



# 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 MENU.

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
CARBS	BROWN RICE	V, VEG, DF, GF									
	GREENS	V, VEG, DF, GF									
	RAMEN NOODLES	VEG	•	•	•						
	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	BROCCOLI	V, VEG, DF, GF									
	CARROT	V, VEG, DF, GF									
	CORN	V, VEG, DF, GF									
	EDAMAME BEANS	V, VEG, DF, GF				•					
	MUSHROOM	V, VEG, DF, GF									
	PURPLE CABBAGE	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									
TOPPING	6 MIN EGG	VEG, DF, GF		•							
	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 CURRY	V, VEG, DF, GF									•
	GREEN DRAGON	V, VEG, DF, GF									
	JOE'S BBQ	V, VEG, DF, GF									
	MOJOE SAUCE	V, VEG, DF	•			•					
	PEANUT	V, VEG, DF	•			•	•			•	•
	RED DRAGON	V, VEG, DF	•			•					
	SPICY-AKI	V, VEG, DF, GF				•	•				
	STEVY-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									
PAIRINGS	AVOCADO	V, VEG, DF, GF									
	CORN	V, VEG, DF, GF									
	CUCUMBER	V, VEG, DF, GF									
	EDAMAME	V, VEG, DF, GF				•					
	JICAMA	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									
	SOY GINGER	V, VEG, DF	•			•					
	SOY ZING	V, VEG, DF	•			•					
	SPICY AIOLI	VEG, DF, GF		•			•				
	TRADITIONAL HAWAIIAN	V, VEG, DF	•			•	•				
TOPPINGS	CHILI PEPPER FLAKES	V, VEG, DF, GF									
	CRISPY JALAPEÑO	V, VEG, DF	•								
	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									•
	SCOOP OF CRAB MIX	DF, GF		•				•	•		
	SCOOP OF SPICY TUNA	DF, GF		•			•	•			
	SRIRACHA AIOLI	VEG, DF, GF		•							
	UNAGI SAUCE	V, VEG, DF	•			•					
	WONTON STRIPS	V, VEG, DF	•								
	<b>SIGNATURE BOWLS, SMALL BITES, SALADS &amp; SUSHI</b>		<b>Lifestyle</b>	<b>Wheat Gluten</b>	<b>Egg</b>	<b>Milk/Dairy</b>	<b>Soy</b>	<b>Sesame</b>	<b>Fish</b>	<b>Shell-fish</b>	<b>Peanut</b>
SIGNATURE BOWLS	BAHN MI BOWL	DF, GF		•							
	LUCKY BUDDHA BOWL	V, VEG, DF, GF				•					
	‡See Sauces for additional allergen info										
	MOJOE BOWL	DF	•	•		•					
	RESOLUTION BOWL	DF, GF		•		•					
	‡See Sauces for additional allergen info										
	SEARED TUNA POKE BOWL	DF	•			•	•	•			
THAI NOODLE		•	•	•	•	•		•	•	•	
SALADS	KULA SALAD	DF	•	•		•					•
	NIKKO SALAD	DF, GF									•
	SEARED TUNA 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					•					
SMASHI	CALI POKE ROLL	DF	•	•		•	•	•	•		
	CALIFORNIA ROLL	DF, GF		•				•	•		
	CRAB CHEESE CRUNCH ROLL		•	•	•		•	•	•		
	JALAPEÑO AHI ROLL	DF	•	•		•	•	•	•		
	JOE'S ROLL	GF			•		•		•		
	SALMON MANGO ROLL	DF, GF					•	•			
	SPICY TUNA ROLL	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									
	ROWDY MERMAID GINGER	V, VEG, DF, GF									
ROWDY MERMAID LAVENDER	V, VEG, DF, GF										
ROWDY MERMAID PEACH	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									
	MOUNTAIN DEW	V, VEG, DF, GF									
	PEPSI	V, VEG, DF, GF									
	ROOT BEER	V, VEG, DF, GF									
	SOBE LIFE WATER	V, VEG, DF, GF									
	STARRY	V, VEG, DF, GF									
KIDS	CHICKEN NUGGET BOWL ‡See Veggies, Treats & Drinks for additional allergen info		•			•					
	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	•		•						
	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									