



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									
VEGABLES	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									
	TOPPING	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	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	●			●	●			●	
	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	•			•	•				
TOPPING	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		•							
	NEW! CHILI MANGO BOWL	DF, GF				•	•				
	CLASSIC POKE BOWL	DF	•	•		•	•	•			
	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	Vg, V, DF, GF									
	‡See Dressings for additional allergen info										
	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	●		●	●					
	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									
	CHILI	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									