2025-2026 Edition

BONITO POKE

Nutritional Facts

Cali Poke Tuna Nutrition Facts

Amount Per Serving with Rice
Calories 747 kcal

% Daily Value*
Total Fat **36.8 g** **47%**
Saturated Fat **3.7 g** **18%**
Trans Fat 0 g
Cholesterol **84 mg** **28%**
Sodium **1,416 mg** **62%**
Total Carbohydrate **34.7 g** **13%**
Dietary Fiber **0.7 g** **2%**
Total Sugars ~**3 g**
Protein **52 g**

Percent Daily Values are based on a 2,000-calorie diet.
Allergens: Fish (yellowfin tuna, tobiko), shellfish substitute (surimi/pollock), soy (tamari), sesame (oil & seeds), seaweed (nori), egg (wasabi mayo).

Amount Per Serving Salad no dressing
Calories 410 kcal

% Daily Value*
Total Fat **13.6 g** **17%**
Saturated Fat **2.0 g** **10%**
Trans Fat **0 g**

Cholesterol **84 mg** **28%**

Sodium **1,090 mg** **47%**

Total Carbohydrate **7.5 g** **3%**
Dietary Fiber **2.2 g** **8%**
Total Sugars ~**2 g**

Protein **52 g**

Percent Daily Values are based on a 2,000-calorie diet.
Allergens: Fish (yellowfin tuna, tobiko), shellfish substitute (surimi/pollock), soy (tamari — check dressing brand), sesame (oil & seeds), seaweed (nori).

Amount Per Serving Salad and Dressing
Calories 665 kcal

% Daily Value*
Total Fat **36.6 g** **47%**
Saturated Fat **3.7 g** **18%**
Trans Fat **0 g**

Cholesterol **84 mg** **28%**

Sodium **1,431 mg** **62%**

Total Carbohydrate **16.2 g** **6%**
Dietary Fiber **2.7 g** **10%**
Total Sugars ~**3 g**

Protein **52 g**

Percent Daily Values are based on a 2,000-calorie diet.
Allergens: Fish (tuna, tobiko), shellfish substitute (pollock crab salad), soy (tamari), sesame, seaweed (nori).

Amount Per Serving w/ Rice, Salad and Dressing
Calories 767 kcal

% Daily Value*
Total Fat 36.8 g **47%**
Saturated Fat 3.7 g **18%**
Trans Fat 0 g
Cholesterol 84 mg **28%**
Sodium 1,431 mg **62%**
Total Carbohydrate 38.7 g **14%**
Dietary Fiber 2.7 g **10%**
Total Sugars ~3 g
Protein 54 g

Percent Daily Values are based on a 2,000-calorie diet.

Allergens: Fish (yellowfin tuna, tobiko), shellfish substitute (surimi/pollock), soy (tamari — check dressing brand), sesame (oil & seeds), seaweed (nori).

Cali Poke Salmon Nutrition Facts

Amount Per Serving with Rice
Calories 658 kcal

% Daily Value*
Total Fat 28.4 g **36%**
Saturated Fat 5.9 g **30%**
Trans Fat 0 g
Cholesterol 145 mg **48%**
Sodium 1,144 mg **50%**
Total Carbohydrate 31.7 g **12%**
Dietary Fiber 0.7 g **2%**
Total Sugars ~1 g
Protein 57.5 g

Percent Daily Values are based on a 2,000-calorie diet.
Allergens: Fish (Atlantic salmon, tobiko), shellfish substitute (surimi/pollock), soy (tamari), sesame (oil & seeds), seaweed (nori).
(Includes 2 tsp gluten-free tamari, 1 tsp sesame oil, ½ tsp sesame seeds, ½ tsp nori furikake.)

Amount Per Serving Salad no dressing
Calories 568 kcal

% Daily Value*
Total Fat 28.4 g **36%**
Saturated Fat 5.9 g **30%**
Trans Fat 0 g
Cholesterol 145 mg **48%**
Sodium 1,159 mg **50%**
Total Carbohydrate 11.7 g **4%**
Dietary Fiber 2.2 g **8%**
Total Sugars ~1 g
Protein 57.5 g

Percent Daily Values are based on a 2,000-calorie diet.
Allergens: Fish (Atlantic salmon, tobiko), shellfish substitute (surimi/pollock), soy (tamari), sesame (oil & seeds), seaweed (nori).

Amount Per Serving Salad and Dressing
Calories 868 kcal

% Daily Value*
Total Fat 61.4 g **79%**
Saturated Fat 8.9 g **44%**
Trans Fat 0 g
Cholesterol 145 mg **48%**
Sodium 1,459 mg **63%**
Total Carbohydrate 14.7 g **5%**
Dietary Fiber 2.2 g **8%**
Total Sugars ~3 g
Protein 57.5 g

Percent Daily Values are based on a 2,000-calorie diet.
Allergens: Fish (Atlantic salmon, tobiko), shellfish substitute (surimi/pollock), soy (tamari — check dressing ingredients), sesame (oil, seeds, possibly in dressing), seaweed (nori).

Amount Per Serving w/ Rice, Salad and Dressing
Calories 978 kcal

% Daily Value*
Total Fat 61.6 g **79%**
Saturated Fat 8.9 g **44%**
Trans Fat 0 g
Cholesterol 145 mg **48%**
Sodium 1,459 mg **63%**
Total Carbohydrate 38.7 g **14%**
Dietary Fiber 2.7 g **10%**
Total Sugars ~3 g
Protein 59.5 g

Percent Daily Values are based on a 2,000-calorie diet.
Allergens: Fish (Atlantic salmon, tobiko), shellfish substitute (surimi/pollock), soy (tamari — check dressing ingredients), sesame (oil, seeds, possibly in dressing), seaweed (nori).

Mexi-Cali Poke Tuna Nutrition Facts

Amount Per Serving with Rice
Calories 531 kcal

% Daily Value*
Total Fat 8.6 g **11%**
Saturated Fat 1.5 g **8%**
Trans Fat 0 g

Cholesterol 160 mg **53%**

Sodium 1,296 mg **56%**

Total Carbohydrate 32 g **12%**
Dietary Fiber 0.5 g **2%**
Total Sugars ~2 g

Protein 61 g

Percent Daily Values are based on a 2,000-calorie diet.
Allergens: Fish (tuna, tobiko), shellfish substitute (surimi/pollock), soy (tamari), sesame (oil & seeds), seaweed (nori).

Amount Per Serving with Salad
Calories 444 kcal

% Daily Value*
Total Fat 8.8 g **11%**
Saturated Fat 1.6 g **8%**
Trans Fat 0 g

Cholesterol 160 mg **53%**

Sodium 1,345 mg **59%**

Total Carbohydrate 12 g **4%**
Dietary Fiber 2.2 g **8%**
Total Sugars ~2 g

Protein 61 g

Percent Daily Values are based on a 2,000-calorie diet.
Allergens: Fish (tuna, tobiko), shellfish substitute (surimi/pollock), soy (tamari), sesame (oil & seeds), seaweed (nori).

Amount Per Serving w/ Salad & Dressing
Calories 744 kcal

% Daily Value*
Total Fat 41.8 g **54%**
Saturated Fat 6.1 g **30%**
Trans Fat 0 g

Cholesterol 160 mg **53%**

Sodium 1,645 mg **72%**

Total Carbohydrate 16 g **6%**
Dietary Fiber 2.2 g **8%**
Total Sugars ~3 g

Protein 61 g

Percent Daily Values are based on a 2,000-calorie diet.
Allergens: Fish (tuna, tobiko), shellfish substitute (surimi/pollock), soy (tamari dressing), sesame (oil, seeds, possibly in dressing), seaweed (nori).

Amount Per Serving w/ Salad, Rice & Dressing
Calories 855 kcal

% Daily Value*
Total Fat 42.0 g **54%**
Saturated Fat 6.1 g **30%**
Trans Fat 0 g

Cholesterol 160 mg **53%**

Sodium 1,646 mg **72%**

Total Carbohydrate 39 g **14%**
Dietary Fiber 2.5 g **9%**
Total Sugars ~3 g

Protein 63 g

Percent Daily Values are based on a 2,000-calorie diet.
Allergens: Fish (tuna, tobiko), shellfish substitute (surimi/pollock), soy (tamari dressing), sesame (oil, seeds, dressing), seaweed (nori).

Mexi-Cali Poke Salmon Nutrition Facts

Amount Per Serving with Rice
Calories 625 kcal

Total Fat 24.2 g **31%**
Saturated Fat 4.1 g **21%**
Trans Fat 0 g

Cholesterol 130 mg **43%**

Sodium 1,314 mg **57%**

Total Carbohydrate 32 g **12%**
Dietary Fiber 0.5 g **2%**
Total Sugars ~2 g

Protein 53 g

Allergens: Fish (salmon, tobiko), shellfish substitute (surimi/pollock), soy (tamari), sesame, seaweed (nori).

Amount Per Serving with Salad
Calories 538 kcal

Total Fat 24.5 g **32%**
Saturated Fat 4.2 g **21%**
Trans Fat 0 g

Cholesterol 130 mg **43%**

Sodium 1,365 mg **59%**

Total Carbohydrate 12 g **4%**
Dietary Fiber 2.2 g **8%**
Total Sugars ~2 g

Protein 53 g

Allergens: Fish (salmon, tobiko), shellfish substitute (surimi/pollock), soy (tamari), sesame, seaweed (nori).

Amount Per Serving Salad with Dressing
Calories 838 kcal

Total Fat 57.5 g **74%**
Saturated Fat 8.0 g **40%**
Trans Fat 0 g

Cholesterol 130 mg **43%**

Sodium 1,665 mg **72%**

Total Carbohydrate 16 g **6%**
Dietary Fiber 2.2 g **8%**
Total Sugars ~3 g

Protein 53 g

Allergens: Fish (salmon, tobiko), shellfish substitute (surimi/pollock), soy (tamari), sesame, seaweed (nori).

Amount Per Serving w/ Rice , Salad & Dressing
Calories 950 kcal

Total Fat 58 g **75%**
Saturated Fat 8.0 g **40%**
Trans Fat 0 g

Cholesterol 130 mg **43%**

Sodium 1,666 mg **73%**

Total Carbohydrate 39 g **14%**
Dietary Fiber 2.5 g **9%**
Total Sugars ~3 g

Protein 55 g

Allergens: Fish (salmon, tobiko), shellfish substitute (surimi/pollock), soy (tamari), sesame, seaweed (nori).

Traditional Poke Tuna Nutrition Facts

Per Serving with rice

Calories 467

% Daily Value*
Total Fat 7.7 g **10%**
Saturated Fat 1.4 g **7%**
Trans Fat 0 g

Cholesterol 102 mg **34%**

Sodium 810 mg **35%**

Total Carbohydrate 27 g **10%**
Dietary Fiber 1 g **3%**
Total Sugars ~1 g

Protein 56 g

Percent Daily Values are based on a 2,000-calorie diet.

Allergens: Fish (tuna), soy (tamari), sesame (oil & seeds), seaweed (nori).

Amount Per Serving with Salad

Calories 385

% Daily Value*
Total Fat 7.9 g **10%**
Saturated Fat 1.4 g **7%**
Trans Fat 0 g

Cholesterol 102 mg **34%**

Sodium 850 mg **37%**

Total Carbohydrate 6 g **2%**
Dietary Fiber 2 g **9%**
Total Sugars ~2 g

Protein 56 g

Percent Daily Values are based on a 2,000-calorie diet.

Allergens: Fish (tuna), soy (tamari), sesame (oil & seeds), seaweed (nori).

Amount Per Serving with Salad & Dressing

Calories 625

% Daily Value*
Total Fat 31.9 g **41%**
Saturated Fat 4.4 g **22%**
Trans Fat 0 g

Cholesterol 102 mg **34%**

Sodium 1,150 mg **50%**

Total Carbohydrate 9 g **3%**
Dietary Fiber 3 g **11%**
Total Sugars ~5 g

Protein 56 g

Percent Daily Values are based on a 2,000-calorie diet.

Allergens: Fish (tuna), soy (tamari and possibly in dressing), sesame (oil, seeds, dressing), seaweed (nori).

Amount Per Serving w/Rice, Salad & Dressing

Calories 735

% Daily Value*
Total Fat 32.1 g **41%**
Saturated Fat 4.5 g **22%**
Trans Fat 0 g

Cholesterol 102 mg **34%**

Sodium 1,150 mg **50%**

Total Carbohydrate 34 g **12%**
Dietary Fiber 3 g **11%**
Total Sugars ~5 g

Protein 58 g

Percent Daily Values are based on a 2,000-calorie diet.

Allergens: Fish (tuna), soy (tamari and possibly in dressing), sesame (oil, seeds, dressing), seaweed (nori).

Traditional Poke Salmon Nutrition Facts

Per Serving with rice
Calories 680

% Daily Value*
Total Fat 36 g **55%**
Saturated Fat 7.6 g **38%**
Trans Fat 0 g

Cholesterol 125 mg **42%**

Sodium 907 mg **39%**

Total Carbohydrate 34 g **11%**
Dietary Fiber 0.8 g **3%**
Total Sugars ~2 g

Protein 45 g

Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Allergens: Fish (Atlantic salmon), soy (tamari), sesame (oil & seeds), seaweed (nori). Tamari used is labeled gluten-free.

Amount Per Serving with Salad no dressing
Calories 455

% Daily Value*
Total Fat 27 g **35%**
Saturated Fat 5 g **25%**
Trans Fat 0 g

Cholesterol 110 mg **37%**

Sodium 700 mg **30%**

Total Carbohydrate 3 g **1%**
Dietary Fiber 1 g **4%**
Total Sugars ~1 g

Protein 45 g

Allergens: Fish (salmon), soy (tamari), sesame, sugar, cooked white rice, nori furikake, ginger, jalapeños, onions, nori.

Amount Per Serving with salad and dressing
Calories 695

% Daily Value*
Total Fat 51 g **65%**
Saturated Fat 7 g **35%**
Trans Fat 0 g

Cholesterol 110 mg **37%**

Sodium 1,000 mg **43%**

Total Carbohydrate 6 g **2%**
Dietary Fiber 1 g **4%**
Total Sugars ~2 g

Protein 45 g

Allergens: Fish (salmon), soy (tamari), sesame, sugar, cooked white rice, nori furikake, ginger, jalapeños, onions, nori.

Amount Per Serving w/Rice, Salad & Salad
Calories 800

% Daily Value*
Total Fat 53 g **68%**
Saturated Fat 8.5 g **43%**
Trans Fat 0 g

Cholesterol 110 mg **37%**

Sodium 1,100 mg **48%**

Total Carbohydrate 31 g **11%**
Dietary Fiber 2.5 g **9%**
Total Sugars ~3 g

Protein 48 g

Percent Daily Values are based on a 2,000-calorie diet.

Allergens: Fish (Atlantic salmon), soy (tamari, dressing), sesame (oil, seeds, dressing), seaweed (nori).

Bonito Poke Tuna Nutrition Facts

Amount Per Serving with Rice
Calories 747

% Daily Value*
Total Fat **36.8 g** **47%**
Saturated Fat **4.7 g** **24%**
Trans Fat 0 g
Cholesterol **84 mg** **28%**
Sodium **1,356 mg** **59%**
Total Carbohydrate **36.7 g** **13%**
Dietary Fiber **0.7 g** **2%**
Total Sugars ~2 g
Protein **53 g**

Percent Daily Values are based on a 2,000-calorie diet.
Allergens: Fish (yellowfin tuna), soy (tamari), sesame (oil & seeds), seaweed (nori), eggs (bonito mayo).

Amount Per Serving with Salad no dressing
Calories 662

% Daily Value*
Total Fat **36.3 g** **47%**
Saturated Fat **4.6 g** **23%**
Trans Fat 0 g
Cholesterol **53 mg** **18%**
Sodium **1,086 mg** **47%**
Total Carbohydrate **13.9 g** **5%**
Dietary Fiber **4.2 g** **15%**
Total Sugars ~3 g
Protein **53 g**

Percent Daily Values are based on a 2,000-calorie diet.
Allergens: Fish (yellowfin tuna), soy (tamari), sesame (oil & seeds), seaweed (nori), eggs (bonito mayo).

Amount Per Serving Salad with dressing
Calories 817

% Daily Value*
Total Fat **67.6 g** **87%**
Saturated Fat **9.1 g** **46%**
Trans Fat 0 g
Cholesterol **53 mg** **18%**
Sodium **1,115 mg** **49%**
Total Carbohydrate **16.9 g** **6%**
Dietary Fiber **4.9 g** **18%**
Total Sugars ~4.4 g
Protein **56.1 g**

Percent Daily Values are based on a 2,000-calorie diet.
Allergens: Fish (yellowfin tuna), soy (tamari + dressing), sesame (dressing, oil & seeds), seaweed (nori), eggs (bonito mayo).

Amount Per Serving w/ Salad, Rice & Dressing
Calories 989

% Daily Value*
Total Fat **67.2 g** **86%**
Saturated Fat **9.2 g** **46%**
Trans Fat 0 g
Cholesterol **53 mg** **18%**
Sodium **1,115 mg** **49%**
Total Carbohydrate **39.4 g** **14%**
Dietary Fiber **5.2 g** **19%**
Total Sugars ~4.4 g
Protein **58.1 g**

Percent Daily Values are based on a 2,000-calorie diet.
Allergens: Fish (yellowfin tuna), soy (tamari + dressing), sesame (dressing, oil & seeds), seaweed (nori), eggs (bonito mayo).

Bonito Poke Salmon Nutrition Facts

Amount Per Serving with Rice
Calories 977

% Daily Value*
Total Fat 64.8 g **83%**
Saturated Fat **4.7 g** **24%**
Trans Fat 0 g
Cholesterol 140 mg **47%**
Sodium 1,356 mg **59%**
Total Carbohydrate 36.7 g **13%**
Dietary Fiber **0.7 g** **2%**
Total Sugars ~2 g
Protein 46 g

Percent Daily Values are based on a 2,000-calorie diet.
Allergens: Fish (Atlantic salmon), soy (tamari), sesame (oil & seeds), seaweed (nori), eggs (bonito mayo).

Amount Per Serving with Salad no dressing
Calories 892

% Daily Value*
Total Fat 64.3 g **83%**
Saturated Fat **4.6 g** **23%**
Trans Fat 0 g
Cholesterol 140 mg **47%**
Sodium 1,086 mg **47%**
Total Carbohydrate 13.9 g **5%**
Dietary Fiber **4.2 g** **15%**
Total Sugars ~3 g
Protein 46 g

Percent Daily Values are based on a 2,000-calorie diet.
Allergens: Fish (Atlantic salmon), soy (tamari), sesame (oil & seeds), seaweed (nori), eggs (bonito mayo).

Amount Per Serving Salad with dressing
Calories 1,047

% Daily Value*
Total Fat 95.6 g **123%**
Saturated Fat **9.1 g** **46%**
Trans Fat 0 g
Cholesterol 140 mg **47%**
Sodium 1,115 mg **49%**
Total Carbohydrate 16.9 g **6%**
Dietary Fiber **4.9 g** **18%**
Total Sugars ~4.4 g
Protein 49.1 g

Percent Daily Values are based on a 2,000-calorie diet.
Allergens: Fish (Atlantic salmon), soy (tamari & dressing), sesame (dressing, oil & seeds), seaweed (nori), eggs (bonito mayo).

Amount Per Serving w/ Salad, Rice & Dressing
Calories 1,219

% Daily Value*
Total Fat 95.2 g **122%**
Saturated Fat **9.2 g** **46%**
Trans Fat 0 g
Cholesterol 140 mg **47%**
Sodium 1,115 mg **49%**
Total Carbohydrate 39.4 g **14%**
Dietary Fiber **5.2 g** **19%**
Total Sugars ~4.4 g
Protein 51.1 g

Percent Daily Values are based on a 2,000-calorie diet.
Allergens: Fish (Atlantic salmon), soy (tamari & dressing), sesame (dressing, oil & seeds), seaweed (nori), eggs (bonito mayo).

Poke Nachos Tuna Nutrition Facts

Amount Per Serving corn tortilla chips
Calories 700 kcal

% Daily Value*
Total Fat **38.0 g** **49%**
Saturated Fat **5.3 g** **26%**
Trans Fat **0 g**
Cholesterol **53 mg** **18%**
Sodium **1,310 mg** **57%**
Total Carbohydrate **29.2 g** **11%**
Dietary Fiber **0.9 g** **3%**
Total Sugars **~0.2 g**
Protein **54.7 g**

Percent Daily Values are based on a 2,000-calorie diet.
Allergens: Fish (yellowfin tuna), soy (tamari), sesame (oil & seeds), eggs (mayo dressings), seaweed (nori), roe (tobiko). Chips

Amount Per Serving wonton chips
Calories 907 kcal

% Daily Value*
Total Fat **60.8 g** **78%**
Saturated Fat **8.3 g** **42%**
Trans Fat **0 g**
Cholesterol **53 mg** **18%**
Sodium **1,487 mg** **65%**
Total Carbohydrate **29.7 g** **11%**
Dietary Fiber **0.9 g** **3%**
Total Sugars **~0.2 g**
Protein **55.4 g**

Percent Daily Values are based on a 2,000-calorie diet.
Allergens: Fish, soy, sesame, eggs, seaweed, wheat (wonton chips).

Poke Nachos Salmon Nutrition Facts

Amount Per Serving tortilla chips
Calories 1,211 kcal

% Daily Value*
Total Fat **85.0 g** **109%**
Saturated Fat **13.5 g** **68%**
Trans Fat **0 g**
Cholesterol **158 mg** **53%**
Sodium **1,597 mg** **69%**
Total Carbohydrate **31.2 g** **11%**
Dietary Fiber **0.9 g** **3%**
Total Sugars **~0.2 g**
Protein **48.0 g**

Percent Daily Values are based on a 2,000-calorie diet.
Allergens: Fish, soy, sesame, eggs, seaweed

Amount Per Serving
Calories 1,218 kcal

% Daily Value*
Total Fat **85.8 g** **110%**
Saturated Fat **13.5 g** **68%**
Trans Fat **0 g**
Cholesterol **158 mg** **53%**
Sodium **1,574 mg** **69%**
Total Carbohydrate **29.7 g** **11%**
Dietary Fiber **0.9 g** **3%**
Total Sugars **~0.2 g**
Protein **48.7 g**

Percent Daily Values are based on a 2,000-calorie diet.
Allergens: Fish, soy, sesame, eggs, seaweed