

JOE'S FOOD IS MADE FRESH-TO-ORDER, EVERY ORDER... USING THE BEST INGREDIENTS POSSIBLE. THE NUTRITIONAL VALUES GIVEN ARE AVERAGES BASED ON OUR PORTION GUIDELINES. NO MSG, NO TRANS FATS, and NO PRESERVATIVES are ADDED to ANY of OUR ITEMS.

POKE BOWLS

		SERVING	CALORIES	total FAT (g)	sat. FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	WHEAT/GLUTEN	SOY	DAIRY	EGGS	SESAME	SHELLFISH	FISH	PEANUT	TREE NUTS*	VEGETARIAN	VEGAN				
PROTEIN	SALMON	one order	145	14	4	62	0	0	0	18							•								
	AHI TUNA	one order	130	5	0	43	0	0	0	22							•								
	SHRIMP	one order	110	0	0	152	0	0	0	35						•	•								
BASE	BROWN RICE	9 oz.	290	2	0	0	60	5	0	6											•	•			
	WHITE RICE	9 oz.	330	1	0	0	73	<1	0	6												•	•		
	CHOPPED GREENS	2 oz.	16	0	0	53	3	1	1	1												•	•		
PAIRINGS	CUCUMBER	1.75 oz.	10	0	0	1	2	<1	0	<1													•	•	
	EDAMAME	1.75 oz.	70	2	0	4	6	2	0	6													•	•	
	SWEET ONIONS	1.75 oz.	20	0	0	0	0	0	0	0													•	•	
	MANGO	1.75 oz.	20	0	0	0	6	1	5	0													•	•	
	PINEAPPLE	1.75 oz.	25	0	0	2	3	<1	3	0													•	•	
	AVOCADO	1/4 fruit	75	8	1	5	3	3	0	1													•	•	
DRESSING	TRADITIONAL HAWAIIAN	1.50 oz.	120	11	1	600	2	<1	2	1	•	•			•								•	•	
	SPICY AIOLI	1.50 oz.	185	10	1	46	12	<1	10	<1				•	•								•	•	
	NIKKO	1.50 oz.	180	18	2	540	10	0	10	0													•	•	
TOPPINGS	CRISPY ONIONS	1 T.	70	4	2	60	3	0	0	0														•	•
	MACADAMIA NUTS	1 T.	100	11	2	40	2	<1	1	1									•					•	•
	WONTON STRIPS	.25 oz.	20	2	0	43	4	0	0	0														•	•
	JALAPENOS	.25 oz.	10	0	0	0	0	0	0	0														•	•
	SESAME SEEDS	1 tsp	20	2	0	1	0	0	0	1					•									•	•
	CHILI PEPPER FLAKES	1 tsp	5	0	0	0	1	0	0	0														•	•
	SUSHI GINGER	1 T.	10	0	0	104	2	0	0	0														•	•
	GREEN ONIONS	1 T.	5	0	0	2.5	1	<1	0	<1														•	•