

POKÉMOTO®

Hawaiian Poké 

2 SCOOP SERVING

PROTEINS

	OZ/SCOOP	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	SODIUM (MG)	TOTAL CARB (G)	SUGAR (G)	PROTEIN (G)
AHI TUNA	2	65	1	0	0		0	0	14
SALMON	2	80	3	1	0		0	0	13
SHRIMP	2	67	1	0	0		1	0	25
ORGANIC TOFU	2	60	3	0	0		2	1	70
ANTIBIOTIC FREE-RANGE CHICKEN	2	80	2	0	0		1	0	540
									15
									3
									213

BASE

	OZ/SCOOP	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	SODIUM (MG)	TOTAL CARB (G)	SUGAR (G)	PROTEIN (G)
SUSHI RICE REG	10	178	0	0	0	1081	42	13	3
SUSHI RICE LG	15	267	0	0	0	1622	62	20	4
BROWN RICE REG	10	169	1	0	0	0	36	1	4
BROWN RICE LG	15	262	2	0	0	0	55	1	6
SALAD MIX	5	30	0	0	0	20	4	4	4
ROMAINE	5	30	0	0	0	5	4	4	4
BURRITO W/RICE	1 BURRITO	188	0	0	0	1081	44	13	3

MIX-INS

	OZ/SCOOP	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	SODIUM (MG)	TOTAL CARB (G)	SUGAR (G)	PROTEIN (G)
SWEET ONION	1	10	0	0	0	1	3	1	0
CUCUMBER	1	5	0	0	0	0	1	0	0
CILANTRO	.25	2	0	0	0	3	0	0	0
CORN	1	16	0	0	0	32	3	1	1
MANDARIN ORANGES	1	14	0	0	0	2	3	3	0
MANGO DICED	1	16	0	0	0	0	4	4	0
FRESH JALAPEÑOS	.5	0	0	0	0	0	0	0	0
EDAMAME	1	29	1	0	0	2	2	2	3
PINEAPPLES	1	17	0	0	0	0	4	4	0
HIJIKI SEAWEED	.25	24	0	0	0	260	4	0	2
OGO SEAWEED	.25	4	0	0	0	72	1	0	0

FLAVORS

	OZ/SCOOP	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	SODIUM (MG)	TOTAL CARB (G)	SUGAR (G)	PROTEIN (G)
CHOJANG	1	70	0	0	0	680	16	14	0
HIMALAYAN SALT	.02	0	0	0	0	390	0	0	0
CHILI GARLIC OIL	1	168	13	2	0	265	12	10	0
SWEET TERIYAKI	1	33	0	0	0	383	8	7	0
PONZU FRESH	1	57	2	0	0	671	8	6	1
CREAMY MISO	1	58	4	0	0	319	5	3	0
UMAMI SHOUYU	1	141	12	2	0	443	8	6	1
WASABIAIOLI	1	104	10	1	0	76	5	0	0
SPICY MAYO	1	125	13	2	0	229	3	0	0
SESAME GINGER		120	11	2	0	250	6	5	0

TOPPINGS

	OZ/SCOOP	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	SODIUM (MG)	TOTAL CARB (G)	SUGAR (G)	PROTEIN (G)
AVOCADO	1	46	4	1	0	2	2	0	1
GREEN ONION	.25	0	0	0	0	0	0	0	0
MASAGO	.5	16	0	0	0	400	3	3	1
TOBIKO (BLACK CAVIAR)	.5	15	0	0	0	125	2	2	1
RADISH	1	5	0	0	0	11	1	1	0
SHREDDED CARROTS	.5	6	0	0	0	10	1	1	0
SEAWEED SALAD	1	26	1	0	0	329	5	4	0
PICKLED DIAKON	1	0	0	0	0	210	0	0	0
SHREDDED NORI	.02	4	0	0	0	10	0	0	1
SESAME SEEDS	.02	0	0	0	0	0	0	0	0
FURIKAKE	.25	25	1	0	0	210	2	2	2
PICKLED GINGER	1	4	0	0	0	210	1	0	0
WASABI	.25	20	0	0	0	0	4	0	1
CABBAGE SLAW	1	46	4	1	1	92	3	2	0
KANI SALAD	1	83	7	1	0	241	4	1	2
TOGARASHI	.2	10	0	0	0	0	1	1	0

CRUNCH

	OZ/SCOOP	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	SODIUM (MG)	TOTAL CARB (G)	SUGAR (G)	PROTEIN (G)
GARIC FLAKES	.25	40	2	1	0	0	4	0	1
CRISPY ONIONS	.25	45	4	0	0	30	3	1	0
TOasted RICE PUFFS	.25	32	0	0	0	68	8	8	0
ROASTED CASHEWS	.5	80	6	1	0	58	4	0	2
WONTON STRIPS	.25	38	2	0	0	35	4	0	1
TEMPURA FLAKES	.25	30	2	0	0	38	3	0	0

SIGNATURE BOWLS

	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	SODIUM (MG)	TOTAL CARB (G)	SUGAR (G)	PROTEIN (G)
HAWAIIAN	644	32	4	0	2033	57	18	33
MISO SALMON	512	18	3	0	1862	60	23	28
SWEET & SPICY SHRIMP	695	29	4	0	2762	78	35	31
POKEMOTO TOFU	516	8	0	0	2518	91	54	18
SESAME GINGER CHICKEN	750	38	6	0	2116	69	25	36

EXTRAS

	OZ/SCOOP</

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Hawaiian Poké 

3 SCOOP SERVING

PROTEINS

	OZ/SCOOP	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	SODIUM (MG)	TOTAL CARB (G)	SUGAR (G)	PROTEIN (G)
AHI TUNA	3	65	1	0	0	25	0	0	14
SALMON	3	80	3	1	0	70	0	0	13
SHRIMP	3	67	1	0	0	540	1	0	13
ORGANIC TOFU	3	60	3	0	0	3	2	1	6
ANTIBIOTIC FREE-RANGE CHICKEN	3	80	2	0	0	213	1	0	15

BASE

	OZ/SCOOP	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	SODIUM (MG)	TOTAL CARB (G)	SUGAR (G)	PROTEIN (G)
SUSHI RICE REG	10	178	0	0	0	1081	42	13	3
SUSHI RICE LG	15	267	0	0	0	1622	62	20	4
BROWN RICE REG	10	169	1	0	0	0	36	1	4
BROWN RICE LG	15	262	2	0	0	0	55	1	6
SALAD MIX	5	30	0	0	0	20	4	4	4
ROMAINE	5	30	0	0	0	5	4	4	4
BURRITO W/RICE	1 BURRITO	188	0	0	0	1081	44	13	3

MIX-INS

	OZ/SCOOP	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	SODIUM (MG)	TOTAL CARB (G)	SUGAR (G)	PROTEIN (G)
SWEET ONION	1	10	0	0	0	1	3	1	0
CUCUMBER	1	5	0	0	0	0	1	0	0
CILANTRO	.25	2	0	0	0	3	0	0	0
CORN	1	16	0	0	0	32	3	1	1
MANDARIN ORANGES	1	14	0	0	0	2	3	3	0
MANGO DICED	1	16	0	0	0	0	4	4	0
FRESH JALAPEÑOS	.5	0	0	0	0	0	0	0	0
EDAMAME	1	29	1	0	0	2	2	2	3
PINEAPPLES	1	17	0	0	0	0	4	4	0
HIJIKI SEAWEED	.25	24	0	0	0	260	4	0	2
OGO SEAWEED	.25	4	0	0	0	72	1	0	0

FLAVORS

	OZ/SCOOP	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	SODIUM (MG)	TOTAL CARB (G)	SUGAR (G)	PROTEIN (G)
CHOJANG	1	70	0	0	0	680	16	14	0
HIMALAYAN SALT	.02	0	0	0	0	390	0	0	0
CHILI GARLIC OIL	1	168	13	2	0	265	12	10	0
SWEET TERIYAKI	1	33	0	0	0	383	8	7	0
PONZO FRESH	1	57	2	0	0	671	8	6	1
CREAMY MISO	1	58	4	0	0	319	5	3	0
UMAMI SHOUYU	1	141	12	2	0	443	8	6	1
WASABIAOLI	1	104	10	1	0	76	5	0	0
SPICY MAYO	1	125	13	2	0	229	3	0	0
SESAME GINGER		120	11	2	0	250	6	5	0

TOPPINGS

	OZ/SCOOP	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	SODIUM (MG)	TOTAL CARB (G)	SUGAR (G)	PROTEIN (G)
AVOCADO	1	46	4	1	0	2	2	0	1
GREEN ONION	.25	0	0	0	0	0	0	0	0
MASAGO	.5	16	0	0	0	400	3	3	1
TOBIKO (BLACK CAVIAR)	.5	15	0	0	0	125	2	2	1
RADISH	1	5	0	0	0	11	1	1	0
SHREDDED CARROTS	.5	6	0	0	0	10	1	1	0
SEAWEED SALAD	1	26	1	0	0	329	5	4	0
PICKLED DIAKON	1	0	0	0	0	210	0	0	0
SHREDDED NORI	.02	4	0	0	0	10	0	0	1
SESAME SEEDS	.02	0	0	0	0	0	0	0	0
FURIKAKE	.25	25	1	0	0	210	2	2	2
PICKLED GINGER	1	4	0	0	0	210	1	0	0
WASABI	.25	20	0	0	0	0	4	0	1
CABBAGE SLAW	1	46	4	1	1	92	3	2	0
KANI SALAD	1	83	7	1	0	241	4	1	2
TOGARASHI	.2	10	0	0	0	0	1	1	0

CRUNCH

	OZ/SCOOP	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	SODIUM (MG)	TOTAL CARB (G)	SUGAR (G)	PROTEIN (G)
GARIC FLAKES	.25	40	2	1	0	0	4	0	1
CRISPY ONIONS	.25	45	4	0	0	30	3	1	0
TOasted RICE PUFFS	.25	32	0	0	0	68	8	8	0
ROASTED CASHEWS	.5	80	6	1	0	58	4	0	2
WONTON STRIPS	.25	38	2	0	0	35	4	0	1
TEMPURA FLAKES	.25	30	2	0	0	38	3	0	0

SIGNATURE BOWLS

	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	SODIUM (MG)	TOTAL CARB (G)	SUGAR (G)	PROTEIN (G)
HAWAIIAN	644	32	4	0	2033	57	18	33
MISO SALMON	512	18	3	0	1862	60	23	28
SWEET & SPICY SHRIMP	695	29	4	0	2762	78	35	31
POKEMOTO TOFU	516	8	0	0	2518	91	54	18
SESAME GINGER CHICKEN	750	38	6	0	2116	69	25	36

EXTRAS

	OZ/SCOOP	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	SODIUM (MG)	TOTAL CARB (G)	SUGAR (G)	PROTEIN (G)

<tbl_r



BOBA TEA

ITEM	GRAMS	CALORIES	FAT	SF	TF	CHOLESTEROL	SODIUM(MG)	CARB	DIETARY FIBER	SUGAR	PROTEIN
BLACK TEA REG	130	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
BLACK TEA LG	190	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
GREEN TEA REG	130	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
GREEN TEA LG	190	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
FRUCTOSE REG	12	36.8	0.0	0.0	0.0	0.0	0.0	9.2	0.0	9.0	0.0
FRUCTOSE LG	24	73.6	0.0	0.0	0.0	0.0	0.0	18.5	0.0	18.0	0.0
MILK TEA											
ORIGINAL REG (42GRMS)	42.5	179.4	4.3	3.9	0.0	0.0	47.6	34.0	1.5	17.9	1.3
ORIGINAL LG. (71GRMS)	71	299.6	7.2	6.5	0.0	0.0	79.5	56.8	2.6	29.8	2.1
MATCHA REG	42.5	179.4	4.3	3.9	0.0	0.0	47.6	34.0	1.5	17.9	1.3
MATCHA LG	71	299.6	7.2	6.5	0.0	0.0	79.5	56.8	2.6	29.8	2.1
TARO REG	42.5	204.0	8.9	8.3	0.0	0.0	78.2	31.0	0.0	12.0	0.7
TARO LG	71	340.8	14.9	13.9	0.0	0.0	130.6	51.8	0.0	20.0	1.1
COCONUT REG	42.5	212.5	8.5	7.7	0.0	0.0	60.4	31.4	0.0	16.1	1.3
COCONUT LG	71	355.0	14.2	12.8	0.0	0.0	100.8	52.4	0.0	26.8	2.1
WATERMELON REG	42.5	174.3	4.7	4.7	0.0	14.0	42.5	34.0	0.0	24.2	0.4
WATERMELON LG	71	291.1	7.8	7.8	0.0	23.4	71.0	56.8	0.0	40.5	0.7
MANGO REG	42.5	187.0	4.3	4.3	0.0	0.0	43.4	36.6	0.4	25.1	0.4
MANGO LG	71	312.4	7.1	7.1	0.0	0.0	72.4	61.2	0.7	41.9	0.7
FRUIT TEA											
PASSION FRUIT REG	61	152.5	0.0	0.0	0.0	0.0	40.7	38.6	0.0	20.3	0.0
PASSION FRUIT LG	122	305.0	0.0	0.0	0.0	0.0	81.3	77.3	0.0	40.7	0.0
PEACH REG	61	146.4	0.0	0.0	0.0	0.0	0.0	39.0	0.0	36.6	0.0
PEACH LG	122	292.8	0.0	0.0	0.0	0.0	0.0	78.1	0.0	73.2	0.0
STRAWBERRY REG	61	170.8	0.0	0.0	0.0	0.0	0.0	43.9	0.0	41.5	0.0
STRAWBERRY LG	122	341.6	0.0	0.0	0.0	0.0	0.0	87.8	0.0	83.0	0.0
MANGO REG	61	162.7	0.0	0.0	0.0	0.0	34.6	40.7	0.0	24.4	0.0
MANGO LG	122	325.3	0.0	0.0	0.0	0.0	69.1	81.3	0.0	48.8	0.0
LYCHEE REG	61	160.6	0.0	0.0	0.0	0.0	20.3	40.7	0.0	40.7	0.0
LYCHEE LG	122	321.3	0.0	0.0	0.0	0.0	40.7	81.3	0.0	81.3	0.0
GUAVA REG	61	158.6	0.0	0.0	0.0	0.0	54.9	40.7	0.0	36.6	0.0
GUAVA LG	122	317.2	0.0	0.0	0.0	0.0	109.8	81.3	0.0	73.2	0.0
ADD INS											
TAPIOCA PEARLS											
ORIGINAL	55	36.7	0.0	0.0	0.0	0.0	0.0	9.2	0.0	5.5	0.0
BROWN SUGAR	55	36.7	0.0	0.0	0.0	0.0	0.0	9.2	0.0	5.5	0.0
POP BOBA											
STRAWBERRY	55	71.5	0.6	0.0	0.0	0.0	22.0	17.6	2.8	14.3	0.0
MANGO	55	71.5	0.0	0.0	0.0	0.0	14.9	18.2	2.8	16.0	0.0
LYCHEE	55	71.5	0.6	0.0	0.0	0.0	22.0	17.6	2.8	14.3	0.0
PASSION FRUIT	55	71.5	0.6	0.0	0.0	0.0	22.0	17.6	2.8	14.3	0.0
FRUIT JELLY											
MANGO	55	59.4	0.0	0.0	0.0	0.0	6.6	15.4	0.0	14.3	0.0
LYCHEE	55	58.7	0.0	0.0	0.0	0.0	1.8	14.7	0.0	14.7	0.0