

POKE GUYS ALLERGY CHART			
INGREDIENT	CONTAINS GLUTEN	CONTAINS SESAME	CONTAINS EGG/MAYO
PROTEINS			
Unmarinated Salmon			
Unmarinated Tuna			
Unmarinated Shrimp			
Unmarinated Tofu			
Classic / Spicy / Honey Ginger Salmon	✓	✓	
Classic / Spicy Tuna	✓	✓	
Angry Shrimp	✓	✓	
Classic Tofu		✓	
TOPPINGS			
Avocado			
Corn			
Crab Meat Slaw	✓		✓
Edamame			
Kimchi			
Mangoes			
Masago	✓		
Pineapple			
Seaweed Salad	✓	✓	
Shiitake Slaw			✓
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 Mayo	✓		✓
Spicy Aioli			✓
Spicy Unagi	✓	✓	
BASES			
White Rice			
Brown Rice			
Soba Noodles (With Sauce)	✓	✓	
Soba Noodles (Without Sauce)	✓		
Kale Greens			
* 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			
✓ = CONTAINS ALLERGEN			