

Our allergen menu below details information on our ingredients and dishes.

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# TONKOTSU

Dishes	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide/ sulphites	Lupin	Molluscs	Share Fryers
<b>MAINS</b>															
Tonkotsu	wheat		X	X		X					X				
Tokyo	wheat		X	X		X					X				
Ka kugiri	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
Chicken Summer R.	wheat		X			X					X				
Mushroom Summer R.	wheat					X					X				
Chilli Tofu Summer R.	wheat					X					X	X			
Chicken Katsu Curry	wheat		X			X			X		X	X			X
Veg Katsu Curry	wheat		X			X			X		X	X			X
Prawn Katsu Curry	wheat	X	X			X			X		X	X			X
<b>SIDES</b>															
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
ETB Cauliflower	wheat					X					X				X
Broccoli	wheat		X			X				X	X				
Edamame						X									
King Prawn Katsu	wheat	X	X			X			X		X				X
Chicken Kara Age	wheat					X									X
Kimchi						X					X				
Cucumber & mustard seed pickles	wheat					X				X	X				
<b>KIDS BENTO</b>															
Yummy Yasai	wheat		X			X				X					
Cheeky Chicken	wheat		X	X		X									X
Chicken Katsu Curry	wheat		X			X			X		X	X			X
Veggie Katsu Curry	wheat		X			X			X		X	X			X
<b>PUDDING</b>	made in a kitchen that handles nuts, seeds and soya														
Malted Milk	wheat/barley/oats		X				X								
Salted Caramel	wheat/barley/oats		X			X	X								
Umemboshi Milk	wheat		X				X								
East Vegan	wheat/barley					X		cashew							
<b>SPECIAL</b>															
Seafood Gazpacho S.R.	wheat	X									X	X			X
Kara Age Burger	barley/wheat		X			X				X	X				X



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<b>SPECIALS</b>															
ETB Chilli Oil	wheat					x					x				
ETB Chilli Oil Extra Hot	wheat					x					x				
ETB Chilli Ketchup	wheat					x					x				
Prawn Ramen (Selfridges London)	wheat	x	x	x		x			x		x				
Extra Sea food Mix		x												x	x
<b>NOODLE</b>															
Tonkotsu Noodles	wheat														
Tokyo Noodles	wheat														
Rice Noodles															
<b>STOCK AND SAUCE</b>															
Tonkotsu Stock															
Chicken Stock															
Veggie Stock															
Curry Sauce	wheat					x			x			x			
<b>BASE</b>															
Salt Base				x		x									
Tokyo Base	wheat			x		x									
Miso Base	wheat					x									
Tantanmen Base	wheat					x					x				
<b>MEAT</b>															
Tonkotsu Meat	wheat					x									
Tokyo Meat	wheat					x									
Kakugiri Meat	wheat					x									
Chilli Chicken	wheat					x					x				
Sweet Chicken	wheat					x									
Pulled Chicken															
Chicken Katsu	wheat		x												x



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<b>TOPPING AND OTHER</b>															
Bean Shoots															
Bok Choi															
Cauliflower Katsu	wheat		X												X
Chilli Oil	wheat					X					X				
Chilli Prawn	wheat	X				X					X				X
Coleslaw	wheat														
Courgette Katsu	wheat		X												X
Eggs Marinated	wheat		X			X									
Garlic Oil															
Kewpie Mayo	barley		X			X				X	X				
Kikurage												X			
Kimchi						X									
Leek Oil															
Mangetout															
Menma	wheat					X									
Nori															
Ponzu Dressing	wheat					X					X				
Prawn Katsu	wheat	X	X												X
Rice															
Scotch Bonnet															
Sesame Seeds											X				
Shichimi											X				
Shiitake Katsu	wheat		X												X
Fried Tofu	wheat					X									
Tantanmen Minced Soy	wheat					X									
Wild Mushrooms (ramen)	wheat					X									
Wild Mushrooms (hiyashi)	wheat					X					X				
Pickled Radish	wheat														

