



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
<b>Bases</b>	sushi rice	✓	✓	✓	✓			
	cauliflower rice	✓	✓	✓	✓		✓	✓
	brown rice	✓	✓	✓	✓			
	seaweed blend	✓	✓		✓	✓		✓
<b>Proteins</b>	massaged kale	✓	✓	✓	✓	✓	✓	✓
	ahi tuna	✓	✓	✓	✓	✓	✓	✓
	atlantic salmon	✓	✓	✓	✓	✓	✓	✓
	hamachi	✓	✓	✓	✓	✓	✓	✓
	cooked shrimp	✓	✓	✓	✓		✓	✓
	tofu	✓	✓		✓	✓		✓
	all-natural chicken	✓	✓	✓	✓	✓	✓	✓
	malibu sauce	✓	✓		✓	✓		✓
	spicy chili	✓	✓		✓	✓		
	bonito aioli	✓			✓	✓		✓
<b>Sauces</b>	red miso	✓			✓	✓		✓
	wasabi ponzu	✓	✓		✓	✓		✓
	coconut curry	✓	✓	✓	✓		✓	✓
	garlic ginger	✓	✓		✓	✓		✓
	spicy aioli	✓			✓	✓		✓
	tropical chimichurri	✓	✓	✓	✓	✓	✓	✓
	avocado	✓	✓	✓	✓	✓	✓	✓
	seaweed blend	✓	✓		✓	✓		✓
	wasabi tobiko	✓	✓		✓	✓		✓
	micro herbs	✓	✓	✓	✓	✓	✓	✓
<b>Premium Toppings</b>	bonito flakes	✓	✓	✓	✓	✓	✓	✓
	macadamia nuts	✓	✓	✓	✓	✓	✓	✓
	marinated shitake	✓	✓	✓	✓	✓		✓
	mint	✓	✓	✓	✓	✓	✓	✓
	basil	✓	✓	✓	✓	✓	✓	✓
	edamame	✓	✓	✓	✓	✓		✓
	green onion	✓	✓	✓	✓	✓	✓	✓
	carrots	✓	✓	✓	✓	✓	✓	✓
	jicama	✓	✓	✓	✓	✓	✓	✓
	marinated cucumbers	✓	✓	✓	✓	✓		✓
<b>Fresh Toppings</b>	radish	✓	✓	✓	✓	✓	✓	✓
	red onion	✓	✓	✓	✓	✓	✓	✓
	orange	✓	✓	✓	✓	✓	✓	
	asian pear	✓	✓	✓	✓	✓	✓	
	mango	✓	✓	✓	✓	✓	✓	
	serrano pepper	✓	✓	✓	✓	✓	✓	✓
	white pickled ginger	✓	✓	✓	✓	✓		✓
	daikon	✓	✓	✓	✓	✓	✓	✓
	arare	✓	✓		✓	✓		✓
	crispy shallot	✓	✓	✓	✓	✓		
<b>Crunchy Toppings</b>	toasted coconut	✓	✓	✓	✓			
	crispy garlic	✓	✓	✓	✓			
	furikake	✓	✓	✓	✓			
	togarashi	✓	✓	✓	✓	✓	✓	✓
	umami powder	✓	✓	✓	✓	✓	✓	✓
	spiced peanut	✓	✓	✓	✓	✓		✓
	toasted sesame	✓	✓	✓	✓	✓	✓	✓
	sansho pepper	✓	✓	✓	✓	✓	✓	✓
	bonito oil	✓	✓	✓	✓	✓	✓	✓
	chili oil	✓	✓	✓	✓	✓	✓	✓
<b>Drizzly Toppings</b>	chive oil	✓	✓	✓	✓	✓		✓
	sweet teriyaki	✓	✓		✓	✓		
	wasabi aioli	✓		✓	✓	✓		✓
	citrus ponzu	✓	✓		✓	✓		
	miso soup	✓	✓		✓	✓		✓
<b>Sides</b>	cucumber seaweed salad	✓	✓		✓	✓		✓
	avocado & chips	✓	✓	✓	✓	✓		
	garlic chili edamame	✓	✓		✓	✓		
	plain edamame	✓	✓		✓	✓		✓

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



## Approximate Caloric Information

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