

ALLERGEN MATRIX - POKE

	ITEM	NUTS	PEANUTS	FISH	CELERY	SESAME	MUSTARD	SULPHITES	CRUSTACEANS	MOLLUSCS	EGGS	MILK	LUPIN	SOYA	GLUTEN
BASE	Brown rice (seasoned) *							X							
	Mixed salad *														
	Sushi rice (seasoned) *							X							
	Zero-cal noodle slaw *														
POKE	Chicken *													X	X soy, wheat
	Salmon			X											
	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 / PUREE	Burnt sweetcorn salsa *														
	Mango salsa *														
	Mango puree *														
	Pineapple salsa *														
	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														
	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				
SIDE / SN	Banana bread *													X	X wheat
	Miso choc cookie *	X hazelnut				X					X	X		X	X wheat
GUEST BOWL	Pea shoots*														
	Viola flowers*														
	Rhubarb slaw*					X									
	Pink sushi rice*							X							
	Pink sushi tsu*							X							
	Wild garlic mayo*						X	X			X				

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.