

ISLAND POKÉ - ALLERGEN MATRIX

HOUSE BOWLS	California Salmon	Fish, gluten, sesame, soy, sulphites
	Classic Ahi Tuna	Fish, gluten, sesame, soy, sulphites
	Citrus Crab	Fish, crustacean, eggs, gluten, sesame, soy
	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	Egg, gluten, fish, sesame, soy and sulphites
	Yuzu Salmon	Fish, sesame, soy and sulphites
HOT BROTHS	Miso Soup*	Fish, Soya
DESSERT	Double Chocolate Brownie	Soya, Milk, eggs, nuts, wheat
	Banana Bread	Wheat, egg, nuts
HOT BOWL	Katsu Curry	Eggs, gluten, soya, sesame

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

	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									
Poké	Miso Aubergine*									X			X	X	
	Sweet Chilli King Prawns*		X			X							X	X	
	Crab Salad*		X	X	X	X								X	
	Hoi Sin Chicken*					X							X	X	
	Salmon				X										
	Smoked Tofu*					X							X	X	X
	Tuna				X								X	X	
	Breaded Chicken Fillet					X									
Dressings	Citrus Dressing*									X				X	
	Korean BBQ*					X							X	X	
	Marie Rose*			X		X				X			X	X	X
	Shiitake Teriyaki Dressing*					X								X	
	Shoyu Dressing *												X	X	
	Yuzu Dressing *												X	X	
	Brown Miso & Turmeric												X	X	
	Sesame Dressing (Japanese Salad)			X		X							X	X	
Topping & Finishings	Corn Salsa*														
	Mango*														
	Pineapple*														
	Smashed Avocado *														
	Boiled Egg*			X											
	Carrot & Daikon*														
	Red Chilli *														
	Crispy Shallots					X									
	Cucumber Salad*														
	Edamame													X	
	Kimchi *				X										
	Panko & Seaweed Crumbs*					X							X		
	Pickled Ginger														
	Radish Salad*														
	Red Cabbage*														X
	Sesame Seeds												X		
	Soy Roasted Pumpkin Seeds*					X								X	
	Spring Onion*														
	Togarashi												X		
	Wakame					X							X	X	
	Margarita Spiced Salsa														
	Furikake Mix		X	X	X	X		X	X						
	Tortilla Chips					X									
	Edamame Hummus												X	X	
	Pickled Japanese Salad			X		X							X	X	
Sauce	Green Sriracha*														
	Shiitake Teriyaki*					X								X	
	Gluten Free Soy Sauce*													X	
	Sriracha Mayo*			X						X				X	X
	Wasabi Mayo*			X						X				X	
	Sriracha									X				X	X
	Katsu Curry Sauce					X								X	
Hot Broths	Miso Soup*				X									X	
Dessert	Double Chocolate Brownie			X		X		X			X			X	
	Banana Bread			X		X					X				