

ALLERGEN MATRIX - POKE

	ITEM	NUTS	PEANUTS	FISH	CELERY	SESAME	MUSTARD	SULPHITES	CRUSTACEANS	MOLLUSCS	EGGS	MILK	LUPIN	SOYA	GLUTEN	
BASE	Brown rice (seasoned)															
	Lambs lettuce *															
	Sushi rice (seasoned)															
	Zero-cal noodle slaw *															
POKE	Chicken *													X	X soy, wheat	
	Salmon			X												
	Shiitake teriyaki salmon			X										X	X soy, wheat	
	Teriyaki tofu *					X								X	X wheat	
	Tuna			X		X								X	X wheat	
DRESSING	Huli huli dressing *					X								X	X wheat	
	Shiitake teriyaki dressing *													X	X wheat	
	Shoyu dressing *					X								X	X wheat	
	Yuzu dressing *					X								X	X wheat	
SALSA	Burnt sweetcorn salsa *															
	Mango salsa *															
	Pineapple salsa *															
PUREE	Mango puree *															
	Pineapple puree *															
TOPPING & GARNISH	Avocado *					X										
	Babycorn															
	Bonito flakes			X												
	Chilli *															
	Coconut chips															
	Crispy shallots														X wheat	
	Edamame													X		
	Furikake			X		X	X									
	Kimchi *														X	
	Macadamia nuts	X macadamia				X										
	Mango *															
	Miso aubergine *	X cashew				X	X								X	
	Mooli								X							
	Nori															
	Pickled ginger															
	Sesame seeds					X										
Spring onion *																
Wakame					X			X							X wheat	
Wasabi peas *																
SAUCE	Green Sriracha *															
	Shiitake teriyaki *													X	X wheat	
	Soy sauce *													X	X wheat	
	Sriracha															
	Sriracha mayo *							X			X					
	Wasabi mayo *						X				X					
GUEST / SNACK	Banana bread *													X	X wheat	
	Black vinegar *													X	X wheat	
	Miso bone broth *							X						X	X wheat	

All ingredients marked with * are produced in a kitchen that handles all 14 allergens on their premises. Please be aware we use multiple ingredients in our kitchens, including sesame seeds, peanuts and tree nuts, and therefore cannot guarantee that a product is completely free of any allergen. All of our suppliers also handle multiple allergens on their premises, and cannot guarantee their products are free from any allergen. If you have a question about an item that is not listed on this sheet, please email aloha@islandpoke.co.uk.