

POKEWORKS | NUTRITION GUIDE

POKE BOWLS

PROTEIN	Oz/Scoop*	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Sugar (g)	Protein (g)	Dietary Fiber (g)	ALLERGEN	Gluten Free	Shellfish	Vegan	Dairy	Sesame Seed
Ahi Tuna	2	70	1.5	0	0	15	350	0	0	14	0	Ahi Tuna	o				o
Salmon	2	120	9	1.5	0	30	380	0	0	11	0	Salmon	o				o
Spicy Salmon	2	130	9	1.5	0	25	370	<1	<1	10	0	Spicy Salmon	o				o
Shrimp	2	70	1	0	0	120	540	<1	0	13	0	Shrimp	o	o			o
Lobster Surimi	2	60	1	0	0	30	520	7	2	7	<1	Lobster Surimi		o		o	o
Spicy Tuna	2	80	3	0	0	15	340	<1	<1	13	0	Spicy Tuna	o				o
Chicken	2	90	3.5	1	0	35	80	0	0	12	0	Chicken	o				o
Firm Tofu	2	60	4	0.5	0	0	160	1	0	5	3	Firm Tofu	o		o		o

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

BASE	Oz/Bowl	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Sugar (g)	Protein (g)	Dietary Fiber (g)	ALLERGEN	Gluten Free	Shellfish	Vegan	Dairy	Sesame Seed
White Rice Small	4	150	0	0	0	0	0	32	0	3	0	White Rice Small	o				
White Rice Regular	8	290	0.5	0	0	0	0	64	0	6	<1	White Rice Regular	o		o		
White Rice Large	8	290	0.5	0	0	0	0	64	0	6	<1	White Rice Large	o		o		
Brown Rice Small	4	130	1	0	0	0	0	27	0	3	2	Brown Rice Small	o		o		
Brown Rice Regular	8	250	2	0	0	0	0	53	0	5	4	Brown Rice Regular	o		o		
Brown Rice Large	8	250	2	0	0	0	0	53	0	5	4	Brown Rice Large	o		o		
Salad Mix Small	1.5	10	0	0	0	0	10	2	0	<1	<1	Salad Mix Small	o		o		
Salad Mix Regular	3	20	0	0	0	0	25	4	<1	1	2	Salad Mix Regular	o		o		
Salad Mix Large	3	20	0	0	0	0	25	4	<1	1	2	Salad Mix Large	o		o		
Kale Noodles Small	3.5	140	6	0.5	0	0	590	20	0	3	<1	Kale Noodles Small			o		o
Kale Noodles Regular	7	280	11	1.5	0	0	1,190	39	0	7	2	Kale Noodles Regular			o		o
Kale Noodles Large	7	280	11	1.5	0	0	1,190	39	0	7	2	Kale Noodles Large			o		o
Ramen Noodles Small	3.5	150	3	0	0	5	680	25	0	4	1	Ramen Noodles Small			o		o
Ramen Noodles Regular	5	210	4	0	0	5	970	36	0	6	1	Ramen Noodles Regular			o		o
Ramen Noodles Large	5	210	4	0	0	5	970	36	0	6	1	Ramen Noodles Large			o		o

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

TOPPINGS	Oz/Bowl	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Sugar (g)	Protein (g)	Dietary Fiber (g)	ALLERGEN	Gluten Free	Shellfish	Vegan	Dairy	Sesame Seed
Avocado	1	45	4	0.5	0	0	0	2	0	<1	2	Avocado	o		o		
Soft Tofu	0.5	10	0.5	0	0	0	0	0	0	<1	0	Soft Tofu	o		o		
Chili Crisp	0.3	60	6	1	0	0	115	1	0	0	0	Chili Crisp			o		o
Green Onion	0.2	0	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	0	Masago			o		
Pickled Ginger	0.5	10	0	0	0	0	170	2	1	0	0	Pickled Ginger	o		o		
Seaweed Salad	1	35	2	0	0	0	300	5	3	0	<1	Seaweed Salad	o		o		o
Surimi Salad	0.7	30	1.5	0	0	5	180	3	1	2	0	Surimi Salad		o			
Thai Chili	0.1	0	0	0	0	0	0	0	0	0	0	Thai Chili	o		o		
Spicy Furikake	0.1	10	0	0	0	0	130	1	0	0	0	Spicy Furikake	o		o		o

Sesame Seeds	0.1	15	1.5	0	0	0	0	1	0	1	0	Sesame Seeds	o	o	o
Wasabi	0.2	10	0	0	0	0	0	2	1	0	0	Wasabi		o	

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

SAUCE	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Sugar (g)	Protein (g)	Dietary Fiber (g)	ALLERGEN	Gluten Free	Shellfish	Vegan	Dairy	Sesame Seed
Pokeworks Classic	Light	70	6	0.5	0	0	125	3	3	0	0	Pokeworks Classic					o
Pokeworks Classic	Medium	120	11	1	0	0	230	5	5	0	0	Pokeworks Classic					o
Pokeworks Classic	Heavy	180	16	1.5	0	0	340	8	7	0	0	Pokeworks Classic					o
Umami Shoyu	Light	30	1.5	0	0	0	290	4	3	0	0	Umami Shoyu					o
Umami Shoyu	Medium	60	2.5	0	0	0	520	7	6	0	0	Umami Shoyu					o
Umami Shoyu	Heavy	90	3.5	0	0	0	780	10	9	0	0	Umami Shoyu					o
Sweet Shoyu	Light	25	0	0	0	0	290	6	4	0	0	Sweet Shoyu	o		o		o
Sweet Shoyu	Medium	45	0	0	0	0	530	10	8	0	0	Sweet Shoyu	o		o		o
Sweet Shoyu	Heavy	70	0	0	0	0	790	15	12	0	0	Sweet Shoyu	o		o		o
Sweet Chili Gochujang	Light	30	1	0	0	0	230	5	4	0	<1	Sweet Chili Gochujang				o	o
Sweet Chili Gochujang	Medium	60	2	0	0	0	420	10	7	<1	2	Sweet Chili Gochujang				o	o
Sweet Chili Gochujang	Heavy	90	2.5	0	0	0	620	15	10	1	2	Sweet Chili Gochujang				o	o
Sriracha Aioli	Light	80	8	1.5	0	<5	160	1	<1	0	0	Sriracha Aioli	o				o
Sriracha Aioli	Medium	140	15	2.5	0	5	290	2	2	0	0	Sriracha Aioli	o				o
Sriracha Aioli	Heavy	210	22	3.5	0	10	440	3	3	0	<1	Sriracha Aioli	o				o
Spicy Serrano Aioli	Light	45	4.5	0.5	0	<5	60	<1	0	0	0	Spicy Serrano Aioli	o				o
Spicy Serrano Aioli	Medium	80	8	1.5	0	5	115	1	0	0	<1	Spicy Serrano Aioli	o				o
Spicy Serrano Aioli	Heavy	120	12	2	0	10	170	2	<1	0	1	Spicy Serrano Aioli	o				o
Ponzu Fresh	Light	5	0	0	0	0	220	1	1	0	0	Ponzu Fresh				o	
Ponzu Fresh	Medium	10	0	0	0	0	390	3	2	<1	0	Ponzu Fresh				o	
Ponzu Fresh	Heavy	20	0	0	0	0	580	4	3	<1	0	Ponzu Fresh				o	
O.G. Shoyu Sauce	Light	60	4	0	0	0	530	5	4	<1	0	O.G. Shoyu Sauce					o
O.G. Shoyu Sauce	Medium	110	7	0.5	0	0	970	9	7	2	0	O.G. Shoyu Sauce					o
O.G. Shoyu Sauce	Heavy	160	11	1	0	0	1,450	13	11	2	0	O.G. Shoyu Sauce					o
Hawaiian Salt & Chili	Light	110	13	2	0	0	450	<1	0	0	<1	Hawaiian Salt & Chili	o		o		o
Hawaiian Salt & Chili	Medium	200	23	3.5	0	0	820	1	0	0	1	Hawaiian Salt & Chili	o		o		o
Hawaiian Salt & Chili	Heavy	300	34	5	0	0	1,230	2	0	0	2	Hawaiian Salt & Chili	o		o		o
Black Garlic Aioli	Light	140	14	2	0	10	400	3	3	1	0	Black Garlic Aioli		o			o
Black Garlic Aioli	Medium	280	27	4	0	15	810	7	5	1	0	Black Garlic Aioli		o			o
Black Garlic Aioli	Heavy	420	41	6	0	25	1,210	10	8	2	0	Black Garlic Aioli		o			o

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

SIGNATURE WORKS

BOWLS	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Sugar (g)	Protein (g)	Dietary Fiber (g)	ALLERGEN	Gluten Free	Shellfish	Vegan	Dairy	Sesame Seed
Spicy Ahi Tuna (Large)	1 bowl	790	28	11	0	65	1,470	76	4	55	4	Spicy Ahi Tuna (Large)					o
Spicy Ahi Tuna (Regular)	1 bowl	710	26	11	0	50	1,120	76	4	40	4	Spicy Ahi Tuna (Regular)					o
Spicy Ahi Tuna (Small)	1 bowl	490	24	10	0	35	770	44	4	23	4	Spicy Ahi Tuna (Small)					o
Yuzu Ponzu Salmon (Large)	1 bowl	810	31	8	0	85	2,120	87	18	42	3	Yuzu Ponzu Salmon (Large)					o
Yuzu Ponzu Salmon (Regular)	1 bowl	680	22	7	0	60	1,740	87	18	31	3	Yuzu Ponzu Salmon (Regular)					o
Yuzu Ponzu Salmon (Small)	1 bowl	410	14	5	0	30	1,360	55	18	17	3	Yuzu Ponzu Salmon (Small)					o
Hawaiian Ahi (Large)	1 bowl	760	22	2.5	0	50	1,640	84	11	54	4	Hawaiian Ahi (Large)					o
Hawaiian Ahi (Regular)	1 bowl	680	20	2.5	0	35	1,300	84	11	40	4	Hawaiian Ahi (Regular)					o
Hawaiian Ahi (Small)	1 bowl	460	19	2	0	15	950	52	11	22	4	Hawaiian Ahi (Small)					o
Umami Ahi (Large)	1 bowl	680	12	1.5	0	55	1,870	82	10	56	3	Umami Ahi (Large)		o			o
Umami Ahi (Regular)	1 bowl	610	10	1.5	0	35	1,520	82	10	41	3	Umami Ahi (Regular)		o			o
Umami Ahi (Small)	1 bowl	380	8	1	0	20	1,170	50	10	24	2	Umami Ahi (Small)		o			o
Sweet Sesame Chicken (Large)	1 bowl	820	27	5	0	110	830	91	17	47	5	Sweet Sesame Chicken (Large)					o

POKE BOMBS	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Sugar (g)	Protein (g)	Dietary Fiber (g)	ALLERGEN					
												Gluten Free	Shellfish	Vegan	Dairy	Sesame Seed	
Ahi Tuna	1	330	7	1	0	15	710	43	8	22	1	Ahi Tuna					
California	1	320	6	1	0	5	890	52	11	14	2	California	o				o
Dynamite Lobster	1	310	6	1	0	30	880	50	10	14	2	Dynamite Lobster	o		o		o
Salmon	1	380	14	2.5	0	30	740	43	8	18	1	Salmon					o

BEVERAGES	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Sugar (g)	Protein (g)	Dietary Fiber (g)
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	0
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	0
Lilikoi Lemonade	10.9 oz	130	0	0	0	0	20	32	30	0	0
Mango Green Tea	10.9 oz	120	0	0	0	0	25	29	28	0	0
Mango Lemonade	10.9 oz	130	0	0	0	0	15	32	30	0	0
Mango Lilikoi Smoothie	7 oz	240	0	0	0	0	45	60	58	0	0
Matcha Milk Tea	10.9 oz	200	5	1	0	0	30	39	35	<1	0
Piña Colada Smoothie	7 oz	310	3	0.5	0	0	35	68	66	0	0
Pineapple Iced Tea	10.9 oz	120	0	0	0	0	15	31	29	0	0
Strawberry Lemonade	10.9 oz	150	0	0	0	0	10	37	34	0	0
Strawberry Lemonade Smoothie	7 oz	290	0	0	0	0	20	72	68	0	0
Ube Latte	10.9 oz	190	6	1	0	0	35	33	29	<1	0

SIGNATURE DRINKS	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Sugar (g)	Protein (g)	Dietary Fiber (g)
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	

ADD-INS	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Sugar (g)	Protein (g)	Dietary Fiber (g)
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	