

POKE GUYS ALLERGY CHART 2025			
INGREDIENT	GLUTEN FREE	SESAME FREE	DAIRY FREE
PROTEINS			
Unmarinated Salmon	✓	✓	✓
Unmarinated Tuna	✓	✓	✓
Unmarinated Shrimp	✓	✓	✓
Unmarinated Tofu	✓	✓	✓
Classic / Spicy / Honey Ginger Salmon			✓
Classic / Spicy Tuna			✓
Angry Shrimp			✓
Classic Tofu	✓		✓
Spam		✓	✓
TOPPINGS			
Avocado	✓	✓	✓
Corn	✓	✓	✓
Crab Meat Slaw		✓	
Edamame	✓	✓	✓
Kimchi		✓	✓
Mangoes	✓	✓	✓
Masago		✓	✓
Pineapple	✓	✓	✓
Seaweed Salad			✓
Shiitake Slaw		✓	
Sweet Drop Pepper	✓	✓	✓
Spicy Cucumbers	✓	✓	✓
Spicy Seaweed Salad			✓
GARNISHES			
B&W Sesame Seeds	✓		✓
Crispy Garlic		✓	✓
Crispy Onions		✓	✓
Jalapeño	✓	✓	✓
Nori		✓	✓
Pickled Red Ginger	✓	✓	✓
Scallions	✓	✓	✓
Tempura Bits (Tenkasu)		✓	✓
Togarashi			✓
Watermelon Radishes	✓	✓	✓
Furikake			✓
SAUCES			
Classic Shoyu			✓
Classic Shoyu Gluten Free	✓	✓	✓
Unagi		✓	✓
Creamy Togarashi			
Miso Sesame			
Classic Shoyu Yuzu		✓	✓
Wasabi Paste	✓	✓	✓
Spicy Aioli	✓	✓	
Spicy Unagi			✓
BASES			
White Rice	✓	✓	✓
Brown Rice	✓	✓	✓
Soba Noodles (With Sauce)			✓
Soba Noodles (Without Sauce)		✓	✓
Leafy Greens	✓	✓	✓
* not all ingredients are listed. please inform us of any allergies or dietary restrictions			
* Our entire menu is nut free, but please note some of our suppliers, distributors and manufactures may not be and some items may have come into contact with nuts.			
* Please note that ingredients may have come into contact with other allergens			
✓ = ALLERGY FREE			