

	ITEM	CELERY	CRUSTACEANS	EGGS	FISH	GLUTEN	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES	
BASE	Bao bun					X wheat										
	Brown rice (seasoned) *															X
	Mixed salad *															
	Mushroom broth	X				X wheat							X	X		
	Sushi rice (seasoned) *															X
POKÉ	Double-Miso Chicken *					X soy, wheat								X		
	Salmon				X											
	Teriyaki tofu *					X wheat								X		
	Tuna				X	X wheat							X	X		
DRESSING	Chilli Oil												X	X		
	Shiitake teriyaki dressing *					X wheat								X		
	Shoyu dressing *					X wheat							X	X		
	Yuzu dressing *					X wheat							X	X		
	Burnt sweetcorn salsa *															
SALSA	Mango salsa *															
	Pineapple salsa *															
	Avocado *															
TOPPINGS & FINISHINGS	Charred Sesame Broccoli												X			
	Chilli *															
	Crispy shallots					X wheat										
	Edamame														X	
	Kimchi *														X	
	Miso aubergine *									X			X	X		
	Nori															
	Pickled ginger															
	Sesame seeds												X			
	Spring onion *															
	Wakame					X wheat							X	X		
	Ginger pickled carrots*															X
	Pickled cabbage*															X
	Sesame Cucumber					X wheat							X	X		
	Teriyaki Mushrooms					X wheat							X	X		
Turmeric Cauliflower																
Yuzu Koshu Seedmix																
Togarashi												X				
SAUCES	Green sriracha *															
	Shiitake teriyaki *					X wheat								X		
	Soy sauce *					X wheat								X		
	Korean bbq					X wheat							X	X		
	Sriracha mayo *									X				X	X	
	Wasabi mayo *									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](mailto:aloha@islandpoke.co.uk).