

SUNSHINE FAVORITES

Acai' BLENDED WITH BANANA,
PINEAPPLE, & APPLE JUICE

BERRY BERRY ~ BOWL \$11.00

Topped with: strawberries, blueberries, banana, granola, honey, coconut shavings, and Nutella

PB BOOST ~ BOWL \$11.50

Mixed with chocolate protein. Topped with: banana, blueberry, granola, crushed peanuts, honey, peanut butter drizzle

Coconut BLENDED WITH
BANANA & COCONUT

THE CURIOUS BANANA ~ BOWL \$11.00

Topped with: strawberries, banana, granola, peanuts, honey, peanut butter drizzle

GREEN MONKEY ~ BOWL \$11.50

Topped with: Kiwi, banana, pineapple, organic granola, walnuts, honey, almond butter, coconut shavings

Chia Seed & Yogurt

OH BERRY ~ BOWL \$9.50

Fresh Vanilla Greek Yogurt topped with strawberries, blueberries, banana, granola, honey, coconut shavings, and Nutella.

PACKS A PUNCH ~ BOWL \$10.00

Vanilla Chia Seed Pudding topped with banana, blueberry, granola, honey, crushed almonds, peanut butter drizzle, and vanilla or chocolate protein powder.

OMAKA BOWLS

Tuna Deluxe \$8.00

Ahi Tuna, seaweed salad, ginger, wasabi, & soy sauce

Tuna Bites \$6.00

Ahi Tuna, seaweed salad, rice ginger, wasabi, & soy sauce

Salmon Deluxe \$8.00

Salmon, avocado, ginger, wasabi, & soy sauce

Sashimi Salmon \$6.00

Salmon, rice, ginger, wasabi, & soy sauce



After visiting Hawaii, we fell in love with the foods, culture, and healthy lifestyle of the islands. Our travels inspired us to recreate traditional Hawaiian dishes at home. Soon our family and friends were hooked on the fresh island flavors of our creations and the idea behind Moku~Bowls was born.

Our signature poke bowls, pronounced (poh-KAY), are a new spin on an Asian-inspired Hawaiian classic, traditionally consisting of marinated chunks of meat or seafood. At Moku, we serve our own style of poke over rice or zucchini noodles in a bowl filled with fresh vegetables and topped with crunchy add-ons and mouthwatering sauces.



FERRY MARKET

32 South Main Street
New Hope PA 18938

Ph: 267~912~5729

Build your own Sunshine Bowl



STEP 1 (CHOOSE 1)

BASE

- Acaí (Berry)
- Coconut Banana
- Vanilla Chia Seed Pudding
- Chocolate Chia Seed Pudding
- Vanilla Greek Yogurt

STEP 2 (CHOOSE 2)

FRUIT

- Banana
- Strawberry
- Blueberry
- Pineapple
- Mango

SEASONAL

- Cantaloupe
- Kiwi

STEP 3 (CHOOSE 2)

TOPPING

- Granola
- Coconut
- Chia Seeds
- Cacao Nibs
- Peanuts
- Walnuts

STEP 4 (CHOOSE 1)

DRIZZLE

- Honey
- Nutella
- Peanut Butter
- Almond Butter

Extras + \$0.50

Sunshine Bowl **\$10.00** / Kids **\$5.00**

Add-ons @ \$1 each: Chocolate or Vanilla Protein Powder

KIDS POKE BOWL

KIDS BOWL ~ \$6.99

Any base, choose chicken, shrimp or tofu. We'll add sauce, cucumbers, carrots, pineapple, and crunchy stuff! All kids bowls come with a juice box.

HOUSE FAVORITES

MOANA ~ PRIME \$16.99 / PETITE \$14.99

Any base with ahi tuna marinated in Hawaiian Sesame sauce. Topped with furikake seasoning, cucumber, jalapeño peppers, onions, cabbage, avocado, seaweed salad, mango, crunchy onions, and drizzled with Spicy Moku sauce.

TAFITI ~ PRIME \$14.99 / PETITE \$12.99

Any base with grilled shrimp marinated in Hawaiian Sesame sauce. Topped with furikake seasoning, cabbage, carrot, edamame, onions, cucumbers, pineapple, mango, crunchy onions, and drizzled with Yum Yum sauce.

HEI HEI HAWAIIAN ~ PRIME \$12.99 / PETITE \$10.99

Any base with grilled chicken marinated in Moku Teriyaki. Topped with furikake seasoning, edamame, cabbage, onions, pineapple, toasted sesame seeds, chow mein noodles, and drizzled with Yum Yum sauce.

NEW!

SURF'S UP SALMON ~ PRIME \$16.99 / PETITE \$14.99

Any base with sashimi salmon marinated in Hawaiian Sesame sauce. Topped with furikake seasoning, cucumber, cabbage, edamame, sweet onions, mango, krab salad, coconut, peanuts, and drizzled with Triple Citrus.

TROPICAL TOFU ~ PRIME \$13.99 / PETITE \$11.99

Any base with grilled tofu marinated in Triple Citrus sauce. Topped with carrots, cucumber, cabbage, mango, avocado, crunchy onions and drizzled with Island Sweet Chili sauce.

Consuming raw seafood, shellfish, may increase your risk of foodborne illness, especially if you have certain medical conditions.

Build your own Poke' Bowl



STEP 1 (CHOOSE 1)

BASE

- White Rice
- Brown Rice
- Zoodles
(Zucchini noodles)

STEP 2 (CHOOSE 1)

PROTEIN

- Ahi Tuna (RAW)
- Salmon (RAW)
- Grilled Shrimp
- Grilled Chicken
- Grilled Tofu

STEP 3 (CHOOSE 2)

SAUCE

MARINADE

- Hawaiian Sesame
- Moku Teriyaki

DRIZZLE

- Triple Citrus
- Spicy Moku
- Yum Yum

STEP 4 (CHOOSE ANY)

TOPPINGS

- Cucumber
- Edamame
- Carrots
- Cabbage
- Sweet Onion
- Jalapeño Peppers
- Mango
- Pineapple

EXTRA

- Avocado
- Krab Salad
- Seaweed Salad

STEP 5 (CHOOSE 2)

CRUNCH

- Toasted Sesame Seeds
- Chow Mein Noodles
- Crispy Onions
- Wasabi Peas
- Coconut
- Peanuts
- Walnuts
- Furikake

PRIME

Seafood	\$14.99
Chicken	\$12.99
Tofu	\$11.99

PETITE

Seafood	\$12.99
Chicken	\$10.99
Tofu	\$9.99