

POKEWORKS | NUTRITION GUIDE

POKE BOWLS

	Oz/Scoop*	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Sugar (g)	Protein (g)	ALLERGEN	Gluten Free	Shellfish	Vegan	Dairy
PROTEIN															
Ahi Tuna	2	70	15	0	0	15	350	0	0	14	Ahi Tuna	o			
Salmon	2	120	9	1.5	0	30	380	0	0	11	Salmon	o			
Spicy Salmon	2	130	9	1.5	0	25	95	<1	<1	10	Spicy Salmon	o			
Shrimp	2	70	1	0	0	120	540	<1	0	13	Shrimp	o	o		
Lobster Surimi	2	60	1	0	0	30	520	7	2	7	Lobster Surimi	o		o	
Spicy Tuna	2	80	3	0	0	15	70	<1	<1	13	Spicy Tuna	o			
Chicken	2	90	3.5	1	0	35	80	0	0	12	Chicken	o			
Firm Tofu	2	60	4	0.5	0	0	160	1	0	5	Firm Tofu	o		o	

*Small Bowl = 1 scoop | Regular = 2 scoops | Large = 3 scoops

	Oz/Bowl	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Sugar (g)	Protein (g)	ALLERGEN	Gluten Free	Shellfish	Vegan	Dairy
BASE															
White Rice Small	4	150	0	0	0	0	0	32	0	3	White Rice Small	o		o	
White Rice Regular	8	290	0.5	0	0	0	0	64	0	6	White Rice Regular	o		o	
White Rice Large	8	290	0.5	0	0	0	0	64	0	6	White Rice Large	o		o	
Brown Rice Small	4	130	1	0	0	0	0	27	0	3	Brown Rice Small	o		o	
Brown Rice Regular	8	250	2	0	0	0	0	53	0	5	Brown Rice Regular	o		o	
Brown Rice Large	8	250	2	0	0	0	0	53	0	5	Brown Rice Large	o		o	
Salad Mix Small	1.5	10	0	0	0	0	10	2	0	<1	Salad Mix Small	o		o	
Salad Mix Regular	3	20	0	0	0	0	25	4	<1	1	Salad Mix Regular	o		o	
Salad Mix Large	3	20	0	0	0	0	25	4	<1	1	Salad Mix Large	o		o	
Kale Noodles Small	3.5	140	6	0.5	0	0	590	20	0	3	Kale Noodles Small	o		o	
Kale Noodles Regular	7	280	11	1.5	0	0	1190	39	0	7	Kale Noodles Regular	o		o	
Kale Noodles Large	7	280	11	1.5	0	0	1190	39	0	7	Kale Noodles Large	o		o	
Ramen Noodles Small	3.5	150	3	0	0	5	680	25	0	4	Ramen Noodles Small	o		o	
Ramen Noodles Regular	5	210	4	0	0	5	970	36	0	6	Ramen Noodles Regular	o		o	
Ramen Noodles Large	5	210	4	0	0	5	970	36	0	6	Ramen Noodles Large	o		o	

	Oz/Bowl	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Sugar (g)	Protein (g)	ALLERGEN	Gluten Free	Shellfish	Vegan	Dairy
MIX-INS															
Cilantro	0.2	0	0	0	0	0	0	0	0	0	Cilantro	o		o	
Cucumber	0.8	0	0	0	0	0	0	<1	0	0	Cucumber	o		o	
Diced Pineapple	0.1 cup	15	0	0	0	0	0	3	3	0	Diced Pineapple	o		o	
Diced Mango	1	20	0	0	0	0	0	4	4	0	Diced Mango	o		o	
Edamame	0.8	25	1	0	0	0	0	2	0	3	Edamame	o		o	
Hijiki Seaweed	0.2	0	0	0	0	0	15	0	0	0	Hijiki Seaweed	o		o	
Sweet Corn	0.1 cup	15	0	0	0	0	30	3	1	0	Sweet Corn	o		o	
Shredded Kale	0.5	5	0	0	0	0	30	1	0	<1	Shredded Kale	o		o	
Shredded Cabbage	0.5	0	0	0	0	0	0	<1	0	0	Shredded Cabbage	o		o	
Serrano Peppers	0.2	0	0	0	0	0	0	0	0	0	Serrano Peppers	o		o	
Mandarin Orange	0.1 cup	25	0	0	0	0	0	6	6	0	Mandarin Oranges	o		o	
Sliced Onion	0.8	5	0	0	0	0	0	2	1	0	Sweet Onion	o		o	

	Oz/Bowl	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Sugar (g)	Protein (g)	ALLERGEN	Gluten Free	Shellfish	Vegan	Dairy
TOPPINGS															
Avocado	1	45	4	0.5	0	0	0	2	0	<1	Avocado	o		o	
Soft Tofu	0.5	10	0.5	0	0	0	0	0	0	<1	Soft Tofu	o		o	
Chili Crisp	0.3	60	6	1	0	0	115	1	0	0	Chili Crisp	o		o	
Green Onion	0.2	0	0	0	0	0	0	0	0	0	Green Onion	o		o	
Masago	0.1	0	0	0	0	10	30	0	0	0	Masago	o		o	
Pickled Ginger	0.5	10	0	0	0	0	170	2	1	0	Pickled Ginger	o		o	
Seaweed Salad	1	35	2	0	0	0	300	5	3	0	Seaweed Salad	o		o	
Surimi Salad	0.7	30	1.5	0	0	5	180	3	1	2	Surimi Salad	o	o	o	
Thai Chili	0.1	0	0	0	0	0	0	0	0	0	Thai Chili	o		o	
Wasabi	0.2	10	0	0	0	0	0	2	1	0	Wasabi	o		o	

	Oz/Bowl	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Sugar (g)	Protein (g)	ALLERGEN	Gluten Free	Shellfish	Vegan	Dairy
CRUNCH															
Garlic Crisps	0.5	70	0	0	0	0	0	7	0	0	Garlic Crisps	o		o	
Nori Furikake	0.7	80	4	0	0	0	150	8	4	2	Nori Furikake	o		o	
Peanuts	0 cup	35	3	0	0	0	25	1	0	1	Peanuts	o			
Spicy Furikake	0.1	10	0	0	0	0	130	1	0	0	Spicy Furikake	o		o	
Sesame Seeds	0.1	15	1.5	0	0	0	0	1	0	1	Sesame Seeds	o			
Onion Crisps	1	170	11	28	0	0	170	11	0	0	Onion Crisps	o		o	
Shredded Nori	0.1	10	0	0	0	0	20	1	0	1	Shredded Nori	o			
Wonton Strips	0.5	30	0	0	0	0	50	8	0	1	Wonton Strips	o		o	

	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Sugar (g)	Protein (g)	ALLERGEN	Gluten Free	Shellfish	Vegan	Dairy
SAUCE															
Pokeworks Classic	Light	70	6	0.5	0	0	125	3	3	0	Pokeworks Classic				
Pokeworks Classic	Medium	120	11	1	0	0	230	5	5	0	Pokeworks Classic				
Pokeworks Classic	Heavy	180	16	1.5	0	0	340	8	7	0	Pokeworks Classic				
Umami Shoyu	Light	30	1.5	0	0	0	290	4	3	0	Umami Shoyu				
Umami Shoyu	Medium	60	2.5	0	0	0	520	7	6	0	Umami Shoyu				
Umami Shoyu	Heavy	90	3.5	0	0	0	780	10	9	0	Umami Shoyu				
Sweet Shoyu	Light	25	0	0	0	0	290	6	4	0	Sweet Shoyu			o	
Sweet Shoyu	Medium	45	0	0	0	0	530	10	8	0	Sweet Shoyu			o	
Sweet Shoyu	Heavy	70	0	0	0	0	790	15	12	0	Sweet Shoyu			o	
Sweet Chili Gochujang	Light	30	1	0	0	0	230	5	4	0	Sweet Chili Gochujang			o	
Sweet Chili Gochujang	Medium	60	2	0	0	0	420	10	7	<1	Sweet Chili Gochujang			o	
Sweet Chili Gochujang	Heavy	90	2.5	0	0	0	620	15	10	1	Sweet Chili Gochujang			o	
Sriracha Aioli	Light	80	8	1.5	0	<5	160	1	<1	0	Sriracha Aioli	o			
Sriracha Aioli	Medium	140	15	2.5	0	5	290	2	2	0	Sriracha Aioli	o			
Sriracha Aioli	Heavy	210	22	3.5	0	10	440	3	3	0	Sriracha Aioli	o			
Spicy Serrano Aioli	Light	45	4.5	0.5	0	<5	60	<1	0	0	Spicy Serrano Aioli	o			
Spicy Serrano Aioli	Medium	80	8	1.5	0	5	115	1	0	0	Spicy Serrano Aioli	o			
Spicy Serrano Aioli	Heavy	120	12	2	0	10	170	2	<1	0	Spicy Serrano Aioli	o			
Ponzu Fresh	Light	5	0	0	0	0	220	1	1	0	Ponzu Fresh			o	
Ponzu Fresh	Medium	10	0	0	0	0	390	3	2	<1	Ponzu Fresh			o	
Ponzu Fresh	Heavy	20	0	0	0	0	580	4	3	<1	Ponzu Fresh			o	
O.G. Shoyu Sauce	Light	60	4	0	0	0	530	5	4	<1	O.G. Shoyu Sauce				
O.G. Shoyu Sauce	Medium	110	7	0.5	0	0	970	9	7	2	O.G. Shoyu Sauce				
O.G. Shoyu Sauce	Heavy	160	11	1	0	0	1450	13	11	2	O.G. Shoyu Sauce				
Hawaiian Salt & Chili	Light	110	13	2	0	0	450	<1	0	0	Hawaiian Salt & Chili	o		o	
Hawaiian Salt & Chili	Medium	200	23	3.5	0	0	820	1	0	0	Hawaiian Salt & Chili	o		o	
Hawaiian Salt & Chili	Heavy	300	34	5	0	0	1230	2	0	0	Hawaiian Salt & Chili	o		o	

*Light = 1 pump | Medium = 2 pumps | Heavy = 3 pumps

SIGNATURE WORKS

	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Sugar (g)	Protein (g)	ALLERGEN	Gluten Free	Shellfish	Vegan	Dairy
BOWLS															
Spicy Ahi Tuna (Large)	1 bowl	790	28	11	0	65	1470	76	4	55	Spicy Ahi Tuna (Large)				
Spicy Ahi Tuna (Regular)	1 bowl	710	26	11	0	50	1120	76	4	40	Spicy Ahi Tuna (Regular)				
Spicy Ahi Tuna (Small)	1 bowl	490	24	10	0	35	770	44	4	23	Spicy Ahi Tuna (Small)				
Yuzu Ponzu Salmon (Large)	1 bowl	810	31	8	0	85	2120	87	18	42	Yuzu Ponzu Salmon (Large)				
Yuzu Ponzu Salmon (Regular)	1 bowl	680	22	7	0	60	1740	87	18	31	Yuzu Ponzu Salmon (Regular)				
Yuzu Ponzu Salmon (Small)	1 bowl	410	14	5	0	30	1360	55	18	17	Yuzu Ponzu Salmon (Small)				
Hawaiian Ahi (Large)	1 bowl	760	22	2.5	0	50	1640	84	11	54	Hawaiian Ahi (Large)				
Hawaiian Ahi (Regular)	1 bowl	680	20	2.5	0	35	1300	84	11	40	Hawaiian Ahi (Regular)				
Hawaiian Ahi (Small)	1 bowl	460	19	2	0	15	950	52	11	22	Hawaiian Ahi (Small)				
Umami Ahi (Large)	1 bowl	680	12	1.5	0	55	1870	82	10	56	Umami Ahi (Large)		o		
Umami Ahi (Regular)	1 bowl	610	10	1.5	0	35	1520	82	10	41	Umami Ahi (Regular)		o		
Umami Ahi (Small)	1 bowl	380	8	1	0	20	1170	50	10	24	Umami Ahi (Small)		o		
Sweet Sesame Chicken (Large)	1 bowl	820	27	5	0	110	830	91	17	47	Sweet Sesame Chicken (Large)				
Sweet Sesame Chicken (Regular)	1 bowl	730	24	4	0	75	750	90	17	35	Sweet Sesame Chicken (Regular)				
Sweet Sesame Chicken (Small)	1 bowl	500	20	3	0	35	670	58	17	20	Sweet Sesame Chicken (Small)				
Luxe Lobster (Large)	1 bowl	680	19	6	0	90	2,490	99	17	28	Luxe Lobster (Large)	o		o	
Luxe Lobster (Regular)	1 bowl	620	18	5	0	60	1,970	93	15	21	Luxe Lobster (Regular)	o		o	
Luxe Lobster (Small)	1 bowl	410	17	5	0	30	1,460	54	13	11	Luxe Lobster (Small)	o		o	

Sweet Shoyu Tofu (Large)	1 bowl	640	20	3	0	0	1,280	91	13	26	Sweet Shoyu Tofu (Large)	o	o
Sweet Shoyu Tofu (Regular)	1 bowl	580	16	2.5	0	0	1,120	90	13	21	Sweet Shoyu Tofu (Regular)	o	o
Sweet Shoyu Tofu (Small)	1 bowl	380	12	1.5	0	0	960	56	13	13	Sweet Shoyu Tofu (Small)	o	o
Avocado Salad (Large)	1 bowl	350	20	3	0	0	790	38	9	14	Avocado Salad (Large)	o	o
Avocado Salad (Regular)	1 bowl	280	14	2	0	0	790	35	8	13	Avocado Salad (Regular)	o	o
Avocado Salad (Small)	1 bowl	190	7	1	0	0	630	27	7	11	Avocado Salad (Small)	o	o

*Note: All bowls have medium portion of sauces (2 pumps)

HAWAIIAN HOT PLATES

	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Sugar (g)	Protein (g)		Gluten Free	Shellfish	Vegan	Dairy
HAWAIIAN HOT PLATE											ALLERGEN				
Charred Salmon Teriyaki	1 plate	1120	61	10	0	110	2,800	94	16	46	Charred Salmon Teriyaki		o		o
Dynamite Shrimp	1 plate	960	46	7	0	220	2,010	96	5	33	Dynamite Shrimp		o		
Huli Huli Chicken	1 plate	1000	45	9	0	130	1,900	94	17	48	Huli Huli Chicken				

	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Sugar (g)	Protein (g)		Gluten Free	Shellfish	Vegan	Dairy
BURRITOS											ALLERGEN				
Spicy Ahi Tuna (Large)	1 burrito	780	28	11	0	65	1,500	73	4	56	Spicy Ahi Tuna (Large)				
Spicy Ahi Tuna (Regular)	1 burrito	710	26	11	0	50	1,150	73	4	56	Spicy Ahi Tuna (Regular)				
Yuzu Ponzu Salmon (Large)	1 burrito	800	31	8	0	85	2,350	84	18	43	Yuzu Ponzu Salmon (Large)				
Yuzu Ponzu Salmon (Regular)	1 burrito	680	22	7	0	60	1,770	84	18	32	Yuzu Ponzu Salmon (Regular)				
Hawaiian Ahi (Large)	1 burrito	750	22	2.5	0	50	1,670	81	11	55	Hawaiian Ahi (Large)				
Hawaiian Ahi (Regular)	1 burrito	400	20	2	0	35	1,320	22	11	35	Hawaiian Ahi (Regular)				
Umami Ahi (Large)	1 burrito	670	12	1.5	0	55	1,900	78	10	57	Umami Ahi (Large)		o		
Umami Ahi (Regular)	1 burrito	600	10	1.5	0	35	1,550	78	10	42	Umami Ahi (Regular)				
Sweet Sesame Chicken (Large)	1 burrito	810	27	5	0	110	860	87	17	48	Sweet Sesame Chicken (Large)				
Sweet Sesame Chicken (Regular)	1 burrito	720	24	4	0	75	780	87	17	36	Sweet Sesame Chicken (Regular)				
Sweet Shoyu Tofu (Large)	1 burrito	670	20	3	0	0	1,610	93	17	27	Sweet Shoyu Tofu (Large)	o		o	
Sweet Shoyu Tofu (Regular)	1 burrito	610	18	2.5	0	0	1,450	91	17	22	Sweet Shoyu Tofu (Regular)	o		o	

SIDES & DESSERTS

	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Sugar (g)	Protein (g)		Gluten Free	Shellfish	Vegan	Dairy
SIDES											ALLERGEN				
Garlic Spam Musubi	1	220	7	1.5	0	15	530	31	3	7	Garlic Spam Musubi				
Miso Soup	6.5oz	110	2.5	0	0	0	4,050	15	8	7	Miso Soup		o		
Chicken Miso Ramen Soup	6.5oz	210	5	0.5	0	20	3,590	26	7	14	Chicken Miso Ramen Soup				
Furikake Mac Salad	6oz	490	38	6	0	30	740	31	2	5	Furikake Mac Salad				
Surimi Salad	6.5oz	300	13	2	0	20	1,630	24	8	20	Surimi Salad		o		
Spicy Edamame	6.5oz	260	14	2	0	0	520	17	4	21	Spicy Edamame			o	
Seaweed Salad	6.5oz	220	12	2	0	0	1,960	30	22	3	Seaweed Salad			o	

	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Sugar (g)	Protein (g)		Gluten Free	Shellfish	Vegan	Dairy
DESSERTS											ALLERGEN				
Coco Mango Haupia	1	220	7	1.5	0	15	530	31	3	7	Coco Mango Haupia				o
Chocolate Chunk Cookie	1	380	19	11	0	45	430	50	28	5	Chocolate Chunk Cookie				o
Marshmallow Bars	1	230	5	3	0	15	240	45	24	2	Marshmallow Bars		o		
Salted Caramel Cookie	1	390	17	10	0	50	620	57	31	4	Salted Caramel Cookie				o
Peruvian Chocolate Brownie	1	350	19	10	0	50	620	57	31	4	Peruvian Chocolate Brownie				o

	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Sugar (g)	Protein (g)
BEVERAGES										
Classic Lemonade	10.5 oz	140	0	0	0	0	37	0	32	0
Classic Milk Tea	10.9 oz	180	4	0.5	0	0	40	36	31	<1
Green Tea Lemonade	10.5 oz	80	0	0	0	0	0	22	20	0
Lightly Sweetened Jasmine Green Tea	10.5 oz	45	0	0	0	0	0	12	12	0

Lilikoi Green Tea	10.9 oz	140	0	0	0	0	30	34	33	0
Lilikoi Lemonade	10.9 oz	130	0	0	0	0	20	32	30	0
Mango Green Tea	10.9 oz	120	0	0	0	0	25	29	28	0
Mango Lemonade	10.9 oz	130	0	0	0	0	15	32	30	0
Mango Lilikoi Smoothie	7 oz	240	0	0	0	0	45	60	58	0
Matcha Milk Tea	10.9 oz	200	5	1	0	0	30	39	35	<1
Piña Colada Smoothie	7 oz	310	3	0.5	0	0	35	68	66	0
Pineapple Iced Tea	10.9 oz	120	0	0	0	0	15	31	29	0
Strawberry Lemonade	10.9 oz	150	0	0	0	0	10	37	34	0
Strawberry Lemonade Smoothie	7 oz	290	0	0	0	0	20	72	68	0
Ube Latte	10.9 oz	190	6	1	0	0	35	33	29	<1

	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Sugar (g)	Protein (g)
SIGNATURE DRINKS										
Jasmine Milk Tea	10.5 oz	150	2	1	0	10	90	28	28	7
Mango Fresh Milk	10.5 oz	180	2	1	0	10	110	34	33	7
Ube Milk Tea	10.5 oz	180	2	1	0	10	90	32	32	7
Pokeworks P.O.G.	10.5 oz	100	0	0	0	0	85	26	24	0
Strawberry Lemonade	10.5 oz	120	0	0	0	0	65	33	29	0
Mango Coconut Fresca	10.5 oz	130	0	0	0	0	30	34	32	0
Mango Lychee Lemonade	10.5 oz	130	0	0	0	0	35	33	29	0
Passion Lychee Green Tea	10.5 oz	120	0	0	0	0	45	30	29	0
Strawberry Fresh Milk	10.5 oz	230	2	1	0	10	25	45	45	7
Strawberry Guava Fresca	10.5 oz	130	0	0	0	0	135	34	32	0

	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Sugar (g)	Protein (g)
ADD-INS										
Classic Boba	1.69 oz	110	0	0	0	0	0	26	12	0
Crystal Boba	1.5 oz	40	0	0	0	0	10	9	8	0