

ISLAND POKÉ – ALLERGEN MATRIX

HOUSE BOWLS	
The Big Kahuna	Fish, Sesame, Soya, Sulphur dioxide
Lomi Lomi Salmon	Fish, Sesame, Soya
Classic Ahi Tuna	Fish, Sesame, Soya, Sulphur dioxide
King Prawns & Avocado	Gluten (wheat), Crustaceans, Eggs, Fish, Mustard, Sesame, Soya, Sulphur dioxide
Teriyaki Tofu (Vegan)	Sesame, Soya
Chicken Katsu Curry	Gluten (wheat), Mustard, Sesame, Soya
Pumpkin Katsu Curry (Vegan)	Gluten (wheat), Mustard, Sesame, Soya

Please be aware that our kitchens handle all 14 allergens. We use multiple ingredients in our kitchens, including sesame seeds, peanuts and tree nuts, and therefore cannot guarantee that any product is completely free from any allergen.

All of our suppliers also handle multiple allergens on their premises and cannot guarantee that their products are free from any allergen.

If you have any questions about an item that is not listed on this sheet, or require further allergen information, please email aloha@islandpoke.co.uk.



	ITEM	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR DIOXIDE
BASES	Sushi Rice														
	Rice Dressing													Y	
	Brown Rice														
	Mixed Leaves														
	Quinoa														
	Tortilla Chips														
	50/50														
PROTEINS	Salmon					Y									
	Marinated Tuna					Y							Y	Y	Y
	Tofu													Y	
	Chicken Katsu		Y - Wheat											Y	
	Swicy Prawns			Y										Y	Y
	Lomi Lomi Salmon					Y									
	Pumpkin Croquette		Y - Wheat											Y	
	Crab Salad		Y - Wheat	Y	Y	Y								Y	
TOPPINGS	Spring Onions														
	Mango														
	Edamame Beans													Y	
	Coriander														
	Seaweed Salad												Y		
	Pickled Cucumber														
	Pickled Ginger														
	Pickled Red Cabbage														
	Smashed Avocado														
	Red Chilli														
	Japanese Cabbage Salad									Y			Y	Y	
	Fresh Pineapple														
	Shredded Carrots														
	Kimchi			Y		Y									
	Pico de Gallo														
	Hydrated Wakame														
FINISHINGS	Sesame Seeds												Y		
	Crispy Onions		Y - Wheat												
	Nori Seaweed														
	Lee Kum Kee Chilli Oil		Y - Wheat										Y	Y	
	Wasabi Furikake		Y - Wheat			Y				Y			Y	Y	
	Super Seeds												Y	Y	
SAUCES	Teriyaki Sauce												Y	Y	
	Curry Sauce (Chicken Katsu Curry)		Y - Wheat											Y	
	Miso Yuzu												Y	Y	
	Shoyu Sauce												Y	Y	
	Citrus Masago Sriracha Mayo			Y	Y	Y								Y	Y
	Tiger Milk Mayo				Y	Y								Y	
SIDES	Crab Salad		Y - Wheat	Y	Y	Y								Y	
	Guacamole														
	Japanese Cabbage Salad									Y			Y	Y	
	Seaweed Salad												Y		
	Edamame Beans													Y	
	Pickled Ginger														
	Kimchi			Y		Y									
HOT	Pumpkin Croquette Side		Y - Wheat											Y	
	Chicken Katsu Side		Y - Wheat										Y	Y	
SWEETS	Double Chocolate Brownie		Y - Wheat		Y			Y			Y			Y	
	Banana Bread		Y - Wheat		Y						Y				