



## POKE BOWLS

All poke bowls are served with scallion & toasted sesame seeds.



**1 CHOOSE SIZE** Snack | Regular | Large

**2 CHOOSE BASE**

- White Rice · Brown Rice
- Zucchini Noodles
- Half & Half
- Power Grains (+\$.75)
- Supergreens Salad (+\$.75)

**3 CHOOSE BOWL**  
Our House Favorite's below are chef-inspired. To customize, please select the Build-Your-Own.

**HAWAII STYLE** 🐟🍷 \$8 | \$12 | \$15

Ahi Tuna · Classic Sauce · Sweet Onion  
Hijiki · Nori

**WEST SWELL** 🐟 \$8 | \$12 | \$15

Ahi Tuna · WiseFish Sauce · Sweet Onion  
Cilantro · Masago · Wasabi Avocado Cream

**THE GREENWICH** 🐟 \$9 | \$13 | \$16

Ahi Tuna · Black Garlic Aioli · Edamame  
Red Bell Pepper · Capers · Crunchy Onion

**ISLAND TIME** 🍷 \$9 | \$13 | \$16

Shrimp · Coco-Lime Sauce · Sweet Onion  
Carrot · Cilantro · Crunchy Onion

**HEAT WAVE** 🐟 \$8 | \$12 | \$15

Salmon · Spicy Citrus Shoyu · Carrot · Cucumber  
Jalapeño · Cilantro · Crushed Red Pepper

**THE ZISSOU** 🐟 \$8 | \$12 | \$15

Salmon · Spicy Mayo · Cucumber · Edamame  
Crunchy Onion · Pickled Ginger

**THE LAIGHT** \$8 | \$12 | \$15

Tofu · Carrot-Ginger Sauce · Cucumber  
Radish · Crunchy Onion · Spicy Bean Sprouts

**BUILD-YOUR-OWN** \$9 | \$13 | \$16

Choose your base, mains, sauce and up to 6 complimentary add-ins (see back for details)

**4 SPLURGE** (+\$1.50)

Seaweed Salad · Boiled Egg 🐟  
Capers · Avocado · Crab Salad 🍷



Add avocado to any bowl for \$1.50

## ROASTED MARKET SEAFOOD BOWLS

All seafood is cooked fresh to order. No steam tables, no heat lamps, no dry filets, no b.s

All roasted market seafood bowls served with grain, salad and choice of side and sauce.



**1 CHOOSE PROTEIN**

- Cod \$15
- Mahi Mahi \$15
- Salmon \$16
- Shrimp \$16

From our seasonal menu of fresh, consciously-sourced seafood.

· Don't forget to check our specials board!

**2 CHOOSE GRAIN**

· **POWER GRAINS**  
Our ancient grain blend of brown rice, quinoa and wheat berry.

· **BROWN RICE**

· **WHITE RICE**

**3 CHOOSE ONE SIDE**

**4 CHOOSE SAUCE**

WiseFish · Spicy Mayo · Classic 🍷  
Black Garlic Aioli · Coco-Lime  
Carrot-Ginger · Spicy Citrus Shoyu

## SIDES

· Roasted Sweet Potatoes  
· Cucumber-Tomato Salad  
· Wheat Berry Salad  
· Seasonal Veggie  
(check our specials board for that new-new)

ADDITIONAL SIDES \$6 EACH



Please alert our team to any food allergies. Vegetarian, vegan, dietary restrictions - we got you covered... speak with our team to create a bowl tailored to your every need.

🐟 Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

🍷 Contains shellfish.

Wisefish is cash-free. All major credit and debit cards, Samsung pay, and WiseFish gift cards are warmly accepted.

# BUILD-YOUR-OWN



## POKE BOWL

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1 CHOOSE SIZE    Snack | Regular | Large

2 CHOOSE BASE

- White Rice
- Brown Rice
- Zucchini Noodles
- Half & Half
- Power Grains (+\$.75)
- Supergreens Salad (+\$.75)

3 CHOOSE MAIN

- Ahi Tuna 🐟
- Spicy Tuna 🐟
- Salmon 🐟
- Shrimp 🍤
- Tofu
- Half & Half

4 CHOOSE ONE SAUCE  
(additional \$.50)

- Wisefish
- Classic 🍷
- Spicy Mayo
- Black Garlic Aioli
- Coco-Lime
- Carrot-Ginger
- Spicy Citrus Shoyu

5 ADD-INS    Choose up to six.  
Additional \$.50

### VEGGIES

Carrot  
Cucumber  
Sweet Onion  
Radish  
Red Bell Pepper  
Edamame  
Hijiki  
Jalapeno  
Nori  
Spicy Bean Sprouts

### HERBS & SPICES

Pickled Ginger  
Cilantro  
Wasabi Avocado Cream  
Crushed Red Pepper

### CRUNCHY

Crunchy Onion  
Wasabi Peas  
Masago

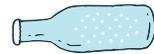
### SPLURGE (+\$1.50)

Avocado  
Boiled Egg 🥚  
Seaweed Salad  
Crab Salad 🍷  
Capers

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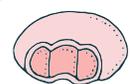
# SOMETHING TO



## DRINK

• Iced Tea \$3                      • Housemade Beverage \$3.5  
• La Croix \$2                      • Seriously Sparkling Water \$3

# SOMETHING



## SWEET

Mochi Ice Cream \$3

## GLOSSARY

**AHI:** yellowfin or bigeye tuna.

**CLASSIC SAUCE:** house mix of shoyu, sesame oil and oyster sauce.

**HIJIKI:** seaweed, almost black in color.

**MASAGO:** fish roe (tiny eggs), orange-red in color.

**POKE:** Means "to slice or to cut" in Hawaiian; diced and marinated raw, sashimi grade fish.

**SHOYU:** soy sauce.

**SPICY CITRUS SHOYU:** spicy-citrus soy sauce.

**WISEFISH SAUCE:** sweet garlic soy sauce.

**ZUCCHINI NOODLES** our signature raw zucchini noodle.

## 411

Wisefish is a laidback seafood shop celebrating fresh, simple, healthy food. We're driven by a commitment to exceptional, consciously-sourced ingredients and a passion for serving others. Our thanks for your visit runs as deep as the Mariana Trench! PS, you rock.