

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			
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	X
Teriyaki Chicken Summer R	wheat		X			X					X	X			
Mushroom Summer R.	wheat					X					X	X			
Chilli Tofu Summer R.	wheat					X					X	X			
Chicken Katsu Curry	wheat					X			X						X
Veg Katsu Curry	wheat					X			X						X
Prawn Katsu Curry	wheat	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
ETB Cauliflower	wheat					X					X				X
Broccoli	wheat		X			X				X	X				X
Edamame						X									X
King Prawn Katsu	wheat	X				X			X						X
Chicken Kara Age	wheat/barley		X			X				X	X				X
Kimchi						X					X				
Cucumber & mustard seed pickles	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								
SPECIAL															
Teriyaki Pulled Pork	wheat		X	X		X					X				
Kara Age Burger	barley/wheat		X			X				X	X				X
Chilli Prawn Summer Ramen	wheat	X	X			X					X	X			X
Hoisin Duck Summer Ramen	wheat		X			X					X	X			X
Asparagus with Mayo			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				
Goma	Wheat		X			X					X	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				
Teriyaki Chicken	wheat					X									
Pulled Chicken															
Chicken Katsu	wheat														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
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									
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									
Wild Mushrooms (ramen)	wheat					X									
Wild Mushrooms (hiyashi)	wheat					X					X				
Pickled Radish	wheat														
Japanese Mayo			X							X					
Teriyaki Marinade	wheat					X									

