

TONKOTSU

Our allergen menu below details information on our ingredients and dishes.
Unfortunately, it is not possible for us to guarantee our busy kitchens are 100% free of allergens or cross contamination.

Dishes	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide/ sulphites	Lupin	Molluscs	Share Fryers
MAINS															
Tonkotsu	wheat		X	X		X					X	X			
Chilli King Prawn Tonkotsu	wheat	X	X	X		X					X				
Tokyo	wheat		X	X		X					X				
Kakugiri	wheat		X	X		X					X				
Chilli Chicken	wheat		X	X		X					X				
Miso Mushroom	wheat					X					X				
Chilli Tofu	wheat					X					X	X			
Geki Kara	wheat		X	X		X					X	X			
Chilli Prawn	wheat	X	X	X		X					X			X	X
Teriyaki Chicken Hiyashi	wheat		X			X				X	X	X			
Mushroom Hiyashi	wheat					X				X	X	X			
Chilli Tofu Hiyashi	wheat					X					X	X			
Sweet Chilli Prawn Hiyashi	wheat	X	X			X				X	X	X			X
Chicken Katsu Curry	wheat					X			X	X		X			X
Veg Katsu Curry	wheat					X			X	X		X			X
Prawn Katsu Curry	wheat	X				X			X	X		X			X
King Prawn & Squid Salad	wheat	X				X				X	X	X		X	X
Chicken Teriyaki Rainbow Salad	wheat					X				X	X	X			
Crispy Tofu Rainbow Salad	wheat					X				X	X	X			X
King Prawn & Mizuna Salad	wheat	X				X				X	X	X			X
SIDES	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide/ sulphites	Lupin	Molluscs	Share Fryers
Prawn Gyoza	wheat	X				X					X			X	X
Pork Gyoza	wheat					X					X				X
Shiitake Gyoza	wheat					X					X				X
Eat The Bits Wings	wheat					X	X				X	X			X
ETB Cauliflower	wheat					X					X	X			X
Edamame						X									X
King Prawn Katsu	wheat	X				X			X	X					X
Chicken Kara Age	wheat/barley		X			X				X					X
Kimchi						X					X				
Cucumber & mustard seed pickles “may contain peanuts”	wheat				May contain	X				X	X				
Side Salad	wheat					X				X	X	X			
Crispy Squid	wheat		X							X				X	X
Chilli Tofu	wheat					X					X	X			
PUDDING	made in a kitchen that handles tree nuts, sulphites, milk, egg														
East Vegan	wheat/oats/barley					X		cashew							
Salted Caramel	wheat/barley		X			X	X								
Chocolate Sorbet Pot															
Matchapone Ice Cream Sando	wheat		X				X								



Important Allergen Notice: Mustard Seeds

Recent testing has found traces of peanuts in some mustard-containing products supplied by FGS Ingredients. The UK Food Standard Agency is advising people who have a peanut allergy to avoid consuming foods that contain or may contain mustard [...] because they may have been contaminated with peanuts

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OTHER SPECIALS															
ETB Chilli Oil	wheat					X					X				
ETB Chilli Oil Extra Hot	wheat					X					X				
ETB Chilli Ketchup	wheat					X					X	X			
Prawn Ramen (Selfridges London)	wheat	X	X	X		X					X				
Kara Age Burger	barley/wheat		X			X				X	X				X
Enoki Kara Age	wheat/barley		X			X					X				X
LUXURY TONKOTSU RAMEN	wheat	X	X	X		X					X				
LUXURY SEAFOOD RAMEN	wheat	X	X	X		X					X				
Halal Teriyaki Prawn Ramen	wheat	X		X		X					X				X
Halal Teriyaki Tofu Ramen	wheat			X		X					X				X
Halal Teriyaki Chicken R.	wheat			X		X					X				
Hot Smoked Duck Ramen	wheat		X	X		X					X				
Goma Green Beans	wheat					X					X	X			
Crispy Lemon Chicken Hiyashi	wheat		X			X			X	X	X	X			X
Crispy Lemon Chicken Ramen	wheat		X	X		X			X	X	X	X			X
NOODLE															
Tonkotsu Noodles	wheat														
Tokyo Noodles	wheat														
Shirataki Noodles															
Hiyashi Noodles	wheat														
STOCK AND SAUCE															
Tonkotsu Stock															
Chicken Stock															
Veggie Stock															
Curry Sauce	wheat					X			X			X			
BASE															
Salt Base				X		X									
Tokyo Base	wheat			X		X									
Miso Base	wheat					X									
Tantanmen Base	wheat					X					X				
MEAT															
Tonkotsu Meat	wheat					X									
Tokyo Meat	wheat					X									
Kakugiri Meat	wheat					X									
Chilli Chicken	wheat					X					X				
Teriyaki Chicken	wheat					X									
Pulled Chicken															
Chicken Katsu	wheat														X
KIDS BENTO															
Yummy Yasai	wheat		X			X									
Cheeky Chicken	wheat		X	X		X									X
Chicken Katsu Curry	wheat		X			X			X						X
Veggie Katsu Curry	wheat		X			X			X						X



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TOPPING AND OTHER															
Bean Shoots															
Bok Choi															
Cauliflower Katsu	wheat														X
Chilli Oil	wheat					X					X				
Aubergine Katsu	wheat														X
Chilli Prawn	wheat	X				X					X				X
Coleslaw						X					X	X			
Eggs Marinated	wheat		X			X									
Garlic Oil												X			
Kewpie Mayo	barley		X			X				X	X				
Kikurage												X			
Kimchi						X									
Leek Oil															
Mangetout															
Menma	wheat					X									
Mizuna										X					
Nori															
Ponzu Dressing	wheat					X					X	X			
Prawn Katsu	wheat	X													X
Rice															
Scotch Bonnet															
Sesame Seeds											X				
Shichimi											X				
Fried Tofu	wheat					X									X
Tantanmen Minced Soy	wheat					X									
Tonkatsu Sauce						X									
Wild Mushrooms (ramen)	wheat					X									
Wild Mushrooms (hiyashi)	wheat					X					X				
Pickled Radish	wheat														
Japanese Mayo			X							X					
Teriyaki Marinade	wheat					X									
Dark Soy Sauce	wheat					X									
Rice Vinegar	wheat														
Goma	wheat					X					X	X			
Lemon Sauce	wheat					X			X			X			



January 26 v8.5

ADDED: 'Tebasaki' Lemon Chicken Ramen

Removed: Teriyaki Pulled Pork
 Christmas Hot Smoked Duck
 Extra Christmas Duck

March 8.6

ADDED: Salads, side salad, squid , duck ramen, Chilli King Prawn Tonkotsu, Chilli Tofu

Removed: Broccoli , Egg allergen removed from goma sauce

April 8.7

ADDED: Sulphites – curry dishes, curry sauce
 Mizuna

May 8.8

ADDED: Goma Green Beans, Crispy Lemon Chicken Hiyashi , Crispy Lemon Chicken Ramen
 Lemon Sauce, matcha ice cream

August 8.9

CHANGE: Suehiro Vinegar → Rice vinegar