

BIG ISLAND POKE

3601 W. Gandy Blvd., Tampa, FL 33611

BigIslandTampa.com

HOUSE POKE BOWLS

small 6.95 medium 9.95 large 12.95

garnish with crunchy onions and sesame seeds

LIGHTNING

white rice, fresh tuna, fresh salmon, shrimp, cucumber, edamame, scallions, avocado, sesame soy sauce

HAWAIIAN

white rice, fresh tuna, avocado, cucumber, scallions, edamame, sesame soy sauce

ALASKAN

quinoa, fresh salmon, red onion, scallions, lomi tomatoes, cucumber, edamame, seaweed salad, sesame soy sauce

TERIYAKI CHICKEN

white rice, teriyaki chicken, onions, red bell pepper, spinach, carrots, scallions, edamame, lomi tomatoes, sweet soy sauce

SPICY TUNA

brown rice, fresh tuna, avocado, mango, scallions, jalapeno, spicy poke sauce

GALIFORNIAN

brown rice, crab mix, tofu, red onion, lomi tomatoes, kale, avocado, cucumber, green goddess sauce

SEAWEED

quinoa, seaweed salad, cucumber, avocado, lomi tomatoes, red onion, pickled daikon, miso ponzu sauce

VEGAN

quinoa, kale mix, avocado, edamame, cucumber, red onion, carrots, green goddess sauce

SUSHI BURRITO

Base pick 1
Protein pick 1
Mix-ins pick 3
Sauce pick 1

BOWL YOUR OWN

small 6.95 pick 1 - medium 9.95 pick 2 - large 12.95 pick 3
pick your BASE, PROTEIN & MIX-INS

all bowls garnish with crunchy onions and sesame seeds

YOUR BASE

white rice, brown rice, quinoa, kale salad
extra 1.00 ea

YOUR MIX-INS

cucumber, avocado, scallion, red onion, lomi tomatoes, carrot, mango, pineapple, pickled daikon, jalapeno, edamame, cilantro, spinach, seaweed salad, ginger, red cabbage, red bell pepper, kimchi, crunchy onions
extra .75 ea

YOUR PROTEIN

tuna, salmon, shrimp, crab mix, chicken breast, tofu
extra 3.00 ea

YOUR SAUCES

spicy mayo, wasabi cream, sweet soy, sesame soy, miso ponzu, citrus ponzu, green goddess, spicy poke sauce, teriyaki sauce
extra .75 ea

KONA DOGS

all-beef hot dogs 3.75

KONA ORIGINAL

pineapple salsa, onion, mustard, mayo

CHI TOWN

tomatoes, pickled cucumber, green relish, onion, sport peppers, mustard

HOLLYWOOD

avocado, mango, onion, bacon, mustard, mayo

BANH MI

pickled daikon, carrots, cilantro, jalapeno, spicy mayo

Consumer Advisory: Consumption of raw or undercooked meat, poultry, eggs, or seafood may increase the risk of illness.

SMOOTHIES

16 oz 4.95 22 oz 5.95

add extra - 1.00 ea for
protein powder or energy powder

TROPICAL MANGO

mango,
strawberry,
pineapple,
banana, soy
milk, ice

BERRY BANG

blueberries, acai
berry, banana,
apple, ice

ACAI BERRY

acai berry,
strawberry,
banana,
almonds,
coconut, ice

PEANUT BUTTER BLAST

peanut butter,
banana,
chocolate,
honey, soy milk,
coconut,
almonds, ice

DRAGON PARADISE

dragon fruit,
banana, mango,
pineapple,
agave, ice

DREAM GREEN

kale, spinach,
pineapple,
mango,
strawberry,
honey, ice

STRAWBERRY BANANA

banana,
strawberry,
agave, ice

ACAI BOWL

16 oz 6.99 22 oz 8.99

add extra .75 ea

THE NATURAL

acai blend, fresh berries, banana, honey,
granola

COCONUT BLAST

acai blend, fresh berries, banana,
coconut, almond milk

GRUNCHY BERRY

acai blend, fresh berries, banana,
granola, honey, almond milk

NUTELLA BOWL

acai blend, fresh berries, banana, topped
with nutella, coconut

DRAGON BERRY BOWL

dragon fruit acai blend, mixed berries,
banana, granola,
honey, almond milk

NUTTER BUTTER

acai blend, almonds, banana, granola,
almond milk, topped
with almond butter

BEVERAGE

ARIZONA GREEN TEA

1.95

BOTTLE WATER

1.50

COCONUT WATER

2.25

FRESH JUICES

12 oz 5.95 16 oz 7.95

MACHINE GUN KALE

kale, spinach,
cucumber,
celery, apple,
lemon

IRONY

spinach, kale,
celery, fresh
ginger, apple,
carrot

KILLER CARROT

carrots, apple,
parsley, lemon

GINGER BUNNY

fresh ginger,
carrots, orange,
pineapple

IMMUNITY

kale, spinach,
parsley, fresh
ginger, apple,
orange

CLEANSE

fresh ginger,
parsley,
cucumber,
celery, carrot,
lemon

KEEP THE DOCTOR AWAY

apple,
pineapple,
orange, lemon

PINKY JUICE

beets,
strawberry,
pineapple,
apple

BEET ROOT REBOOT

beets, orange,
fresh ginger,
carrots, lemon