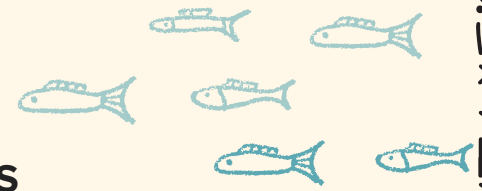


THE FOOD SHACK

TACOS & STREET EATS



TACOS

Two Tacos: \$13
Three Tacos: \$18

All tacos are served on corn tortillas with tallow fried tortilla chips & lime. Flour tortillas available upon request

GRILLED FISH

Grilled cod w/ avocado aioli, sesame slaw, pickled red onion, & tropical salsa. (GF)

GRILLED SHRIMP

Grilled shrimp w/ sesame slaw, pickled red onion, tropical salsa, & avocado aioli.

BAJA FISH*

Battered and fried cod w/ white sauce & sesame slaw

BBQ CHICKEN

BBQ chicken, coleslaw, white sauce, cotija cheese, & pico de gallo

CARNE ASADA

Sirloin steak tips w/ coleslaw, white sauce, pico de gallo & cotija

GINGER BEEF 🌶️

Ginger beef w/ caramelized onion, tropical salsa, & chili mayo

KALUA PULLED PORK

Smoked Kalua pulled pork w/ coleslaw, house BBQ sauce, chipotle white sauce, & grilled pineapple

SHORT RIB 🌶️

Grilled short rib w/ coleslaw, chili mayo, tropical salsa, & scallions

BOWLS

CLASSIC BOWLS

Includes protein, rice, fried plantains, sauce, house black beans, pickled red onions & scallion

	SM.	REG	DBL
KALUA PULLED PORK	8	15	22
CHICKEN	8	15	22
TOFU	7	14	20
SHRIMP	9	16	23
STEAK	11	20	32

COMBO BOWL choose any 2 proteins 16 23
+ 3 steak + 6 steak

Choose your rice White Rice or Brown Rice

Choose your sauce Teriyaki, Barbecue, or Sweet Chili

SIGNATURE BOWLS

VEGGIE BOMB 🌶️ 17
Brown rice, black beans, broccoli, sweet potato, brussels sprouts, crispy wontons, feta, & house spicy BBQ mayo.

BLACKENED COD 17
grilled blackened cod loin served over brown rice with black beans, sesame slaw, chipotle white sauce, pickled red onion and lime.

ADD-ONS

Grilled Pineapple	1
Pickled Red Onion	2.25
Extra Sauce	1
Chili Crunch 🌶️🌶️	2

We are proud to share a menu composed of signature dishes inspired by the flavors and flare of the West Coast, Pacific Islands, & Central America. We are committed to sourcing only the best ingredients and cooking without the use of any processed seed oils!

*marked items contain trace elements of seed oil due to sourcing constraints.

SIDES & EXTRAS

QUESO	6.5	SEASONED VEGGIES	7
PICO DE GALLO	5	RICE & BEANS	5
GUACAMOLE	6.5	FRIED PLANTAINS (4 PIECE)	3
TALLOW TORTILLA CHIPS	4	STREET CORN SALAD	7

*Please notify us of any food allergies & allow extra cook time as we clean our surfaces to prepare your order, thank you!

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



BURRITOS & DILLAS

Served with a generous portion of tallow fried tortilla chips

- BAJA FISH BURRITO*** 15
Baja fish, cheddar jack cheese, white rice, black bean blend, sesame slaw, pico de gallo, & chipotle white sauce
- CARNE ASADA BURRITO** 17
Sirloin steak, white rice, black beans, shredded cheese, pico de gallo, & avocado aioli
- KALUA PORK BURRITO** 15
Kalua pulled pork, shredded cheese, pico de gallo, chipotle white sauce, black beans, & white rice
- AVOCADO SHRIMP BURRITO** 15
grilled marinated shrimp w/ avocado, rice & beans, pico, cheddar cheese, & our signature chipotle white sauce
- QUESADILLA** 11
w/ hoisin lime sauce, sour cream, & tropical salsa
 - Add Black Bean +2
 - Add Chicken or Pork +3
 - Add Steak or Shrimp +7

SALADS

- THE KICKIN' SESAME CHICKEN** 15
Grilled sweet chili chicken, cucumber, tomato, crispy wontons, chia & flax seeds, sesame slaw, shredded carrots, & sesame dressing
- RHODY SALAD** 14
Grilled Chicken, cucumber, pico de gallo, grilled pineapple, & ginger dressing
- THE ISLANDER** 14
Pulled Pork, cucumber, crispy wonton, grilled pineapple, pico de gallo, & ginger dressing.

OH HEY! WE WANT TO LET YOU KNOW THAT...



...WE'RE COOKIN CLEAN!

In our kitchens, we're grillin' with avocado oil, blendin' with olive oil, bakin' with coconut oil, & fryin' with beef tallow.

For more info check out our website & social media pages!

ACAI & PITAYA

SUNSHINE BOWL

Granola, pineapple, strawberries, & honey

BEACH BOWL

Granola, pineapple, blueberries, coconut chips, & Nutella

DRAGON FUEL

Granola, strawberries, blueberries, coconut chips, & Nutella

Frozen bowls are made with a refreshing frozen fruit sorbet over a layer of our house made granola!

Acai & Pitaya are organic, vegan, gluten free, dairy free, non-GMO, & fair trade

*Granola contains coconut and gluten. Bowls can be made without granola.

TROPICAL BOWL

Granola, banana, pineapple, coconut chips, honey, and chia & flax seeds

BERRY BOWL

Granola, strawberries, blueberries, coconut chips, & honey.

NUTELLA BOWL

Granola, banana, coconut chips, honey, & Nutella

PROTEIN BOWL

Granola, coconut flakes, almond slivers, crushed walnuts, chocolate chips, peanut butter, & honey

\$12

BYO BOWL

CHOOSE YOUR BASE! \$9+

Açai
Pitaya

PREMIUM TOPPINGS \$0.70

banana, pineapple, almonds, walnuts, Nutella, peanut butter extra granola

BASIC TOPPINGS \$0.40

chocolate flakes, coconut chips, honey, chia & flax seeds

SEASONAL MARKET PRICE

strawberries, blueberries

SWEET TREATS

- "CUP OF DIRT" \$3.5
- KEY LIME PIE SLICE \$7
- FRESHLY BAKED COOKIE \$3

KIDS MEALS



TENDERS* & FRIES 9
Fried chicken tenders w/ tallow fries

KIDS RICE BOWL 8

White rice, black beans, sauce, & choice of chicken, pulled pork, or grilled shrimp (+\$1)

MINI QUESADILLA 8

Add grilled chicken, black beans or pulled pork +2



BBQ AVAILABLE THURSDAY - SATURDAY STARTING AT 11:00AM

@RisingTideBBQ • RisingTideBarbecue.com

