

POKE HOUSE NUTRITION GUIDE

	GLUTEN FREE	VEGAN	SERVING SIZE (OZ)	CALORIES	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT	CHOLESTEROL (mg)	SODIUM (mg)	POTASSIUM (mg)	TOTAL CARB (g)	SUGAR	DIETARY FIBER (g)	PROTEIN (g)	VITAMIN A %DV	VITAMIN C %DV	CALCIUM %DV	IRON %DV
BASE																		
Brown Rice	✓	✓	8	218	2	0	0	0	2	154	46	0	4	5	0	0	2	6
White Rice	✓	✓	8	242	0	0	0	0	0	54	53	0	1	4	0	0	1	15
Salad Mix	✓	✓	2	10	0	0	0	0	60	95	3	0	2	2	80	30	8	6
Seaweed Wrap	✓	✓	5	182	1	0	0	0	41	40	0	0	4	0	0	0	0	5
Hot Cheetos Wrap	✓		6	352	12	2	0	0	250	81	55	0	1	5	0	0	0	7

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PROTEIN																		
Ahi Tuna	✓		2	61	1	0	0	51	0	16	0	0	0	26	0	0	0	4
Salmon	✓		2	116	15	4	0	62	66	408	0	0	0	23	0	8	0	4
Spicy Tuna	✓		2	89	3	1	0	23	55	255	0	0	0	14	2	0	1	3
Classic Ahi Tuna			2	111	5	1	0	22	552	313	1	0	0	15	14	1	1	4
Shrimp	✓		2	55	1	0	0	109	125	102	0	0	0	12	2	2	2	10
Tofu	✓	✓	2	47	3	0	0	0	7	0	1	0	1	5	0	0	6	5

*Regular = 2 Scoops of Protein. Large = 3 Scoops of Protein.

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SAUCE																		
Citrus Ponzu	✓	✓	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Citrus Ponzu (With Soy)	✓	✓	1	20	0	0	0	0	720	0	4	4	0	0	0	0	0	0
Garlic Miso	✓		1	52	3	0	0	0	582	46	4	1	1	2	0	0	1	2
Korean Chili			1	137	10	1	0	0	294	29	12	10	0	1	0	0	0	2
House		✓	1	79	8	1	0	0	1280	101	1	0	0	2	0	0	1	1
House on Fire		✓	1	38	4	1	0	0	442	59	1	0	0	1	1	6	0	1
Sesame Shoyu	✓		1	82	8	1	0	0	1470	56	1	0	0	3	0	0	1	4
Spicy House		✓	1	58	6	1	0	0	701	78	1	0	0	2	0	0	1	1
Sweet Ginger		✓	1	40	1	0	0	0	458	52	6	5	0	1	0	0	1	1

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MIX-INS																		
Avocado	✓	✓	2	90	8	1	0	0	4	272	5	0	4	1	2	10	0	2
Cilantro	✓	✓	1/4	2	0	0	0	0	3	37	0	0	0	0	10	3	1	1
Corn	✓	✓	1	23	0	0	0	0	83	38	5	1	1	1	0	0	0	1
Crab Salad		✓	1 1/4	146	11	2	0	7	387	4	5	2	0	4	0	0	1	0
Cucumber	✓	✓	1	4	0	0	0	0	1	41	1	0	0	0	1	1	0	0
Edamame	✓	✓	1	34	2	0	0	0	94	57	2	1	1	3	0	0	3	5
Jalapenos	✓	✓	1/2	4	0	0	0	0	0	30	1	0	0	0	2	10	0	0
Masago		✓	1/2	18	1	0	0	40	155	2	2	1	0	1	0	0	9	0
Onion	✓	✓	3/4	7	0	0	0	0	2	25	1	1	0	0	0	2	1	0
Pineapple	✓	✓	2	32	0	0	0	0	2	39	8	7	0	0	0	0	0	0
Red Cabbage	✓	✓	1/2	4	0	0	0	0	3	34	1	0	0	0	3	14	0	0
Scallion	✓	✓	1/4	8	0	0	0	0	4	69	2	1	1	0	5	8	2	2
Seaweed Salad		✓	1 1/4	34	2	0	0	0	341	191	4	1	1	1	0	0	1	1

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TOPPINGS																		
Chili Flakes	✓	✓	1/10	9	0	0	0	0	1	57	2	0	1	0	24	4	0	1
Furikake		✓	1/10	14	1	0	0	0	46	0	1	1	1	1	0	0	3	1
Garlic Crisps	✓	✓	1/10	13	1	0	0	0	11	0	2	0	0	0	0	0	0	0
Ginger	✓	✓	1	5	0	0	0	0	240	0	5	0	0	0	0	0	0	0
Hot Cheetos	✓		1/5	34	2	0	0	0	51	8	3	0	0	0	0	0	0	0
Onion Flakes		✓	1/5	34	2	1	0	0	27	2	2	0	0	0	0	0	0	0
Sesame Seeds	✓	✓	1/10	16	1	0	0	0	1	11	1	0	0	0	0	0	0	1
Shredded Nori	✓	✓	1/10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Spicy Mayo	✓		1	180	20	3	0	10	225	0	2	0	0	0	0	0	0	4
Tempura Crisps	✓	✓	1/10	17	1	0	0	0	17	0	1	1	0	0	0	0	1	1
Wasabi	✓	✓	1/2	4	0	0	0	0	2	0	0	0	0	0	4	38	2	0
Wasabi Aioli	✓		1	181	20	3	0	10	230	0	2	0	0	0	1	5	0	4

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SIDES																		
Miso Soup			6	54	3	0	0	7	1038	90	4	1	1	4	1	0	3	3
Chocolate	✓		1.5	110	3	2	0	10	20	0	19	11	0	1	2	0	2	0
Green Tea Mochi	✓		1.5	110	3	2	0	10	25	0	18	11	0	1	4	0	4	0
Kona Coffee	✓		1.5	110	3	2	0	10	20	0	18	11	0	1	2	0	2	0
Mango	✓		1.5	110	3	2	0	10	15	0	18	12	0	1	2	0	2	0
Strawberry	✓		1.5	110	3	2	0	10	15	0	18	11	0	1	2	0	2	0

Nutritional content may vary because of variations in recipes or portion size, differences in the sources of our ingredients, or changes in growing seasons. This chart may be updated from time to time.

2,000 calories a day is used for general nutrition advice, but calorie needs may vary.