RECOMMENDED BOWL

R REGULAR 1980yen

L LARGE 2550yen

+TAX (消費税別)



DRAGON BOWL

Crab, eel, cream cheese, avocado
edamame, cucumber,
pick your fish and sauce.



PROTEIN BOWL

Crab, avocado, egg, tofu
edamame, cucumber,
pick your fish and sauce.



HAWAIIAN SPAM BOWL

Crab, teriyaki spam, mac salad
edamame, cucumber, pineapple
pick your fish and sauce.

BUILD YOUR OWN

POKE BOWL

GET SOME FRESH RAW TUNA EVERY DAY!

R REGULAR 1480yen L LARGE 1980yen

W MEAT AHI +900yen. OTHERS +1,000yen



AHI



SALMON

R: +150yen
L: +200yen



SHRIMP



VEGAN

TOFU

Tobiko/seaweed/ten-kasu/onion/green onion/cucumber are all included.

STEP1 Proteins H&H fish no extra charge

STEP2 Base RICE (white / sushi rice / salad)

Topping

EDAMAME...80yen AVOCADO... 250yen CRAB...150yen FRIED GARLIC...100yen FRIED ONION...150yen
BACON...150yen SPAM...250yen MANGO...120yen PINEAPPLE...120yen EEL(Unagi)...280yen
CREAM CHEESE...120yen MAC SALAD...120yen JALAPENO...150yen BOILED EGG...150yen
KIMUCHI...120yen MORE CUCUMBER...60yen SEA GRAPE...240yen Extra sauce...100yen

STEP3 Sauce H&H sauce +¥100

Signature
- ①HAWAIIAN SPICY. (VEGAN) (Sriracha sauce & Mayo)
- ②TROPICAL SPICY. (VEGAN) (Spice Level 1-5)
- ③HAWAIIAN SALT. (VEGAN) (Nuts & Red Pepper & Hawaiiansalt)
- ④MISO HONEY. (Japanese MISO & Honey)
- ⑤HONEY WASABI MISO (japanese MISO & Honey & WASABI)
- ⑥MISO GINGER SAUCE. (JAPANESE MISO SAUCE)
- ⑦GINGER SYOYU. (VEGAN) (Ginger & soysauce)
- ⑧GARLIC SYOYU. (VEGAN) (SOYSAUCE & GARLIC)
- ⑨WASABI SYOYU. (VEGAN) (WASABI & SOYSAUCE)

RECOMMENDED BOWL

R REGULAR 1680yen

L LARGE 2190yen

＋TAX（消費税別）



CHOCO-MILKY ACAI BOWL

Acai, granola, banana, strawberry, blueberry, dark chocolate, hazelnut butter,condensed milk.



NUTS ACAI BOWL

Acai, granola, chiaseeds pudding, banana, almond, gojiberry, dark chocolate, macadamia nut, homemade nut butter



TROPICAL ACAI BOWL

Acai, granola, chiaseeds pudding, banana, strawberry,pineapple, gojiberry, coconut chips, lilikoi butter



BLUE WAVE COCONUT BOWL

Ocean based smoothie, granola, chiaseeds pudding, banana, mango blueberry, dark chocolate, coconut chips coconut condensed milk

BUILD YOUR QWN

FRUIT BOWL

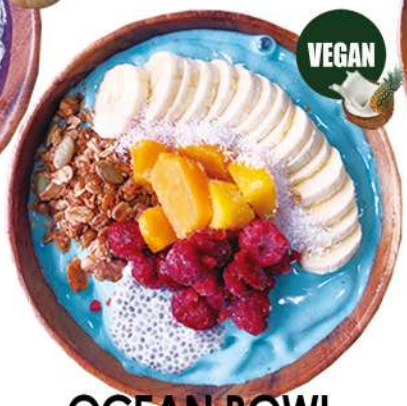
WITH ORIGINAL GRANOLA, CHIASEED PUDDING AND BANANA.

R REGULAR 1480yen　L LARGE 1980yen

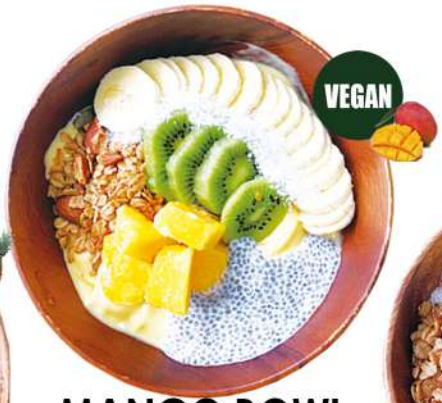
＋TAX（消費税別）



ACAI BOWL



OCEAN BOWL



MANGO BOWL



GUAVA BOWL

STEP1 Pick a smoothie flavor. H&H smoothie flavor +¥100

STEP2 Regular: 2 fruit toppings. Large: 4 fruit toppings.

Strawberry/Blueberry/Mango/Pineapple/Kiwi/Orange/More banana

STEP3 1 superfood topping.

Gojiberry/Almond/Dark chocolate/Macadamia nut +¥100/Cacao nib +¥100

STEP4 Sauce Honey/None/Homemade nut butter +¥150

EXTRA

100yen~ Extra fruits topping

150yen~ Homemade nut butter, Homemade hazelnut butter, Homemade lilikoi butter

Coconut chip, Protein powder, Condensed milk, Chocolate sauce

Extra granola, Extra chiaseed pudding, Superfood