

# POKED - ALLERGEN SAFETY SHEET

● = DOES CONTAIN ! = MAY CONTAIN TRACES

	What Toppings to Remove to Make It Gluten Free	GLUTEN	WHEAT	SESAME	EGG	DAIRY	SOY	GARLIC	ONION	PEANUT	CRUSTACEA	SULPHITES	FISH
<b>O.G BOWLS</b>													
Hula Hula Chook (GF)			●	●		!	●		●				
I Lava Spice	Wontons	●	●	●	●		●						●
The Big Kahuna	Wontons, Crab Salad	●	●	●	●	!	●				●	!	●
Open Sesame	Wontons, Sauce	●	●	●	●	!	●			!			!
Veggie Vibes (V)	Wontons,Sauce, Mushrooms	●	●	●	●	!	●			!			!
<b>HOT BOWLS</b>													
Slow Cooked Beef	Wontons, Sesame Sauce	●	●	●	!	●	●				●	●	!
Chicken Katsu Curry	Sauce,Protein	●	●	!	●	●	●	!	●	!			
Fried Tofu Curry	Sauce, Protein	●	●	!		●	●	!	●	!			
Vegetarian Katsu Curry	Sauce, Protein	●	●	●	!	●	●	●	●	!		●	
Truffle Wagyu	Wontons	●	●	●	●		●						
<b>MIX-IN BOWLS</b>													
Aloha Salmon	Wasabi Peas	●	●	●	!		●		●			!	●
Veggie Paradise (VG) (GF)			●	●			●		●				
Carnivore	Sesame Mayo	●	●	●	!	!	●		●	!		●	!
<b>Hawaiian Plate Lunches</b>													
Kings Katsu		●	●	●	●		●	●	●			!	
The Beef Brother		●	●	●	●		●					!	
Tofu Tafa		●	●	●	●		●		●				
<b>SANDOS</b>													
Chicken Katsu Sando		●	●		●	●	●	●	!	!		!	
Veggie Katsu Sando		●	●		●	●	●	●	!	!		!	
Japanese Milk Bread		●	●	!	●	●	●						
<b>TOPPINGS</b>													
Sweet Potato													
Avocado												!	
Sweet Corn												!	
Crab salad		●	●	●	●	●					●	!	●
Crispy shallots									●	!			



<b>Prawn</b>				•							•	!	
<b>Chicken</b>													
<b>Beef Bolar</b>			•				•					•	
<b>Wagyu</b>			•				•						
		GLUTEN	WHEAT	SESAME	EGG	DAIRY	SOY	GARLIC	ONION	PEANUT	CRUSTACEA	SULPHITES	FISH
<b>Fried Eggplant</b>		!											
<b>Organic Tofu</b>				•			•						
<b>Chicken Katsu</b>		•	•		•	•	•	!	!				
<b>Fried Tofu</b>		•					•						
<b>Vegetarian Katsu</b>		•	•		•	!	•	•	•				
<b>Marinated Mushroom</b>		•	•	•			•	!	!			!	