

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
O.G BOWLS													
Hula Hula Chook (GF)			●	●		!	●		●				!
I Lava Spice	Wontons	●	●	●	●		●						●
The Big Kahuna	Wontons, Crab Salad	●	●	●	●	!	●				●	!	●
Open Sesame	Wontons, Sauce	●	●	●	●	!	●			!			●
The Hawaiian	Wontons	●	●	●			●						!
Veggie Vibes (V)	Wontons, Sauce, Mushrooms	●	●	●	●	!	●			!			!
HOT BOWLS													
Slow Cooked Beef	Wontons, Sesame Sauce	●	●	●		●	●				●	●	!
Chicken Katsu Curry	Sauce, Protein	●	●		●	●	●	!	●	!			
Fried Tofu Curry	Sauce, Protein	●	●			●	●	!	●	!			
Vegetarian Katsu Curry	Sauce, Protein	●	●	●	!	●	●	!	●	!		●	
Truffle Wagyu	Wontons	●	●	●	●		●						!
Hawaiian Plate Lunches													
Ono Glazed Chicken		●	●			●	●	!	●	!			
Kings Katsu		●	●	●	!		●	●	●			!	
The Beef Brother		●	●				●					!	
Tofu Tafa		●	●	●			●		●				
Kanack Attack Pork Belly		●	●	●	!	●	●		●	●		●	
SANDOS													
Chicken Katsu Sando		●	●		●	●	●	●	!	!		!	
Veggie Katsu Sando		●	●		●	●	●	●	!	!		!	
Japanese Milk Bread		●	●		●	●	●						
Spam and Egg		●	●		●	●	●						
Creamy Egg		●	●		●	●							
Crab Salad Sando		●	●	●	●	●					●	!	●

		GLUTEN	WHEAT	SESAME	EGG	DAIRY	SOY	GARLIC	ONION	PEANUT	CRUSTACEA	SULPHITES	FISH
TOPPING													
Sweet Potato													
Avocado												!	
Sweet Corn												!	
Crab Salad		•	•	•	•	•					•	!	•
Crispy shallots									•	!			
Edamame													
Jalapenos												!	
Pickled Cabbage												!	
Pickled Ginger												!	
Seaweed salad				•								!	
Wonton crisps		•	•		!							!	!
Kimchi								•	•		•	!	•
Cucumber													
SIDES													
Miso soup		•	!	•				•				•	!
Sweet Potato Fries		!											
Mac Salad		•	•		•	•		!					
Potato Salad		•	•		•	•		!					
Chilli Wontons		•	•		!								
SAUCES													
Truffle Mayo					•		•						
Hawaiian soy			!	•	!	!	•					!	!
Spicy mayo			•		•		•						
Sesame mayo		•	•	•	•	!	•			!			!
Traditional Shoyu			•	•			•					!	
Pineapple Teriyaki			•	!		!	•					!	!
Curry Sauce		•	•			•	•	•	•	!		!	
Teriyaki Mayo		•	•	!	•		•						

Mustard Sauce								●		!			
Honey Soy Glaze			●					●					
		GLUTEN	WHEAT	SESAME	EGG	DAIRY	SOY	GARLIC	ONION	PEANUT	CRUSTACEA	SULPHITES	FISH
BASES													
Brown Rice / White Rice													
Soba Noodles		●	●									!	
Cauliflower and Quinoa													
PROTEINS													
Salmon													●
Prawn				●							●	!	
Chicken													
Beef Bolar			●				●					●	
Wagyu			●				●						
Fried Eggplant		!											
Organic Tofu				●			●						
Chicken Katsu		●	●		●	●	●	!	!				
Fried Tofu		●					●						
Vegetarian Katsu		●	●		●	!	●	!	!				
Marinated Mushroom		●	●	●			●	!	!			!	