

ALLERGEN MATRIX - POKE

	ITEM	NUTS	PEANUTS	FISH	CELERY	SESAME	MUSTARD	SULPHITES	CRUSTACEANS	MOLLUSCS	EGGS	MILK	LUPIN	SOYA	GLUTEN
BASE	Brown rice (seasoned)														
	Mixed salad *														
	Sushi rice (seasoned)														
	Zero-cal noodle slaw *														
POKE	Chicken *													X	X soy, wheat
	Korean mushroom balls *							X						X	X wheat
	Salmon			X											
	Teriyaki tofu *					X								X	X wheat
	Tuna			X		X								X	X wheat
DRESSING	Huli huli dressing *					X								X	X wheat
	Korean BBQ sauce *														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									
	Bonito flakes			X											
	Chilli *														
	Coconut chips														
	Crispy shallots														X wheat
	Edamame													X	
	Kimchi *													X	
	Macadamia nuts	X macadamia					X								
	Mango *														
	Miso aubergine *	X cashew					X	X							X
	Nori														
	Pickled ginger														
	Pickled pear *								X						
	Pickled radish *								X						
	Sesame seeds						X								
	Spring onion *														
Toasted buckwheat														may contain wheat	
Wakame						X		X						X wheat	
Wasabi peas *															
SAUCE	Green Sriracha *														
	Korean BBQ sauce					X								X	X wheat
	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.

Updated on 15/12/2020