POKED - ALLERGEN SAFETY SHEET

• = DOES CONTAIN ! = MAY CONTAIN TRACES

| | GLUTEN | WHEAT | SESAME | EGG | MILK | SOY | GARLIC | ONION | TREE NUT | PEANUT | CARUSTACE | SULPHITES | FISH |
|----------------------|--------|-------|--------|-----|------|-----|--------|-------|----------|--------|-----------|-----------|------|
| O.G BOWLS | | | | | | | | | | | | | |
| Hula Hula Chook | | | | • | | • | | • | | | | | |
| I Lava Spice | • | • | | • | | • | | | | | | | • |
| The Big Kahuna | • | • | • | • | | • | | | | | • | ! | • |
| Surf and Turf | | | • | • | | | | • | | | • | ! | • |
| Open Sesame | • | • | • | • | | • | | | | ! | | | |
| Veggie Vibes (V) | • | • | • | • | | • | | | | ! | | | |
| HOT BOWLS | | | | | | | | | | | | | |
| Flame torched Wagyu | • | • | | | | • | | | | | | | |
| Slow Cooked Beef | • | • | • | | | • | | | | | | | |
| Miso Salmon | • | | | | | | | • | | | | • | • |
| Chicken Katsu Curry | • | • | | • | | | ! | • | | ! | | | |
| Pork Katsu Curry | • | • | | • | | | ļ. | • | | ! | | | |
| Fried Tofu Curry | • | | | | | • | ļ. | • | | ļ. | | | |
| MIX-IN BOWLS | | | | | | | | | | | | | |
| Beets by Chooks | | | | | | • | | • | • | • | | | |
| Aloha Salmon | • | | • | į. | | • | | • | | | | | • |
| Maui Hawaiian | • | • | | | | • | | | | | | | • |
| Veggie Paradise (VG) | | | • | | | • | | • | | | | | |
| The Gardener (V) | • | ! | | ! | | • | ! | ! | • | • | | | |
| Carnivore | • | ! | • | ! | ! | • | | • | • | • | | | |
| SANDOS | | | | | | | | | | | | | |
| Chicken Katsu Sando | • | • | | • | • | ! | ! | ! | | | | ! | |
| Pork Katsu Sando | • | • | | • | • | ! | ! | ! | | | | ! | |
| Veggie Katsu Sando | • | • | | • | • | ļ. | ļ. | ļ. | | | | ļ. | |
| TOPPINGS | | | I I | | ı | 1 | ı | | | | 1 | 1 | |
| Avocado | | | | | | | | | | | | ! | |
| Corn | | | | | | | | | | | | ! | |
| Crab salad | • | • | • | • | • | | | | | | | ! | • |
| Crispy shallots | | | | | | | | • | | ! | | | |
| Edamame | | | | | | | | | | | | | |
| Jalapeno | | | | | | | | | | | | ! | |
| Kimchi | | | | | _ | | • | • | | | | ! | • |
| Pickled Cabbage | | | | | | | | | | | | ! | |
| Pickled Ginger | | | | | | | | | | | | ! | |
| Seaweed salad | | | • | | | | | | | | | ! | |
| Wonton crisps | • | • | | ļ. | | | | | | | | ! | ! |

| Marinated mushroom | • | • | • | | | • | ! | ! | | | | ! | |
|--------------------------------|--------|-------|--------|-----|------|-----|--------|-------|----------|--------|-----------|-----------|------|
| | GLUTEN | WHEAT | SESAME | EGG | MILK | SOY | GARLIC | ONION | TREE NUT | PEANUT | CRUSTACEA | SULPHITES | FISH |
| Walnuts | | | | | | | | | • | | | | |
| Cucumber | | | | | | | | | | | | | |
| Roasted Beetroot | | | | | | | | | | | | | |
| Red Onion | | | | | | | | | | | | | |
| Shredded Broccoli | | | | | | | | | | | | | |
| Shredded Carrots | | | | | | | | | | | | | |
| SIDES | | | | | | | | | | | | | |
| Miso soup | • | ! | • | | | | • | | | | | • | • |
| Potato Gems | • | • | | | | | | | | | | | |
| Cheesy Curry Potato Gems | • | • | | • | • | | • | • | | | | | |
| Broccoli & Walnut Salad | • | | • | ! | • | • | | | • | ! | | | |
| SAUCES | | | | | | | | | | | | | |
| Hawaiian soy | • | • | • | | | • | | • | | | | ! | |
| Spicy mayo | | | | • | | | | | | | | | |
| Sesame mayo | • | • | • | • | | • | | | | ! | | | |
| Traditional Shoyu | | | | • | | • | | | | | | ! | |
| Pineapple Teriyaki | | | | | | • | | | | | | ! | |
| Curry Sauce | • | • | | | • | į. | ! | | ! | ! | | ! | |
| SIDE SALADS | | | | | | | | | | | | | |
| Pineapple salsa | | | | | | | | | | | | | |
| Broccoli Salad | | | • | | | | | | | | | | |
| Spinach and Sweet Potato Salad | | | | | | | | | | | | | |
| BASES | | | | | | | | | | | | | |
| Organic Black and Sushi Rice | | | | | | | | | | | | | |
| Brown Rice | | | | | | | | | | | | | |
| Salad | | | | | | | | | | | | | |
| Soba Noodles | | ! | | | | | | | | | | ! | |
| Cauliflower and Quinoa | | | | | | | | | | | | | |
| PROTEINS | | | | | | | | | | | | | |
| Salmon | | | | | | | | | | | | | • |
| Prawn | | | • | | | | | | | | • | ! | |
| Chicken | | | | | | | | | | | | | |
| Beef | | | | | | • | | | | | | ! | |
| Wagyu | | | | | | • | | | | | | | |
| Roasted Eggplant | | | | | | • | | | | | | | |
| Tofu | | | • | | | • | | | | | | | |
| Pork Katsu | • | • | | • | ! | | ! | ! | | | | | |
| Chicken Katsu | • | • | | • | ! | | ! | ! | | | | | |
| Fried Tofu | • | | | | | • | | | | | | | |