



# 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.

V = VEGAN | VEG = 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	V, VEG, DF, GF									
	GREENS	V, VEG, DF, GF									
	RAMEN NOODLES	VEG	•	•	•						
	RICE NOODLES	V, VEG, DF, GF									
	SWEET POTATO	V, VEG, DF, GF									
	UDON NOODLES	VEG, DF	•	•							
	WHITE RICE	V, VEG, DF, GF									
PROTEIN	DARK CHICKEN	DF, GF									
	SALMON	DF, GF						•			
	SHRIMP	DF, GF							•		
	STEAK	DF, GF									
	TOFU	V, VEG, DF, GF				•					
	WHITE CHICKEN	DF, GF									
VEGIES	ASPARAGUS	V, VEG, DF, GF									
	BROCCOLI	V, VEG, DF, GF									
	CARROT	V, VEG, DF, GF									
	EDAMAME BEANS	V, VEG, DF, GF				•					
	MUSHROOM	V, VEG, DF, GF									
	RED PEPPER	V, VEG, DF, GF									
	SNAP PEAS	V, VEG, DF, GF									
	SPINACH	V, VEG, DF, GF									
	SWEET ONION	V, VEG, DF, GF									
	SWEET POTATO	V, VEG, DF, GF									
	WATER CHESTNUTS	V, VEG, DF, GF									
	ZUCCHINI	V, VEG, DF, GF									
TOPPINGS	AVOCADO	V, VEG, DF, GF									
	CHILI PEPPER FLAKES	V, VEG, DF, GF									
	CRISPY ONION	V, VEG, DF	•								
	FRESH JALAPEÑO	V, VEG, DF, GF									
	GREEN ONION	V, VEG, DF, GF									
	PEANUTS	V, VEG, DF, GF								•	
	PINEAPPLE	V, VEG, DF, GF									
	SCRAMBLED EGG	VEG, DF, GF		•							
	SESAME SEEDS	V, VEG, DF, GF					•				
	SOUS VIDE EGG	VEG, DF, GF		•							
	WONTON STRIPS	V, VEG, DF	•								
SAUCES	GF TERIYAKI	V, VEG, DF, GF				•					
	GREEN DRAGON	V, VEG, DF, GF									
	JOE'S BBQ	V, VEG, DF, GF									
	MOJOE SAUCE	V, VEG, DF	•			•					
	PEANUT SAUCE	V, VEG, DF	•			•	•			•	•
	RED DRAGON	V, VEG, DF	•			•					
	SPICY-AKI	V, VEG, DF, GF				•	•				
	STEVI-YAKI	V, VEG, DF	•			•					
	TERIYAKI	V, VEG, DF	•			•					
	YAKITORI	V, VEG, DF	•			•	•			•	•
	YELLOW CURRY	V, VEG, 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	V, VEG, DF, GF				•					
BASE	BROWN RICE	V, VEG, DF, GF									
	SPRING MIX	V, VEG, DF, GF									
	WHITE RICE	V, VEG, DF, GF									
INGREDIENTS	AVOCADO	V, VEG, DF, GF									
	CUCUMBER	V, VEG, DF, GF									
	EDAMAME	V, VEG, DF, GF				•					
	MANGO	V, VEG, DF, GF									
	PINEAPPLE	V, VEG, DF, GF									
	SUNOMONO	V, VEG, DF, GF									
	SWEET ONION	V, VEG, DF, GF									
DRESSINGS	MISO DRESSING	V, VEG, DF, GF				•					
	NIKKO DRESSING	V, VEG, DF, GF									
	PEANUT SOY GINGER DRESSING	V, VEG, DF	•			•	•			•	•
	SOY GINGER	V, VEG, DF	•			•					
	SPICY AIOLI	VEG, DF, GF		•			•				
	TRADITIONAL HAWAIIAN	V, VEG, DF	•			•	•				
TOPPINGS	CHILI PEPPER FLAKES	V, VEG, DF, GF									
	CRISPY ONIONS	V, VEG, DF	•								
	GINGER	V, VEG, DF, GF									
	GREEN ONION	V, VEG, DF, GF									
	JALAPEÑO	V, VEG, DF, GF									
	MACADAMIA NUT	V, VEG, DF, GF									•
	CRAB MIX	DF, GF		•				•	•		
	SPICY TUNA	DF, GF		•			•	•			
	SRIRACHA AIOLI	VEG, DF, GF		•							
	UNAGI SAUCE	V, VEG, DF				•					
	WONTON STRIPS	V, VEG, DF	•								
	SIGNATURE BOWLS, SMALL BITES, SALADS & SUSHI		Lifestyle	Wheat Gluten	Egg	Milk/Dairy	Soy	Sesame	Fish	Shell-fish	Peanut
SIGNATURE BOWLS	BBQ BAHN MI BOWL	DF, GF		•							
	CLASSIC POKE BOWL	DF	•	•		•	•	•			
	MOJOE BOWL	DF	•	•		•					
	PEPPERCORN STEAKHOUSE		•		•	•					
	POTSTICKER SOUP	DF	•		•	•	•				
	TERIYAKI CHICKEN BOWL	DF	•			•	•				
	THAI NOODLE		•	•	•	•	•		•	•	•
SALADS	NIKKO SALAD	DF, GF									•
	PEANUT NOODLE SALAD	DF	•			•	•			•	•
SMALL BITES	EDAMAME	V, VEG, DF, GF				•					
	POTSTICKERS	DF	•			•	•				
	SIDE SALAD	V, VEG, DF, GF									
	‡See Dressings for additional allergen info										
	SPRING ROLLS - CHICKEN	DF	•			•					
	SPRING ROLLS - SHRIMP	DF	•			•			•		
	SPRING ROLLS - TOFU	V, VEG, DF	•			•					
	SPRING ROLL SAUCE - SOY GINGER	V, VEG, DF	•			•					
	SPRING ROLL SAUCE - PEANUT SAUCE	V, VEG, DF	•			•	•			•	•
SUNOMONO SALAD	V, VEG, 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	V, VEG, DF, GF				•	•				

BEVERAGES, SIDES & KIDS		Lifestyle	Wheat Gluten	Egg	Milk/ Dairy	Soy	Sesame	Fish	Shell-fish	Peanut	Tree Nut
BOTTLED BEVERAGES	APPLE JUICE	V, VEG, DF, GF									
	AQUAFINA BOTTLED WATER	V, VEG, DF, GF									
	BAI BLUEBERRY	V, VEG, DF, GF									
	BAI COCONUT	V, VEG, DF, GF									•
	BLACK BERRY IZZE	V, VEG, DF, GF									
	BUBLY GRAPEFRUIT	V, VEG, DF, GF									
	BUBLY LIME	V, VEG, DF, GF									
	CHOCOLATE MILK	VEG, GF			•						
	CLEMENTINE IZZE	V, VEG, DF, GF									
	DIET PEPSI	V, VEG, DF, GF									
	GREEN ICED TEA CAN	V, VEG, DF, GF									
	MILK	VEG, GF			•						
	MOUNTAIN DEW	V, VEG, DF, GF									
	PEPSI	V, VEG, DF, GF									
ICED TEA & FOUNTAIN DRINKS	CHERRY PEPSI	V, VEG, DF, GF									
	DIET DR PEPPER	V, VEG, DF, GF									
	DIET PEPSI	V, VEG, DF, GF									
	DR PEPPER	V, VEG, DF, GF									
	ICED BLACK TEA	V, VEG, DF, GF									
	ICED GREEN TEA	V, VEG, DF, GF									
	ICED HIBISCUS TEA	V, VEG, DF, GF									
	LEMONADE	V, VEG, DF, GF									
	LEMON LIME GATORADE	V, VEG, DF, GF									
	MOUNTAIN DEW	V, VEG, DF, GF									
	PEPSI	V, VEG, DF, GF									
	ROOT BEER	V, VEG, DF, GF									
	STARRY	V, VEG, DF, GF									
	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										
VEG		•		•							
TREATS	COOKIE - CHOCOLATE CHIP	VEG	•	•	•	•				•	•
	COOKIE - SUGAR	VEG	•	•	•	•				•	•
	COOKIE - WHITE CHOCOLATE CHIP	VEG	•	•	•	•				•	•
	MACADAMIA NUT										
	SIDE MANDARIN ORANGES	V, VEG, DF, GF									
SIDE PINEAPPLE	V, VEG, DF, GF										
SIDES	SIDE AVOCADO	V, VEG, DF, GF									
	SIDE CHILI	V, VEG, DF, GF									
	SIDE GF SOY	DF, GF							•		
	SIDE GINGER	V, VEG, DF, GF									
	SIDE SOY	V, VEG, DF	•			•					
	SIDE SRIRACHA	V, VEG, DF, GF									
	SIDE WASABI	V, VEG, DF, GF									