Island Poke Menu: Bowls, Sides & Drinks with Prices 2026

Island Poke · Updated November 2026 · sushilaco.com

Signature Poke Bowls

Item	Price	Calories
Spicy Tuna Bowl	$16.95	550
Hawaiian Classic Bowl	$16.95	530
Umami Miso Salmon Bowl	$16.95	600
Sweet Chili Chicken Bowl	$16.95	620
Land & Sea Bowl	$16.95	650
Wasabi Shrimp Bowl	$16.95	590
Ginger Dressing Tofu Bowl	$16.95	540

Create Your Own Poke Bowls

Item	Price	Calories
Poke Bowl (Regular)	$16.95	500-650
Poke Bowl (Large)	$19.45	700-850

Rice Bowls

Item	Price	Calories
Chicken Karaage Rice Bowl	$16.00	700
Chicken Teriyaki Rice Bowl	$17.00	710
Shrimp Tempura Rice Bowl	$16.00	720
Beef Gyodon Rice Bowl	$17.00	680
Pork Chashu Rice Bowl	$16.00	700

Ramen Bowls

Item	Price	Calories
Tonkotsu Ramen	$16.50	900
Chicken Shoyu Ramen	$16.00	850
Beef Ramen	$18.00	950
Miso Ramen	$16.00	880
Shrimp Tempura Ramen	$17.00	1000
Shoyu Ramen	$16.00	870
Veggie Ramen	$16.00	700

Appetizers & Sides

Item	Price	Calories
Pork Gyoza (Pan Fried)	$7.00	380
Pork Bun	$9.50	450
Chicken Kara Age	$10.00	600
Shrimp Tempura (4 Pieces)	$9.00	520
Edamame	$6.00	190
Miso Soup	$3.50	90
Seaweed Salad	$7.00	150
Avocado Salad	$8.00	320
Roasted Seaweed	$2.20	60
Tako Yaki (6 Pieces)	$10.00	430

Bubble Tea & Fruit Tea

Item	Price	Calories
Bubble Tea	$6.50	300-450
Fruit Tea	$6.50	180-290
Brown Sugar Bubble Tea	$8.50	400-520

Soft Drinks

Item	Price	Calories
Coke	$2.30	140
Diet Coke	$2.30	0
Ramune Soda	$4.00	150
Green Tea (Unsweetened)	$3.50	0
Saltzer	$2.30	10
Water	$2.00	0
Hawaiian Sun	$3.50	160
Calpico	$3.50	120

Korean Hot Dogs & Snacks

Item	Price	Calories
Korean Hot Dog 1	$6.75	450
Korean Hot Dog 2	$7.25	470
Korean Hot Dog 3	$6.25	430
Korean Hot Dog 4	$7.49	480
Korean Hot Dog 5	$6.50	460
Korean Hot Dog 6	$6.00	440
Korean Hot Dog 7	$5.50	420
Korean Hot Dog 8	$8.49	500
Korean Hot Dog 9	$6.49	450

Prices, calories and hours can be different at your location and change over time. Check your local restaurant or the official app for the latest details.