

ISLAND POKÉ

Fresh Pacific Flavours

	ITEM	CELERY	CRUSTACEANS	EGGS	FISH	GLUTEN	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES	
BASE	Bao Bun					✗ wheat										
	Brown Rice (seasoned) *															X
	Mixed Salad *															
	Sushi Rice (seasoned) *															X
POKE	Chicken *													X		
	Salmon				X											
	Teriyaki Tofu *					✗ wheat								X		
	Tuna				X	✗ wheat							X	X		
DRESSING	Citrus Dijon									X						
	Shiitake Teriyaki Dressing *					✗ wheat								X		
	Shoyu Dressing *					✗ wheat							X	X		
	Yuzu Dressing *					✗ wheat							X	X		
SALSA / PUREE	Burnt Sweetcorn Salsa *															
	Mango Salsa *															
	Pineapple Salsa *															
TOPPING & FINISHINGS	Avocado *															
	Chilli *															
	Crispy Shallots					✗ wheat										
	Yuzu & Dill Ricotta							X								
	Edamame													X		
	Fennel and Celery Slaw	X														
	Ginger Pickled Carrots*															X
	Kimchi *													X		
	Miso Aubergine *									X			X	X		
	Nori															
	Pickled Cabbage*															X
	Pickled Ginger															
	Pico de Gallo															
	Sesame Cucumber					✗ wheat							X	X		
	Sesame Seeds												X			
	Spring Onion *															
	Wakame					✗ wheat							X	X		
	Dukkah					✗ wheat						✗ peanuts	X	X		
	Togarashi												X			
	Yuzu Koshu Seedmix															
SAUCE	Green Sriracha *															
	Shiitake Teriyaki *					✗ wheat								X		
	Soy Sauce *					✗ wheat								X		
	Korean BBQ					✗ wheat							X	X		
	Sriracha Mayo *									X				X	X	
	Wasabi Mayo *						X			X						
HOTBOWLS	Blackened Miso Chicken													X		
	Katsu Sauce					✗ wheat								X		
	Noodles					✗ wheat										
	Red Thai		X		X						X	X				
	Teriyaki Mushrooms					✗ wheat							X	X		
	Veggie Mix															

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.