



Before placing your order, feel free to inform us if you or anyone in your party have any food allergies.

# Malibu Poke – Allergy & Diet Info

	Allergen					Diet & Lifestyle		
	Gluten/Wheat Free	Egg Free	Soy Free	Peanut/Tree Nut Free	Shellfish Free	Whole 30	Paleo	Low Carb: Keto, Atkins
Bases	sushi rice	✓	✓	✓	✓			
	cauliflower rice	✓	✓	✓	✓		✓	✓
	brown rice	✓	✓	✓	✓			
Proteins	massaged kale	✓	✓	✓	✓	✓	✓	✓
	ahi tuna	✓	✓	✓	✓	✓	✓	✓
	atlantic salmon	✓	✓	✓	✓	✓	✓	✓
	sweet potato	✓	✓	✓	✓	✓		
	cooked shrimp	✓	✓	✓	✓	✓	✓	✓
	tofu	✓	✓		✓	✓		✓
	all-natural chicken	✓	✓	✓	✓	✓	✓	✓
	malibu sauce	✓	✓		✓	✓		✓
Sauces	spicy chili	✓	✓		✓			
	bonito aioli	✓			✓			✓
	red miso	✓	✓		✓	✓		✓
	wasabi ponzu		✓		✓	✓		✓
	coconut curry	✓	✓	✓	✓	✓	✓	✓
	garlic ginger	✓	✓		✓	✓		✓
	spicy aioli	✓			✓	✓		✓
	tropical chimichurri	✓	✓	✓	✓	✓	✓	✓
Premium Toppings	avocado	✓	✓	✓	✓	✓	✓	✓
	seaweed blend	✓	✓		✓	✓		✓
	wasabi tobiko	✓	✓		✓	✓		✓
	micro herbs	✓	✓	✓	✓	✓	✓	✓
	bonito flakes	✓	✓	✓	✓	✓	✓	✓
	macadamia nuts	✓	✓	✓		✓	✓	✓
	smoked almonds	✓	✓	✓		✓	✓	✓
	mint	✓	✓	✓	✓	✓	✓	✓
Fresh Toppings	basil	✓	✓	✓	✓	✓	✓	✓
	edamame	✓	✓		✓	✓		✓
	scallion	✓	✓	✓	✓	✓	✓	✓
	carrots	✓	✓	✓	✓	✓	✓	✓
	jicama	✓	✓	✓	✓	✓	✓	✓
	marinated cucumbers		✓	✓	✓	✓		✓
	radish	✓	✓	✓	✓	✓	✓	✓
	red onion	✓	✓	✓	✓	✓	✓	✓
	orange	✓	✓	✓	✓	✓	✓	
	mango	✓	✓	✓	✓	✓	✓	✓
Crunchy Toppings	serrano pepper	✓	✓	✓	✓	✓	✓	✓
	white pickled ginger	✓	✓	✓	✓	✓		✓
	daikon	✓	✓	✓	✓	✓	✓	✓
	arare	✓	✓	✓	✓	✓	✓	
	crispy shallot		✓	✓	✓	✓		
	toasted coconut	✓	✓	✓	✓	✓		
	crispy garlic	✓	✓	✓	✓	✓		
	furikake		✓	✓	✓	✓		
	togarashi	✓	✓	✓	✓	✓	✓	✓
	umami powder	✓	✓	✓	✓	✓	✓	✓
Drizzly Toppings	toasted sesame	✓	✓	✓	✓	✓	✓	✓
	tempura flake	✓	✓	✓	✓	✓		
	bonito oil	✓	✓	✓	✓	✓	✓	✓
	chili oil	✓	✓	✓	✓	✓	✓	✓
	sweet teriyaki	✓	✓		✓	✓		
Sides	wasabi aioli				✓			✓
	ponzu		✓		✓			
	miso soup	✓	✓		✓	✓		✓
	cucumber seaweed salad		✓		✓	✓		✓
	avocado & chips		✓	✓	✓	✓		
Tacos	garlic chili edamame	✓	✓		✓	✓		
	plain edamame	✓	✓		✓	✓		✓
	warm garlic ramen noodles		✓		✓	✓		
	classic soy tuna				✓	✓		
	garlic chili chicken	✓	✓		✓	✓		
	spicy aioli shrimp	✓			✓			

Have additional questions on our menu items? Please don't hesitate to let us know!



## Malibu Poke – Approximate Caloric Information

	small	medium	large
<b>bases</b> cauliflower	350 - 400	375 - 425	450 - 500
kale / seaweed blend	200 - 250	225 - 275	300 - 375
sushi rice / brown rice	400 - 450	475 - 525	575 - 625