

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								
	Bao Bun														X wheat	
POKE	Chicken *					X								X	X soy, wheat	
	Salmon			X												
	Steak							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	
	Chimichurri							X								
	Shoyu dressing *					X								X	X wheat	
	Yuzu dressing *					X								X	X wheat	
SALSA / PUREE	Burnt sweetcorn salsa *															
	Mango salsa *															
	Pineapple salsa *															
TOPPING & FINISHINGS	Avocado *															
	Chilli *															
	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	
	Ginger pickled carrots*							X								
	Pickled cabbage*							X								
	Szechuan Cucumber							X						X	X wheat	
	Yuzu Koshu Seedmix															
	Toasted Buckwheat															
	Furikake			X		X	X									X
	Togarashi					X										
SAUCE	Green sriracha *															
	Shiitake teriyaki *													X	X wheat	
	Soy sauce *													X	X wheat	
	Korean bbq					X								X	X wheat	
	Sriracha mayo *							X			X					
	Wasabi mayo *						X				X					
SIDE/ SNACK	Banana bread *													X	X wheat	
	Miso choc cookie *	X hazelnut				X					X	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.

ALLERGEN MATRIX - FALL/WINTER 2022

	ITEM	NUTS	PEANUTS	FISH	CELERY	SESAME	MUSTARD	SULPHITES	CRUSTACEANS	MOLLUSCS	EGGS	MILK	LUPIN	SOYA	GLUTEN
ITEMS	Mushroom broth				X	X								X	X <i>wheat</i>
	Bao bun														X <i>wheat</i>
	Chilli Oil													X	
	Squid Mayo			X	X		X		X	X	X	X			
	Broccoli														
	Butternut Squash						X							X	X <i>wheat</i>
	Flapjack	X <i>Pecans</i>													X <i>oats</i>