

ALLERGEN MATRIX - POKÉ

	ITEM	CELERY	CRUSTACEANS	EGGS	FISH	GLUTEN	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUT	SESAME	SOYA	SULPHITES
BASE	Brown Rice *														x
	Leafy Greens *														
	Sushi Rice *														x
	Tabbouleh*					x wheat									
POKÉ	Miso Aubergine*									x			x	x	
	Sweet Chilli King Prawns*		x											x	
	Crab Salad*	x	x	x	x	x wheat		x		x					x
	Hoi Sin Chicken *					x wheat							x	x	x
	Salmon				x										
	Smoked Tofu*					x wheat							x	x	x
	Tuna				x	x wheat							x	x	
DRESSINGS	Chilli Sauce (Le Bab)*														x
	Citrus Dressing*									x				x	
	Peanut Dressing*	x								x		x			x
	Herb Yoghurt (Le Bab)*							x							
	Korean BBQ*					x wheat							x	x	
	Marie Rose*			x		x wheat				x			x	x	x
	Shiitake Teriyaki Dressing*					x wheat								x	
	Shoyu Dressing *					x wheat							x	x	
	Yuzu Dressing *					x wheat							x	x	
TOPPING & FINISHINGS	Corn Salsa*														
	Mango*														
	Pineapple*														
	Smashed Avocado *														
	Boiled Egg*			x											
	Carrot & Daikon*														
	Red Chilli *														
	Crispy Shallots					x wheat									
	Cucumber Salad*														
	Edamame													x	
	Hummus*												x		
	Kimchi *													x	
	Panko & Seaweed Crumbs*					x wheat							x		
	Pickled Ginger														
	Radish Salad*														
	Red Cabbage*														x
	Sesame Seeds												x		
	Soy Roasted Pumpkin Seeds*					x wheat								x	
	Spring Onion *														
	Togarashi												x		
	Wakame					x wheat							x	x	
	Margarita Spiced Salsa														
	Tortilla Chips					x wheat									
SAUCE	Green Sriracha *														
	Shiitake Teriyaki *					x wheat								x	
	Soy Sauce *					x wheat								x	
	Sriracha Mayo *									x				x	x
	Wasabi Mayo *						x			x					
	Sriracha									x				x	
HOT BROTHS	King Prawn Miso Broth		x			x wheat							x	x	
	Chicken Miso Broth					x wheat							x	x	x
	Tofu Miso Broth					x wheat							x	x	x
	Miso Soup*					x wheat							x	x	x
DESSERT	Brownie			x		x wheat		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.

HOUSE BOWLS	California Salmon	Fish, gluten, sesame, soy, sulphites
	Classic Ahi Tuna	Fish, gluten, sesame, soy, sulphites
	Citrus Crab	Fish, celery, crustacean, eggs, gluten, milk, mustard, sesame, soy, sulphites
	King Prawn & Avocado	Crustacean, eggs, gluten, mustard, sesame, soy and sulphites
	Miso Aubergine	Gluten, mustard, sesame, soy and sulphites
	Teriyaki Tofu	Gluten, sesame, soya, sulfites
	Spicy Chicken	Eggs, gluten, sesame, soy and sulphites
	Yuzu Salmon	Fish, gluten, sesame, soy and sulphites
HOT BROTHS	King Prawn Miso Broth	Crustaceans., gluten, sesame, soya
	Chicken Miso Broth	Gluten, sesame, soy, sulfites
	Tofu Miso Broth	Gluten, sesame, soy, sulfites
	Miso Soup*	Gluten, sesame, soy, sulfites
DESSERT	Brownie	Eggs, gluten, milk, nuts
GUEST BOWL	LE BAB BOWL	Celery, gluten, milk, mustard, peanut, sesame, soy and sulphites

GARDEN BOWLS	Miso Glazed Aubergine	Gluten, mustard, sesame, soy and sulphites
	Miso Charred Chicken	Gluten, mustard, sesame, soy and sulphites
	Gochujang Glazed Salmon	Fish, gluten, mustard, sesame, soy and sulphites
	Smoked Tofu	Gluten, mustard, sesame, soy and sulphites