ALLERGEN DETAIL

At The Poke Guy we use all major allergens in our kitchens so we cannot guarantee that our food is completly free of any allergens. If you have severe allergy, we recommend not ordering from our restaurant.

CATEGORY	ITEMS/INGREDIENTS	WHEAT	DAIRY	FISH	SHELLFISH	TREE NUTS	PEANUTS	EGGS	SOY	SESAME
BASE	WHITE RICE									
	BROWN RICE									
	QUINOA									
	CAULIFLOWER RICE									
	SPRING MIX GREENS									
SIDES	TOMATO									
	CUCUMBER									
	CORN									
	WAKAME (SEAWEED SALAD)	X							X	X
	IMMITATION CRAB	X						X		
	MAC SALAD	X						X	X	
	COLESLAW							X	X	
	EDAMAME								X	
	PINEAPPLE									
	MANGO									
	MASAGO (FISH ROW)	X		X						
	GREEN ONION									
	CILANTRO									
	RED ONION									
	PICKLED GINGER									
	JALAPENO									
	AVOCADO									
POKE/PROTEIN	MARINATED AHI	X							X	X
	MARINATED ALBACORE	X							X	X
	SPCIY MAYO ALBACORE	X						X	X	X
	MARINATED SOCKEYE	X							X	X
	MARINATED ATL. SALMON	X							X	X
	SPICY ATL. SALMON	X						X	X	X
	TERIMAYO SHIRMP	X							X	X
	SPCICY MAYO SCALLOP									X
	ROASTED CHICKEN									
	KALUA PORK									
	LOCO MOCO BEEF PATTY	X						X		
	HULI CHICKEN	X							X	X
	RAMEN EGGS	X							X	
	HULI RIBS	X							X	X
	SPAM									
SIGNATURE BOWLS	DA CLASSIC	X						X	X	X
	BROKE DA MOUTH	X						X	X	X
	HULAPENO ALBACORE	X						X	X	X
	DA BUDDAH								X	X
	TERIMAYO SHRIMP	X						X	X	X
	SUNSET SCALLOP	X						X	X	X
	CLASSIC FUEGO	X						X	X	X
	DA SESAME CHICKEN	X						X	X	X
	LOMI-LOMI	X						X	X	X
	DA CALIFORNIA	X						X	X	X
PLATE LUNCH	SPAM MUSUBI	X						X	X	X
	HULI CHICKEN PLATE	X						X	X	X
	HULI RIBS PLATE	X						X	X	X
	LOCO MOCO PLATE	X						X		X
	SPAM JAM PLATE							X		X
DRINKS	HONEY YUZU LEMONADE									
	POG									
	COFFEE									
SNACKS / DESSERTS	MATCHA COOKIE	X								
	BUTTER MOCHI		X							
SAUCE	PONZU	X								
	YUZU MAYO							X	X	
	SESAME MAYO							X	X	
	WASABI MAYO							X	X	
	HULAPENO MAYO							X	X	
	SIRACHA MAYO							X	X	
	TAMARI								X	
	MARINADE	X							X	X
	HULI SAUCE								X	X
	LOCO MOCO GRAVY								X	
CRISPY TOPPINGS	CRISPY ONION	X								
	NORI SEAWEED									
	SESAME SEED									X
	FURIKAKE									X
	CHILI FLAKES									
	FRIED GARLIC	X								