



SNACKS

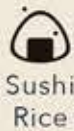
SEASONAL HUMMUS ✓
Chips & paprika on top.
\$7.50

SEASONAL CONES *
[waffle mix]
(Pick one)
Spicy tuna - Salmon
\$7.50

MAKE YOUR OWN BOWL

STARTING AT \$15

CHOOSE YOUR BASE
(Pick one)



Sushi
Rice



Quinoa
+\$1



Baby
Arugula +\$1



Cauliflower
Rice +\$1

MAINS *
(Pick one)

Half and half available +\$1

Salmon - Tuna - Octopus +\$1 - Falafel

TOPPINGS
(Pick up to six)

Cucumber - Avocado - Chives - Kiwi - Ginger -
Edamame - Japanese pear - Tobiko - Jalapeno -
Watermelon radish - Red onions - Cilantro - Wakame +\$1

GARNISH
(Pick two)

Garlic chips - Crispy shallots - Wasabi furikake - Nori chips -
Togarashi furikake - Bonito flakes - Mirin furikake -
Furikake 7 spices - Umami sesame - Crunchy quinoa

SAUCE IT
(Pick two)

Aji amarillo - Spicy mayo - Ponzu - Ponzu ^{GF} - Miso dressing -
Eel sauce - Wasabi dressing - Kosho yuzu dressing -
Yuzu ponzu sauce

DRINKS

DAILY SPECIAL JUICE \$4.50
WATER \$2.50
SPARKLING WATER \$3
SODA \$3



VEGETARIAN



GLUTEN FREE



SPICY

LAB CREATIONS BOWLS

CHOOSE YOUR BASE
(Pick one)



Sushi
Rice



Quinoa
+\$1



Baby
Arugula +\$1



Cauliflower
Rice +\$1

DR. TUNA *

Diced tuna, chives, shiso, japanese pear, avocado,
tobiko, cucumber, radish; wasabi furikake,
nori chips, wasabi dressing & aji amarillo.
\$15

SALMON HEAT

Baked salmon, avocado, chives, wakame, crispy shallots,
watermelon radish, japanese pear; furikake 7 spices,
aji amarillo & eel sauce.
\$16

RAINBOW EXPERIMENT *

Diced salmon and tuna, avocado, chives, jalapeno, tobiko,
edamame, micro cilantro; garlic chips & miso dressing.
\$16

KRAKEN DISCOVERY

Diced octopus, chives, cilantro, cucumber, tobiko, avocado
edamame; bonito flakes, mirin furikake & yuzu ponzu sauce.
\$16

BUDDHA & CHILL ✓

Baked falafel, cucumber, cherry tomato, red onions, watermelon
radish, chives, avocado, japanese pear, parsley,
hummus & tahini sauce.
\$14

LAB RESEARCH *

Diced tuna, watermelon radish, tobiko,
cucumber, edamame, kiwi;
crunchy quinoa, unami sesame & ponzu sauce.
\$15

CITRUS SALMON *

Diced salmon, cucumber, red onions, edamame, shiso, chives,
avocado, kiwi, micro cilantro; unami sesame, mirin furikake
& kosho yuzu dressing.
\$15

CHCKN BOWL

Baked chicken nuggets, avocado, chives, radish, crispy
shallots; furikake 7 spices, sweet and sour,
truffle sauce & aji amarillo.
\$14

Bowls can be made with ponzu ^{GF}

DESSERTS

MISO CRÈME BRÛLÉE \$5
OREO CONE \$7

by Kraken Crew | www.krakencrew.com | @krakencrew_ | krakenlab305@gmail.com

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