



FOOD ALLERGENS AND SENSITIVITIES

justpoke.com/allergens

At Just Poké we try our best to ensure our guests eat the freshest, safest food possible to ensure every meal is delicious. This guide is design to help guests with food allergens, sensitivities or other dietary restrictions enjoy their meal.

The following highlights the most common allergens and intolerances found in our ingredients, based on information provided by our suppliers. We strive to keep this information updated and recommend checking this guide periodically if your allergy or intolerance is severe. Ingredients, production, and processing methods

used by our suppliers may vary or change without notice and product differences may exist among local suppliers.

Please note that normal kitchen operations involve shared cooking and preparation areas. Cross-contact with other foods may occur during production and thus we cannot guarantee that any item is completely free from a particular allergen.

For more questions, talk to a restaurant manager or contact info@justpoke.com

	Wheat or Gluten	Soy	Eggs	Shellfish	Dairy or Nuts **	Vegetarian	Vegan	Sugar Added	Salt Added
BASES									
Sushi Rice						●	●		
Brown Rice						●	●		
Salad						●	●		
Zoodles						●	●		
PROTEINS									
Salmon									
Ahi Tuna									
Spicy Ahi		●*							●
Seared Ahi		●*							●
Octopus (Tako)				●					
Shrimp				●					
Creamy Scallops	●	●*		●				●	●
Tofu		●				●	●	Glucose	●
Sweet Potato						●	●		

* may also contain soy sauce, soybean oil, and/or soy lecithin

** our poké ingredients do not carry any dairy or nuts



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MIX-INS									
Cucumber						●	●		
Sweet Onion						●	●		
Pineapple						●	●	●	●
Green Onion						●	●		
Hijiki						●	●		
Diced Avocado						●	●		
Fresh Ginger						●	●		
Jalapeno						●	●		
SAUCES									
House Shoyu	●	●*				●	●		
GF Shoyu		●*				●	●		
Citrus Ponzu	●	●*				●	●		
Roasted Sesame	●	●*	●			●			
Garlic Truffle Aioli		●*	●			●			
Eel Sauce	●	●*						●	
Wasabi Shoyu	●	●*				●	●		
Maui Fire						●			
Dynamite	●	●*						●	
Ginger Citrus	●	●*						●	●
Spicy Aioli		●*				●			●

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SIDES & TOPPINGS									
Tobiko	●	●*						●	●
Macaroni Salad	●		●						●
Kimchi	●	●*				Fish Extract		●	●
Seaweed Salad		●*				●	●	●	●
Pickled Ginger						●	●	●	●
Crab Salad	●	●*	●					●	●
Spicy Crab	●	●*	●					●	●
Edamame		●*				●	●		
Masago	●	●*						●	●
Wasabi						●	●		
Pickled Fresno						●	●	●	●
CRUNCHIES									
Crunchy Onion	●	●*				●	●		●
Tempura Crunchy	●								●
Crispy Garlic						●	●		
Furikake						●	●	●	●
Togarashi						●	●		
Sesame Seeds									

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Consuming raw or undercooked foods may increase your risk of foodborne illness.
Revised February 21, 2020

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