1	0	1	2
BRITISH COLUMBIA	35	3	0	70	2	0	0	1	1

	Energy (kCal)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)	Iron (mg)
AHI TUNA (Serving size 50g)	50	0	0	210	0	0	0	12	0
WILD SOCKEYE SALMON (Serving size 50g)	60	2	0	220	0	0	0	11	0
CHICKEN (Serving size 50g)	90	2.5	0	260	0	0	0	15	0
TOFU (Serving size 50g)	60	4	0	55	0	0	0	4	1
SWEET POTATO (Serving size 50g)	60	2.5	0	340	9	1	2	1	0

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BEVERAGES

Nutritional information for Hula beverages.

**PINEAPPLE LIME
WAI-TAI**
(20 fl. oz.)

**STRAWBERRY
HIBISCUS
WAI-TAI**
(20 fl. oz.)

LAVA
Coconut Milk + Coffee
(16 fl. oz.)

GRAB 'N GO

Nutritional information for grab and go snacks

PLANTAIN CHIPS
(Serving per container 45g)

	Energy (kCal)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)	Iron (mg)
PINEAPPLE LIME WAI-TAI (20 fl. oz.)	90	0	0	45	22	0	22	0	0
STRAWBERRY HIBISCUS WAI-TAI (20 fl. oz.)	90	0	0	45	25	1	22	0	0
LAVA Coconut Milk + Coffee (16 fl. oz.)	130	2	2	60	33	0	32	1	1
GRAB 'N GO									
PLANTAIN CHIPS (Serving per container 45g)	240	13	4	90	29	2	0	1	0

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