



## 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 |              |     |            |     |        |      |            |        |          |
|          | UDON NOODLES                | VEG, DF        | •            | •   |            |     |        |      |            |        |          |
|          | WHITE RICE                  | V, VEG, DF, GF |              |     |            |     |        |      |            |        |          |
| PROTEIN  | DARK CHICKEN                | DF, GF         |              |     |            |     |        |      |            |        |          |
|          | SALMON                      | DF, GF         |              |     |            |     |        | •    |            |        |          |
|          | SESAME-CRUSTED SALMON       | DF, GF         |              |     |            |     | •      | •    |            |        |          |
|          | SHRIMP                      | DF, GF         |              |     |            |     |        |      | •          |        |          |
|          | FLATIRON STEAK              | DF, GF         |              |     |            |     |        |      |            |        |          |
|          | TOFU                        | V, VEG, DF, GF |              |     |            | •   |        |      |            |        |          |
|          | WHITE CHICKEN               | DF, GF         |              |     |            |     |        |      |            |        |          |
| VEGABLES | ASPARAGUS                   | V, VEG, DF, GF |              |     |            |     |        |      |            |        |          |
|          | <b>NEW!</b> BOK CHOY        | 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 |              |     |            |     |        |      |            |        |          |
|          | 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 |              |     |            |     |        |      |            |        |          |
|          | <b>NEW!</b> HARD BOILED EGG | 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               | VEG, DF        | •            | •   |            |     |        |      |            |        |          |
| SAUCES   | GF TERIYAKI                 | V, VEG, DF, GF |              |     |            | •   |        |      |            |        |          |
|          | GREEN DRAGON                | V, VEG, DF, GF |              |     |            |     |        |      |            |        |          |
|          | JOE'S BBQ                   | V, VEG, DF, GF |              |     |            |     |        |      |            |        |          |
|          | MISO-AKI                    | 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<br>Gluten | Egg | Milk/<br>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,<br>SALADS & SUSHI |                                             | Lifestyle      | Wheat<br>Gluten | Egg | Milk/<br>Dairy | Soy | Sesame | Fish | Shell-fish | Peanut | Tree Nut |
| SIGNATURE BOWLS                                 | BBQ BAHN MI BOWL                            | DF, GF         |                 | •   |                |     |        |      |            |        |          |
|                                                 | CLASSIC POKE BOWL                           | DF             | •               | •   |                | •   | •      | •    |            |        |          |
|                                                 | MOJOE BOWL                                  | DF             | •               | •   |                | •   |        |      |            |        |          |
|                                                 | SESAME-CRUSTED SALMON BOWL                  | DF, GF         |                 |     |                | •   | •      | •    |            |        |          |
|                                                 | <b>NEW!</b> TANTAN RAMEN                    |                | •               | •   | •              | •   | •      |      |            |        |          |
|                                                 | TERIYAKI CHICKEN BOWL                       | DF             | •               |     |                | •   | •      |      |            |        |          |
|                                                 | THAI NOODLE                                 |                | •               | •   | •              | •   | •      |      | •          | •      |          |
| SALADS                                          | NIKKO SALAD                                 | DF, GF         |                 |     |                |     |        |      |            |        | •        |
|                                                 | PEANUT NOODLE SALAD                         | DF             | •               |     |                | •   | •      |      |            | •      |          |
| SMALL BITES                                     | <b>NEW!</b> ASIAN CHICKEN & RICE SOUP       |                | •               | •   | •              | •   | •      |      |            |        |          |
|                                                 | EDAMAME                                     | V, VEG, DF, GF |                 |     |                | •   | •      |      |            |        |          |
|                                                 | MANGO ONIGIRI                               | 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<br>Gluten | Egg | Milk/<br>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 |                 |     |                |     |        |      |            |        |          |
|                            | 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 BLACKBERRY JASMINE GREEN TEA                 | V, VEG, DF, GF |                 |     |                |     |        |      |            |        |          |
|                            | ICED PEACH 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 |                 |     |                |     |        |      |            |        |          |
|                            |                                                   |                |                 |     |                |     |        |      |            |        |          |
| 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      |                |                 |     |                |     |        |      |            |        |          |
| TREATS                     | MAC N' CHEESE                                     | VEG            | •               |     | •              |     |        |      |            |        |          |
|                            | ‡See Treats & Drinks for additional allergen info |                |                 |     |                |     |        |      |            |        |          |
|                            | COOKIE - CHOCOLATE CHIP                           | VEG            | •               | •   | •              | •   |        |      |            | •      | •        |
|                            | COOKIE - SUGAR                                    | VEG            | •               | •   | •              | •   |        |      |            | •      | •        |
|                            | COOKIE - WHITE CHOCOLATE CHIP                     | VEG            | •               | •   | •              | •   |        |      |            | •      | •        |
|                            | MACADAMIA NUT                                     |                |                 |     |                |     |        |      |            |        |          |
| SIDES                      | SIDE MANDARIN ORANGES                             | V, VEG, DF, GF |                 |     |                |     |        |      |            |        |          |
|                            | SIDE PINEAPPLE                                    | V, VEG, DF, GF |                 |     |                |     |        |      |            |        |          |
|                            | 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 |                 |     |                |     |        |      |            |        |          |
|                            |                                                   |                |                 |     |                |     |        |      |            |        |          |