



Base	Calories / oz	Allergens	Nutrition Benefits
Brown Rice	32 kcal	none	<ul style="list-style-type: none">• Contains flavonoids that support heart & blood vessel health• Adds dietary fiber to aid digestion
Chips	140 kcal	wheat	<ul style="list-style-type: none">• Quick carbs provide fast energy• Crunch adds satisfaction and variety to meals
Quinoa	31 kcal	none	<ul style="list-style-type: none">• Complete plant protein with all essential amino acids• High fiber supports healthy blood sugar and digestion
Seaweed Salad	35 kcal	wheat soy sesame	<ul style="list-style-type: none">• Iodine supports thyroid and metabolism function• Antioxidants may reduce inflammation and protect cells
Spring Mix	5 kcal	none	<ul style="list-style-type: none">• Low-calorie source of vitamins A & C for immunity• Antioxidants support overall wellness and skin health
Sushi Rice	37 kcal	none	<ul style="list-style-type: none">• Provides quick-release carbs for fast energy• Fortified minerals help support strength and recovery
White Rice	37 kcal	none	<ul style="list-style-type: none">• Steady energy from complex carbohydrates• Iron contributes to healthy red blood cell function

PROTEIN	Calories / oz	Allergens	Nutrition Benefits
Ahi Tuna	40 kcal	fish gluten free	<ul style="list-style-type: none"> • Omega-3s boost memory & focus • Selenium & B vitamins support energy & thyroid health
Albacore	40 kcal	fish gluten free	<ul style="list-style-type: none"> • Low-mercury lean protein • Omega-3s support brain health
Beef Tataki	55 kcal	gluten free	<ul style="list-style-type: none"> • Omega-3s for brain & eyes • Vitamin D for immunity
Buffalo Shrimp	40 kcal	shellfish dairy	<ul style="list-style-type: none"> • Protein for strength • Antioxidants fight inflammation
Chashu	100 kcal	soy wheat	<ul style="list-style-type: none"> • Protein for strength • Iron boosts energy
Citrus Tuna	40 kcal	fish	<ul style="list-style-type: none"> • Vitamin C supports immunity • Omega-3s protect brain & heart
Egg	45 kcal	egg	<ul style="list-style-type: none"> • High-quality protein • Choline supports brain function
Kimchi Salmon	58 kcal	fish soy wheat	<ul style="list-style-type: none"> • Omega-3s fuel brain & heart • Probiotics support gut & mood
Red Snapper	45 kcal	fish gluten free	<ul style="list-style-type: none"> • Lean protein for muscle repair • Antioxidants support immune health
Salmon	58 kcal	fish gluten free	<ul style="list-style-type: none"> • Omega-3s lift mood & protect heart • Vitamin D supports bone strength
Seared Salmon	58 kcal	fish gluten free	<ul style="list-style-type: none"> • Omega-3s for brain & eyes • Vitamin D for immunity
Shrimp	30 kcal	shellfish gluten free	<ul style="list-style-type: none"> • Selenium protects cells • Protein supports recovery
Spam	90 kcal	gluten free	<ul style="list-style-type: none"> • Protein boost • Iron supports blood health
Sukiyaki Beef	65 kcal	soy wheat	<ul style="list-style-type: none"> • Iron supports focus • Zinc aids immunity
Sweet Tuna	40 kcal	fish soy wheat	<ul style="list-style-type: none"> • Omega-3s boost memory & focus • Selenium & B vitamins support energy & thyroid health
Tempura Shrimp	60 kcal	shellfish wheat	<ul style="list-style-type: none"> • Selenium protects cells • Protein supports recovery & energy
Teriyaki Chicken	50 kcal	soy wheat	<ul style="list-style-type: none"> • Lean protein for satiety • B vitamins fuel metabolism
Tofu	45 kcal	soy	<ul style="list-style-type: none"> • Plant protein with all amino acids • Isoflavones support heart & hormone balance
Tom Yum Snapper	45 kcal	shellfish fish soy wheat	<ul style="list-style-type: none"> • Lean protein for muscle repair • Antioxidants support immune health • Selenium supports thyroid & mood • Lemongrass + lime aid immunity
Unagi	70 kcal	fish soy wheat	<ul style="list-style-type: none"> • Omega-3s for heart • Vitamin A supports skin & eyes
Volcano Tuna	40 kcal	fish soy wheat	<ul style="list-style-type: none"> • All the above tuna nutritional value • Capsaicin boosts metabolism • Protein fuels muscle recovery

Topping	Calories / oz	Allergens	Nutrition Benefits
Avocado	45 kcal	none	<ul style="list-style-type: none"> • Healthy fats nourish brain • Vitamin E supports skin & hair
Carrot	12 kcal	none	<ul style="list-style-type: none"> • Beta-carotene supports eye health • Vitamin A strengthens immunity
Corn	25 kcal	none	<ul style="list-style-type: none"> • Fiber supports digestion • Antioxidants protect vision
Cucumber	5 kcal	none	<ul style="list-style-type: none"> • Hydrating & refreshing • Silica supports skin & hair
Fufkujinzuke	30 kcal	sesame	<ul style="list-style-type: none"> • Probiotics support gut • Antioxidants protect cells
Ginger	5 kcal	none	<ul style="list-style-type: none"> • Aids digestion • Natural anti-inflammatory
Kimchi	15 kcal	none	<ul style="list-style-type: none"> • Probiotics improve gut health • May boost mood via gut-brain connection
Mango	18 kcal	none	<ul style="list-style-type: none"> • Vitamin C supports skin & collagen • Antioxidants protect cells
Naruto	35 kcal	fish wheat	<ul style="list-style-type: none"> • Lean protein, low fat • Light, low calorie
Oshinko	10 kcal	none	<ul style="list-style-type: none"> • Probiotic pickles aid gut health • Antioxidants reduce inflammation
Pineapple	17 kcal	none	<ul style="list-style-type: none"> • Probiotic pickles aid gut health • Antioxidants reduce inflammation
Purple Cabbage	7 kcal	none	<ul style="list-style-type: none"> • Anthocyanins may fight cancer • Vitamin C boosts immunity
Red Onion	11 kcal	none	<ul style="list-style-type: none"> • Quercetin antioxidants fight cancer • Supports heart & blood sugar health
Sakura Zuke	30 kcal	none	<ul style="list-style-type: none"> • Antioxidants support immunity • Aids digestion
Scallion	10 kcal	none	<ul style="list-style-type: none"> • Vitamin K supports bones • Antioxidants protect cells
Seaweed Salad	35 kcal	wheat soy sesame	<ul style="list-style-type: none"> • Iodine supports thyroid • Antioxidants fight inflammation
Shiitake Mushroom	15 kcal	none	<ul style="list-style-type: none"> • Compounds may fight cancer • Supports heart & immunity
Wakame	10 kcal	none	<ul style="list-style-type: none"> • Iodine supports metabolism • Minerals support energy
Wood Ear Mushroom	10 kcal	none	<ul style="list-style-type: none"> • Fiber supports gut health • Antioxidants may boost immunity

Dressing	Calories / oz	Allergens	Taste
Citrus Poké	30 kcal	soy wheat sesame	<ul style="list-style-type: none"> bright, tangy, citrusy NOT spicy
Classic Poké	35 kcal	soy wheat sesame	<ul style="list-style-type: none"> salty, umami, sesame 🔥 mild spicy
Spicy Poké	40 kcal	chili (capsaicin)	<ul style="list-style-type: none"> fiery, smoky, bold 🔥🔥🔥
Sweet Poké	50 kcal	soy wheat sesame	<ul style="list-style-type: none"> sweet, fruity, citrusy NOT spicy
Garlic Mayo	95 kcal	egg soy	<ul style="list-style-type: none"> Creamy, garlicky, savory NOT spicy
House Soy	25 kcal	soy wheat sesame	<ul style="list-style-type: none"> salty, umami, sesame NOT spicy
Mango Mayo	90 kcal	egg	<ul style="list-style-type: none"> creamy, fruity, sweet NOT spicy
Spicy Mayo	95 kcal	egg soy sesame	<ul style="list-style-type: none"> creamy, spicy, tangy 🔥🔥🔥 spicy
Buffalo	25 kcal	none	<ul style="list-style-type: none"> garlicky, tangy, spicy 🔥🔥spicy
Kimchi	80 kcal	egg soy wheat shellfish chili	<ul style="list-style-type: none"> sour, savory, herbal 🔥🔥 spicy
Miso Ginger	45 kcal	soy garlic	<ul style="list-style-type: none"> savory, tangy & umami NOT spicy
Sukiyaki	35 kcal	soy wheat	<ul style="list-style-type: none"> sweet, rich, umami
Sweet Chili Sauce	35 kcal	none	<ul style="list-style-type: none"> sweet, garlicky 🔥spicy
Tom Yum	20 kcal	fish shellfish wheat	<ul style="list-style-type: none"> sour, herbal, savory 🔥🔥 spicy
Wasabi	60 kcal	egg soy	<ul style="list-style-type: none"> sharp, pungent, creamy 🔥🔥🔥🔥spicy
<i>Special Diet</i>			
Gluten Free Teriyaki	20 kcal	soy	<ul style="list-style-type: none"> sweet, savory, mild NOT spicy
Gluten Free Soy	10 kcal	soy	<ul style="list-style-type: none"> salty, umami, clean NOT spicy
Low Sodium Soy	10 kcal	soy	<ul style="list-style-type: none"> salty, lighter, umami NOT spicy

Crunch	Calories / oz	Allergens	Nutrition Benefits
Black Sesame Seed	50 kcal	sesame	<ul style="list-style-type: none"> • Anthocyanins may fight cancer • Vitamin C boosts immunity
Bubu Arare	110 kcal	wheat soy	<ul style="list-style-type: none"> • Quercetin antioxidants fight cancer • Supports heart & blood sugar health
Chili Flakes	20 kcal	none	<ul style="list-style-type: none"> • Antioxidants support immunity • Aids digestion
Crispy Garlic	45 kcal	wheat	<ul style="list-style-type: none"> • Antioxidants may support heart & immune health • Provides quick energy from natural carbs & fats
Crispy Onion	45 kcal	wheat	<ul style="list-style-type: none"> • Contains flavonoids that support heart & blood vessel health • Adds dietary fiber to aid digestion
Nori	10 kcal	none	<ul style="list-style-type: none"> • Vitamin K supports bones • Antioxidants protect cells
Tempura Pop	70 kcal	wheat soy	<ul style="list-style-type: none"> • Iodine supports thyroid • Antioxidants fight inflammation
White Sesame Seed	50 kcal	sesame	<ul style="list-style-type: none"> • Compounds may fight cancer • Supports heart & immunity

Disclaimer

Ingredients, allergens, and nutrition information are based on data provided by our suppliers & manufacturers, along with publicly available resources such as the United States Department of Agriculture.

While we strive to share accurate and up-to-date information, product formulations, ingredient lists, allergens, & nutritional values may change without notice.

This information may not include potential cross-contact risks or alternate forms of allergens. Customers with allergies or special dietary needs should use this guide as a reference only & carefully evaluate whether a menu item is suitable for their personal needs.

Poke Austin does not assume any liability & makes no warranty or guaranty, express or implied, regarding the completeness or accuracy of product information provided by suppliers or manufacturers.

Additional Note on Allergen Information

Some manufacturers and suppliers do not provide complete allergen details. In these cases, Poke Austin uses best research to make an educated assessment. To prioritize customer safety, if there is uncertainty, we may list an allergen (such as wheat) even if the product may in fact be free from it.

This conservative approach ensures that risks are clearly disclosed & that customers can make the most informed decisions possible.