

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					
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	
Teriyaki 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	
SIDES																
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				X	
Edamame						X									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					
PUDDING	made in a kitchen that handles nuts, seeds and soya															
East Vegan	wheat/barley					X		cashew								
Salted Caramel	wheat/barley/oats		X			X	X									
SPECIAL																
Teriyaki Pulled Pork	wheat			X		X					X					
Kara Age Burger	barley/wheat		X			X				X	X					X
Vegan 'Beef Brisket' Birria Ramen	wheat, barley, oat, rye					X			X		X	X				X

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SPECIALS															
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				
Teriya ki Pulled Pork	wheat					x									
NOODLE															
Tonkotsu Noodles	wheat														
Tokyo Noodles	wheat														
Shirataki Noodles															
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				
Teriya ki Chicken	wheat					x									
Pulled Chicken															
Chicken Katsu	wheat		x												x
KIDS BENTO															
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



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TOPPING AND OTHER															
Bean Shoots															
Bok Choi															
Cauliflower Katsu	wheat		X												X
Chilli Oil	wheat					X					X				
Chilli Prawn	wheat	X				X					X				X
Coleslaw											X				
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														

