

# ALLERGEN MATRIX

UPDATED 27TH SEPTEMBER 2023

	ITEM	CELERY	CRUSTACEANS	EGGS	FISH	GLUTEN	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUT	SESAME	SOYA	SULPHITES	
BASE	Bao Bun					X wheat										
	Brown Rice (seasoned) *															X
	Mixed Salad *															
	Sushi Rice (seasoned) *															X
POKE	Chicken *													X		
	Salmon				X											
	Poached Unagi Salmon				X	X wheat								X		
	Teriyaki Tofu *					X wheat								X		
	Tuna				X	X wheat							X	X		
DRESSING	Shiitake Teriyaki Dressing *					X wheat								X		
	Shoyu Dressing *					X wheat							X	X		
	Yuzu Dressing *					X wheat							X	X		
	Katsu Mayo			X		X wheat		X						X		
	Korean BBQ					X wheat							X	X		
SALSA / PUREE	Burnt Sweetcorn Salsa *															
	Mango Salsa *															
	Pineapple Salsa *															
TOPPING & FINISHINGS	Avocado *															
	Boiled Egg*			X												
	Chilli *															
	Crispy Shallots					X wheat										
	Edamame													X		
	Ginger Pickled Carrots*															X
	Kimchi *													X		
	Miso Aubergine *									X			X	X		
	Nori															
	Pickled Cabbage*															X
	Pickled Ginger															
	Sesame Cucumber					X wheat							X	X		
	Sesame Seeds												X			
	Spring Onion *															
	Wakame					X wheat							X	X		
	Dukkah					X wheat						X peanuts	X			
Togarashi												X				
Yuzu Koshu Seedmix																
SAUCE	Green Sriracha *															
	Shiitake Teriyaki *					X wheat								X		
	Soy Sauce *					X wheat								X		
	Sriracha Mayo *									X				X	X	
	Wasabi Mayo *							X		X						
HOTBOWLS	Blackened Miso Chicken													X		
	Katsu Sauce					X wheat								X		
	Noodles					X wheat										
	Red Thai		X		X						X					
	Teriyaki Mushrooms					X wheat							X	X		
	Veggie Mix															
EDAMAME	Sea Salt Edamame												X	X		
	Korean BBQ Edamame					X wheat							X	X		
	Teriyaki Edamame					X wheat							X	X		
SOUP	Thai Coconut Soup		X		X wheat				X		X peanuts	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](mailto:aloha@islandpoke.co.uk).