ALLERGEN & LIFESTYLE INFORMATION

‡THE FOLLOWING MAJOR FOOD ALLERGENS ARE USED AS INGREDIENTS: MILK, EGG, FISH, CRUSTACEAN SHELLFISH, TREE NUTS, PEANUTS, WHEAT, SOY, AND SESAME. PLEASE NOTIFY OUR TEAM FOR MORE INFORMATION ABOUT THESE INGREDIENTS OR VISIT OUR INTERACTIVE ALLERGEN AND NUTRITIONAL MENUS.

WHILE WE OFFER GLUTEN-FREE ITEMS, OUR KITCHEN IS NOT GLUTEN-FREE AND CROSS CONTAMINATION CAN OCCUR.

Vg = VEGAN | V = VEGETARIAN | GF = GLUTEN-FREE | DF = DAIRY-FREE

https://tokyojoes.com/menu/

BYOB		Lifestyle	Wheat Gluten	Egg	Milk/ Dairy	Soy	Sesame	Fish	Shell-fish	Peanut	Tree Nut
BASE	BROWN RICE	Vg, V, DF, GF									
	GREENS	Vg, V, DF, GF									
	RAMEN NOODLES	V	●	●	●						
	RICE NOODLES	Vg, V, DF, GF									
	UDON NOODLES	V, DF	●	●							
	WHITE RICE	Vg, V, DF, GF									
PROTEIN	DARK CHICKEN	DF, GF									
	SALMON	DF, GF						●			
	SESAME-CRUSTED SALMON	DF, GF					●	●			
	SHRIMP	DF, GF							●		
	FLATIRON STEAK	DF, GF									
	TOFU	Vg, V, DF, GF				●					
	WHITE CHICKEN	DF, GF									
VEGGIES	ASPARAGUS	Vg, V, DF, GF									
	BROCCOLI	Vg, V, DF, GF									
	CARROT	Vg, V, DF, GF									
	EDAMAME BEANS	Vg, V, DF, GF				●					
	MUSHROOM	Vg, V, DF, GF									
	RED PEPPER	Vg, V, DF, GF									
	SNAP PEAS	Vg, V, DF, GF									
	SPINACH	Vg, V, DF, GF									
	SWEET ONION	Vg, V, DF, GF									
	WATER CHESTNUTS	Vg, V, DF, GF									
	ZUCCHINI	Vg, V, DF, GF									
TOPPINGS	AVOCADO	Vg, V, DF, GF									
	CHILI PEPPER FLAKES 🔥	Vg, V, DF, GF									
	CRISPY ONION	Vg, V, DF	●								
	FRESH JALAPEÑO 🔥	Vg, V, DF, GF									
	GREEN ONION	Vg, V, DF, GF									
	PEANUTS	Vg, V, DF, GF								●	
	PINEAPPLE	Vg, V, DF, GF									
	SCRAMBLED EGG	V, DF, GF		●							
	SESAME SEEDS	Vg, V, DF, GF					●				
	SOUS VIDE EGG	V, DF, GF		●							
	WONTON STRIPS	V, DF	●	●							
SAUCES	***NEW!*** CHILI SOY 🔥	Vg, V, DF	●			●					
	GF TERIYAKI	Vg, V, DF, GF				●					
	GREEN DRAGON 🔥	Vg, V, DF, GF									
	JOE'S BBQ	Vg, V, DF, GF									
	MISO-AKI	Vg, V, DF, GF				●	●				
	MOJOE SAUCE	Vg, V, DF	●			●					
	PEANUT SAUCE	Vg, V, DF	●			●	●			●	
	POTSTICKER SAUCE	Vg, V, DF	●			●					
	RED DRAGON 🔥🔥🔥	Vg, V, DF	●			●					
	SPICY-AKI 🔥	Vg, V, DF, GF				●	●				
	TERIYAKI	Vg, V, DF	●			●					
	YELLOW CURRY 🔥	Vg, V, DF, GF									

POKE BOWLS		Lifestyle	Wheat Gluten	Egg	Milk/ Dairy	Soy	Sesame	Fish	Shell-fish	Peanut	Tree Nut
PROTEIN	AHI TUNA	DF, GF						●			
	SALMON	DF, GF						●			
	SHRIMP	DF, GF							●		
	TOFU	Vg, V, DF, GF				●					
BASE	BROWN RICE	Vg, V, DF, GF									
	SPRING MIX	Vg, V, DF, GF									
	WHITE RICE	Vg, V, DF, GF									
INGREDIENTS	AVOCADO	Vg, V, DF, GF									
	CUCUMBER	Vg, V, DF, GF									
	EDAMAME	Vg, V, DF, GF				●					
	MANGO	Vg, V, DF, GF									
	PINEAPPLE	Vg, V, DF, GF									
	SUNOMONO	Vg, V, DF, GF									
	SWEET ONION	Vg, V, DF, GF									
DRESSINGS	MISO DRESSING	Vg, V, DF, GF				●					
	NIKKO DRESSING	Vg, V, DF, GF									
	PEANUT SOY GINGER DRESSING	Vg, V, DF	●			●	●			●	
	SOY GINGER	Vg, V, DF	●			●					
	SPICY AIOLI 🔥	V, DF, GF		●			●				
	TRADITIONAL HAWAIIAN 🔥	Vg, V, DF	●			●	●				
TOPPINGS	CHILI PEPPER FLAKES 🔥	Vg, V, DF, GF									
	CRISPY ONIONS	Vg, V, DF	●								
	GINGER	Vg, V, DF, GF									
	GREEN ONION	Vg, V, DF, GF									
	JALAPEÑO 🔥	Vg, V, DF, GF									
	MACADAMIA NUT	Vg, V, DF, GF									●
	CRAB MIX	DF, GF		●				●	●		
	SPICY TUNA 🔥	DF, GF		●			●	●			
	SRIRACHA AIOLI 🔥	V, DF, GF		●							
	UNAGI SAUCE	Vg, V, DF	●			●					
	WONTON STRIPS	Vg, V, DF	●								

SIGNATURE BOWLS, SMALL BITES, SALADS & SUSHI		Lifestyle	Wheat Gluten	Egg	Milk/ Dairy	Soy	Sesame	Fish	Shell-fish	Peanut	Tree Nut
SIGNATURE BOWLS	BBQ BAHN MI BOWL 🔥	DF, GF		●							
	CLASSIC POKE BOWL 🔥	DF	●	●		●	●	●			
	NEW! DRAGON STEAK NOODLE BOWL 🔥	DF	●	●		●	●				
	NEW! GENERAL JOE'S SOUP 🔥	DF, GF		●							
	MOJOE BOWL	DF	●	●		●					
	SESAME-CRUSTED SALMON BOWL	DF, GF				●	●	●			
	TERIYAKI CHICKEN BOWL	DF	●			●	●				
	THAI NOODLE 🔥		●	●	●	●	●		●	●	
SALADS	NIKKO SALAD	DF, GF									●
	PEANUT NOODLE SALAD	DF	●			●	●			●	
SMALL BITES	EDAMAME	Vg, V, DF, GF				●	●				
	POTSTICKERS	DF	●			●	●				
	SIDE SALAD ‡See Dressings for additional allergen info	Vg, V, DF, GF									
	SPRING ROLLS - CHICKEN	DF	●			●					
	SPRING ROLLS - SHRIMP	DF	●			●			●		
	SPRING ROLLS - TOFU	Vg, V, DF	●			●					
	SPRING ROLL SAUCE - SOY GINGER	Vg, V, DF	●			●					
	SPRING ROLL SAUCE - PEANUT SAUCE	Vg, V, DF	●			●	●			●	
	SUNOMONO SALAD	Vg, V, DF, GF					●				
SUSHI	CALI POKE ROLL	DF	●	●		●	●	●	●		
	CALIFORNIA ROLL	DF, GF		●			●	●	●		
	CRAB CHEESE CRUNCH ROLL		●	●	●		●	●	●		
	JALAPEÑO AHI ROLL 🔥🔥	DF	●	●		●	●	●	●		
	JOE'S ROLL	GF			●		●		●		
	SPICY TUNA ROLL 🔥	GF,DF		●			●	●			
	VEGGIE TOFU ROLL	Vg, V, DF, GF				●	●				

BEVERAGES, SIDES & KIDS		Lifestyle	Wheat Gluten	Egg	Milk/ Dairy	Soy	Sesame	Fish	Shell-fish	Peanut	Tree Nut
BOTTLED BEVERAGES	APPLE JUICE	Vg, V, DF, GF									
	AQUAFINA BOTTLED WATER	Vg, V, DF, GF									
	BLACK BERRY IZZE	Vg, V, DF, GF									
	BUBLY GRAPEFRUIT	Vg, V, DF, GF									
	BUBLY LIME	Vg, V, DF, GF									
	CHOCOLATE MILK	V, GF			●						
	CLEMENTINE IZZE	Vg, V, DF, GF									
	DIET PEPSI	Vg, V, DF, GF									
	MILK	V, GF			●						
	MOUNTAIN DEW	Vg, V, DF, GF									
	PEPSI	Vg, V, DF, GF									
ICED TEA & FOUNTAIN DRINKS	CHERRY PEPSI	Vg, V, DF, GF									
	DIET DR PEPPER	Vg, V, DF, GF									
	DIET PEPSI	Vg, V, DF, GF									
	DR PEPPER	Vg, V, DF, GF									
	ICED BLACK TEA	Vg, V, DF, GF									
	ICED BLACKBERRY JASMINE GREEN TEA	Vg, V, DF, GF									
	ICED PEACH HIBISCUS TEA	Vg, V, DF, GF									
	LEMONADE	Vg, V, DF, GF									
	LEMON LIME GATORADE	Vg, V, DF, GF									
	MOUNTAIN DEW	Vg, V, DF, GF									
	PEPSI	Vg, V, DF, GF									
	ROOT BEER	Vg, V, DF, GF									
	STARRY	Vg, V, DF, GF									
KIDS	CHICKEN TERIYAKI BOWL ‡See BYOB, Treats & Drinks for allergen info										
	KID'S BENTO BOX ‡See BYOB, Treats & Drinks for allergen info										
	KID'S BOWL ‡See BYOB, Treats & Drinks for allergen info										
	MAC N' CHEESE ‡See Treats & Drinks for additional allergen info	V	●		●						
TREATS	***CO*** SOFT BAKED CHOC CHIP COOKIE	V	●		●	●					
	CO CHOCOLATE CHUNK MANIFESTO COOKIE	V	●	●	●	●					
	AZ CHOCOLATE CHIP COOKIE	V	●	●	●	●				●	●
	AZ SUGAR COOKIE	V	●	●	●	●				●	●
	CHEWY MARSHBALLOW BAR	V, GF			●						
	FUDGY CHOCOLATE BROWNIE	V, GF		●	●	●					
	MANDARIN ORANGES	Vg, V, DF, GF									
	PINEAPPLE	Vg, V, DF, GF									
SIDES	AVOCADO	Vg, V, DF, GF									
	GF SOY	DF, GF							●		
	GINGER	Vg, V, DF, GF									
	SOY	Vg, V, DF	●			●					
	SRIRACHA 🔥	Vg, V, DF, GF									
	WASABI 🔥🔥	Vg, V, DF, GF									