

Build your own Sunshine Bowl



STEP 1 (CHOOSE 1)

BASE

- Acai (Berry)
- Coconut Banana
- Pitaya (Dragonfruit)
- Flavor of the month
- Vanilla Greek Yogurt

STEP 2 (CHOOSE 2)

FRUIT

- Banana
- Strawberry
- Blueberry
- Pineapple
- Mango
- 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 + \$.50

Sunshine Bowl \$11.00 / Kids \$7.99

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

KIDS POKE BOWL

KIDS POKE BOWL ~ \$8.99

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 \$18.99 / PETITE \$16.99

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 \$16.99 / PETITE \$14.99

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 \$14.99 / PETITE \$12.99

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 \$18.99 / PETITE \$16.99

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.

MOKU SURF & TURF ~ PRIME \$20.99 / PETITE \$18.99

Any base with grilled steak and shrimp marinated in Poke' sauce. Topped with cherry tomatoes, sweet onions, scallions, mushrooms, pineapple, avocado, crunchy onions and drizzled with Island Sweet Chili sauce.

TROPICAL TOFU ~ PRIME \$14.99 / PETITE \$12.99

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 3 (CHOOSE 1)

PROTEIN

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

STEP 5 (CHOOSE 2)

CRUNCH

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

STEP 2 (CHOOSE ANY)

TOPPINGS

- Cucumber
- Edamame
- Carrots
- Cabbage
- Sweet Onion
- Scallion
- Mushroom
- Jalapeño Peppers
- Cherry Tomato
- Pineapple
- Mango
- Kiwi

EXTRA

- Avocado
- Krab Salad
- Seaweed Salad

STEP 4 (CHOOSE 2)

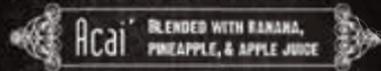
SAUCE

DRIZZLE MARINADE

- Poke Sauce (V)
- Hawaiian Sesame
- Moku Teriyaki (V)
- Triple Citrus (V & GF)
- Spicy Moku (GF)
- Yum Yum (GF)
- Island Sweet Chili (V)

PRIME	Seafood	\$16.99	PETITE	Seafood	\$14.99
	Steak	\$17.99		Steak	\$15.99
	Chicken	\$14.99		Chicken	\$12.99
	Tofu	\$13.99		Tofu	\$11.99

SUNSHINE FAVORITES



BERRY BERRY ~ BOWL \$12.00

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

PB BOOST ~ BOWL \$12.50

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

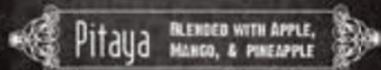


THE CURIOUS BANANA ~ BOWL \$12.00

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

GREEN MONKEY ~ BOWL \$12.50

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



NUTTS 4 YOU ~ BOWL \$12.50

Topped with: pineapple, mango, strawberry, organic granola, honey, coconut shavings, peanuts, cacao ribs

Isländer ~ BOWL \$12.00

Topped with: pineapple, mango, strawberry, organic granola, honey, coconut shavings, Nutella

OMAKA BOWLS

Tuna Deluxe \$10.00

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

Tuna Bites \$8.00

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

Salmon Deluxe \$10.00

Salmon, avocado, ginger, wasabi, & soy sauce

Sashimi Salmon \$8.00

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 (pah-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.



PEDDLER'S VILLAGE

Shop #45 - Rt 263 & Street Road,
Lahaska, PA 18931

Ph: 484~665~9580