

HiPoke

HIPOKE ALLERGY GUIDE

BOWLS

BOWL	GLUTEN	DAIRY	EGG	NUTS	SOY	SUGAR	SESAME	VEGAN
BOWL 1					🌸		🌸	
BOWL 2				🌸	🌸		🌸	
BOWL 3					🌸		🌸	
BOWL 4		🌸	🌸		🌸	🌸	🌸	
BOWL 5					🌸	🌸	🌸	🌸
KIDS BOWL	🌸	🌸	🌸					

BASES

BASE	GLUTEN	DAIRY	EGG	NUTS	SOY	SUGAR	SESAME	VEGAN
BLACK RICE								🌸
COCONUT RICE								🌸
QUINOA								🌸
SUSHI RICE						🌸		🌸
ZUCCHINI PASTA								🌸

PROTEINS

PROTEIN	GLUTEN	DAIRY	EGG	NUTS	SOY	SUGAR	SESAME	VEGAN
KARAAGE CHICKEN		🌸	🌸					
AUSTRALIAN PRAWNS								
SALMON								
TOFU					🌸	🌸	🌸	🌸
TUNA								

SALADS

SALADS	GLUTEN	DAIRY	EGG	NUTS	SOY	SUGAR	SESAME	VEGAN
CABBAGE								🌸
CARROT								🌸
CUCUMBER								🌸
CORN								🌸
CHERRY TOMATO								🌸
SPINACH								🌸
BEAN SPROUTS								🌸
EDAMAME					🌸			🌸
RED ONION								🌸
PICKLED GINGER								🌸
SEAWEED SALAD					🌸		🌸	🌸
MANGO								🌸
SPRING ONION								🌸
ENOKI MUSHROOM								🌸
AVOCADO								🌸

PLEASE TURN OVER FOR MORE DETAILS

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CRUNCHES

CRUNCH	GLUTEN	DAIRY	EGG	NUTS	SOY	SUGAR	SESAME	VEGAN
CRISPY SHALLOTS								🌸
NUT MIX CRUMBLE				🌸				🌸
FRIED NOODLES	🌸							🌸
CRUNCHY COCONUT								🌸
LOTUS ROOT CHIPS								🌸

SAUCES

SAUCE	GLUTEN	DAIRY	EGG	NUTS	SOY	SUGAR	SESAME	VEGAN
TRADITIONAL SAUCE					🌸		🌸	🌸
CEVICHE SAUCE							🌸	🌸
PONZU SAUCE					🌸	🌸		🌸
WASABI MAYO			🌸					
GREEN TEA MAYO			🌸				🌸	
SWEET CHILLI MAYO			🌸			🌸		
TOGARASHI MAYO			🌸				🌸	

SIDES

SIDE	GLUTEN	DAIRY	EGG	NUTS	SOY	SUGAR	SESAME	VEGAN
EDAMAME BEANS					🌸		🌸	🌸
KARAAGE CHICKEN		🌸	🌸				🌸	
LOTUS ROOT CHIPS							🌸	🌸

JUICES

JUICE	GLUTEN	DAIRY	EGG	NUTS	SOY	SUGAR	SESAME	VEGAN
REFRESH								🌸
TROPICAL								🌸
CLEANSE								🌸
GREEN								🌸

SMOOTHIES

SMOOTHIE	GLUTEN	DAIRY	EGG	NUTS	SOY	SUGAR	SESAME	VEGAN
BANANA	🌸	🌸						
BERRY		🌸						
BREAKKY	🌸							🌸
GREEN								🌸
MANGO		🌸						

AÇAÍ

AÇAÍ	GLUTEN	DAIRY	EGG	NUTS	SOY	SUGAR	SESAME	VEGAN
AÇAÍ SMOOTHIE						🌸		🌸
AÇAÍ BOWL	🌸					🌸		

To achieve the dazzling flavours that you get to experience in our Poke Bowls and other food items, HiPoke employs certain ingredients that may cause allergic reactions for those with food allergies. These include nuts, milk, eggs, gluten, seafood, peanuts and sesame seeds, amongst others. Although we try our best to avoid the mixing of these products, we cannot guarantee that they are free from cross-contamination. If you have any serious food allergies, please let our team know, as they will kindly and happily find a way to adapt to your dietary requirements.