

SMALL PLATES

BIG FLAVOR. A STRONGER YOU.

FUEL STARTER 7g	4.25
Stemmed soybeans	
RECOVERY BROTH	3.95
Miso soup with tofu, green onion, nori	
THE WARM UP	6.50
Five hand-made dumplings stuffed with pork, cabbage, garlic, ginger, scallions. Served with housemade ponzu sauce.	
SEAWEED CRUNCH	4.25

MAKE IT YOUR OWN

PROTEIN HOUSE GARDEN 9.75

Locally grown hydroponic greens, red cabbage, house pickles, carrot, green onion, snap peas, sesame, wonton.

CHOOSE DRESSING

Ginger Carrot
Watercress Wasabi
Ginger Miso
Almond Soy

ADD PROTEIN 4.95

Natural Chicken Breast
Steak
Natural Tiger Shrimp
Sustainable Salmon
Organic Tofu

33g
32g
18g
28g
13g

PROTEIN FAVORITES

SIGNATURE BOWLS. SERIOUS NUTRITION.

THE ENGINE 69g	15.95
Tastu chicken breast, grilled chicken breast, broccoli, green onions, red bell pepper, tamari almonds and cilantro with almond soy served over rice.	
THE DAILY DRIVE 73g	15.95
Marinated natural chicken breast and tenderloin, sautéed with crimini mushrooms, broccoli, red bell pepper, yellow onions, with chili garlic sauce, serrano aoli, and ginger scallions, topped with crispy wontons, sesame seeds, served over rice.	
THE BEAST 77g	18.50
House seasoned salmon, grilled chicken breast sautéed with broccoli, white onion, mushroom with ginger-lime sauce. Topped with 2 tempura shrimp, green onion, sesame seed, lime wedge.	
THE BULL 70g	15.95
9 oz. beef tenderloin with crimini mushrooms, caramelized onions, shishito pepper finished with teriyaki sauce, topped with tempura onion rings, served over rice.	
THE CIRCUIT 60g	14.50
Beef tenderloin and natural tiger shrimp tossed with Napa cabbage, carrots, scallions, red bell peppers, tossed with locally made rice noodles, Yellow Dragon sauce, finished with cilantro and a lime wedge.	
THE GRIND 61g	14.50
9 oz. beef tenderloin & brussels sprouts, carrot, scallions, garlic, crisp, cilantro, savory caramel glaze, served with rice.	
THE ARSENAL BENTO BOX 66g	20.50
Chicken breast, tempura shrimp, side salad with ginger-carrot dressing, dumplings, with rice, teriyaki sauce.	
THE WORKHORSE	11.00
Chicken, sesame seeds with teriyaki sauce, over rice.	
with Dark Chicken	72g
with White Chicken	66g
THE BURNER	11.00
Chicken, crispy wontons, green onions with spicy sauce, over rice.	
with Dark Chicken	72g
with White Chicken	66g

BUILD YOUR OWN BOWL

FOUR EASY STEPS. ENDLESS POSSIBILITIES.

1 PICK TWO PROTEINS	15.00
Natural Chicken Breast 33g	
Natural Dark Chicken 36g	
Beef Tenderloin 32g	
Natural Tiger Shrimp 18g	
Sustainable Salmon 28g	
Crispy Katsu Chicken 26g	
Fried Shrimp 18g	
Organic Tofu 13g	
Add Egg 2.00	
Add Avocado 2.00	
2 PICK A VEG MIX	NO SUBSTITUTIONS
Buddha Mix	
Red cabbage, carrot, broccoli, yellow onion, edamame.	
Ninja Mix	
Red bell pepper, snap peas, water chestnuts, green onion, broccoli.	
Custom Mix: Choose up to 5 items	
Carrot, white onion, green onion, water chestnut, broccoli, red bell pepper, edamame, snap peas, Napa cabbage, mushrooms, red cabbage.	
3 PICK A SAUCE OR DRESSING	
Teriyaki	Spicy Teriyaki
Ginger-Lime	Yellow Dragon
Chili-Garlic	Ginger Miso Vinaigrette
Caramel Glaze	Almond Soy
Spicy Szechuan	
4 PICK A BASE	
White Rice	
Brown Rice	
Udon Noodles (+\$1.25)	
Vermicelli Noodles (+\$1.25)	
Make it a salad (+\$2.25)	

PROTEIN BURGERS

BIGGER FLAVOR. HIGHER STANDARDS.

THE HEAVYWEIGHT 56g	13.95
10 oz. wagyu beef double burger, lettuce, tomato, tonkatsu ketchup, honey karashi mustard.	
THE LOADED 62g	14.95
10 oz. Texas wagyu beef double burger, cheddar cheese, lettuce, tomato, tonkatsu ketchup, honey karashi mustard.	
THE CLUTCH 65g	16.95
10 oz. Texas wagyu double burger, miso mustard, serrano aoli, cheddar cheese, pickles, caramelized onions, house bacon jam with a Slow Dough challah bun.	
THE SMOKESTACK 65g	15.50
10 oz. Texas wagyu double burger, mild cheddar, tempura onion rings, house pickles, Japanese BBQ ketchup, tomato, miso mustard.	
BACON STACK 72g	15.50
10 oz. Texas wagyu double burger, applewood smoked bacon, tomato, mushrooms, onion, tonkatsu ketchup, miso mustard, crisped cheddar cheese on a Slow Dough bun.	
THE DOUBLE DOWN 84g	14.95
10 oz. Texas wagyu double burger and katsu burger with tonkatsu ketchup, miso mustard, pickles, tomato, lettuce, Asian slaw, cheddar cheese, tempura onion rings with a Slow Dough challah bun.	
THE CLEAN MACHINE 30g	17.95
8 oz. Beyond double beef patty, lettuce, tomato, tonkatsu ketchup, honey karashi mustard.	

FRIED KATSU BURGERS

CRISPY. BOLD. UNFORGETTABLE.

THE KO SANDO 42g	13.50
Double crispy chicken breast, Asian slaw, Luck's sauce, tonkatsu ketchup, King's Hawaiian sweet bun.	
THE GOLD STANDARD 58g	14.50
Double porka crusted wagyu beef, Asian slaw, tonkatsu ketchup, tomato, Luck's sauce, Swedish Hill bun.	
THE OMEGA 40g	14.00
Double porka crusted and fried salmon fillet, Asian slaw, serrano aoli, King's Hawaiian bread.	

CHICKEN SANDWICHES

SIMPLE INGREDIENTS. SERIOUS PROTEIN.

THE DOUBLE THREAT 48g	13.00
Double natural chicken breast, cheddar cheese, Luck's sauce, tonkatsu ketchup, house pickles, lettuce, tomato.	

SIDES THE PERFECT ADDITION.

STARTER FRIES	3.95
Buttered fries tossed with togarashi ranch salt.	
LOADED FRIES	8.25
Buttered fries topped with the teriyaki beef, Luck's sauce, sesame and green onions.	
THE RINGS	5.95
House-made tempura onion rings.	
GLUTEN-FREE BUNS AVAILABLE	+2.00

Same ingredients.
A stronger you.

GOOD
FOOD
FUELS
MORE
THAN
TODAY

WHY HIGH PROTEIN MATTERS FOR ATHLETES

PERFORMANCE NUTRITION THAT SUPPORTS STRENGTH, RECOVERY, ENDURANCE, AND BODY COMPOSITION.



MUSCLE REPAIR & GROWTH

Protein provides the amino acids needed to repair training damage and build stronger muscle.



FASTER RECOVERY

Adequate protein helps the body recover after hard workouts, practices, and competition.



STRENGTH & POWER SUPPORT

Consistent protein intake supports training adaptations that help athletes get stronger.



LEAN MASS PRESERVATION

Protein helps maintain muscle during intense training or when leaning out.



BETTER BODY COMPOSITION

High-protein eating can help with fullness and support fat-loss goals while protecting muscle.



STEADIER ENERGY & SATIETY

Protein helps athletes stay satisfied longer and avoid energy crashes between meals.



IMMUNE & TISSUE SUPPORT

Protein helps support immune function and the repair of tendons, ligaments, skin, and other tissues.



ENDURANCE & TRAINING ADAPTATION

Endurance athletes also need protein to recover, adapt, and stay resilient through heavy training.

ATHLETE PROTEIN QUICK GUIDE



Most active athletes benefit from roughly **0.55–0.91 g of protein per pound of body weight** per day.



Aim for **20–40 g** of protein per meal or snack.



Spread protein across the day for best results.



After training, pair protein with carbs and hydration.

**SMALL STEPS.
BIG RESULTS.**

REAL
INGREDIENTS
REAL
PROGRESS

Clean food. Stronger people.

FUEL RECOVERY. BUILD STRENGTH. PERFORM BETTER.