

POKE GUYS ALLERGY CHART

INGREDIENT	GLUTEN	MAYO	EGGS	SESAME	DAIRY	SEAFOOD	SHELLFISH	SOY	HONEY	VEGAN
PROTEINS										
Unmarinated Salmon						X				
Unmarinated Tuna						X				
Unmarinated Shrimp							X			
Unmarinated Octopus						X				
Unmarinated Tofu										X
Classic / Spicy / Honey Salmon	X			X		X		X	X	
Classic / Spicy Tuna	X			X		X		X		
Spicy Shrimp				X		X	X			
Classic Tofu	X			X				X		X
Wasabi Octopus	X			X		X		X		
TOPPINGS										
Avocado										X
Clementines										X
Corn										X
Crab Meat Slaw	X	X	X			X	X			
Edamame										X
Grape Tomatoes										X
Kimchi						X	X			
Masago	X					X		X		
Pineapple										X
Seaweed Salad	X			X				X		X
Spicy Cucumbers										X
Spicy Seaweed Salad	X			X				X		X
GARNISHES										
Fried Onions	X									X
Jalapeño										X
Nori										X
Pickled Red Ginger										X
Scallions										X
Sesame Seeds				X						X
Tempura Bits (Tenkasu)	X		X							
Togarashi				X						X
Watermelon Radishes										X
SAUCES										
Classic Shoyu	X			X				X		X
Classic Yuzu	X							X		X
Creamy Togarashi		X	X	X						
Ginger Yuzu Mayo		X	X						X	
Meso Sesame		X	X	X						
Spicy Aioli		X	X							
Spicy Yuzu		X	X							
Unagi	X							X		X
Wasabi Mayo	X	X	X							
BASES										
Brown Rice										X
Soba Noodles	X									X
Spring Mix										X
White Rice										X
* Please note that not all ingredients are listed.										
* If you have any allergies or dietary restrictions or sensitivities, please inform us upon ordering.										
* Please note that ingredients may have come into contact with other allergens										
X = Contains the allergen										