

## Caution Note

### Allergen information

- This list corresponds to the 14 items that are subject to allergen labelling as defined by the Food Standards Agency (FSA).
- Although we take great care in the food chain to minimise the risk of cross-contamination, the equipment and utensils used to process and cook these products are commonly used and, due to the large number of products, we cannot fully guarantee any item is allergen free.
- ✓ : Allergen contained in the ingredient    \* : May contain the allergen at the manufacturing site or across the supply chain

### Nutrition information

- Energy values are calculated using raw material specifications and generally accepted data.

### Update

- Please note that this information is up to date at the time of publication, check our website <<https://www.ichikokudo.co.uk>> from time to time for the latest version.

# ICHIKOKUDO \*\*ALLERGEN & NUTRITION INFORMATION\*\*

Valid from 17th July 2025

| ✓ : Allergen contained in the ingredient<br>* : May contain the allergen | Energy<br>per<br>portion<br><br>kcal | cereals containing gluten |     |        |      | crustaceans | egg | fish | peanuts | soybeans | milk | nuts | celery | mustard | sesame | sulphites | lupin | molluscs |  |
|--------------------------------------------------------------------------|--------------------------------------|---------------------------|-----|--------|------|-------------|-----|------|---------|----------|------|------|--------|---------|--------|-----------|-------|----------|--|
|                                                                          |                                      | wheat                     | rye | barley | oats |             |     |      |         |          |      |      |        |         |        |           |       |          |  |
| Ramen & Fair menu & Value Set                                            |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |  |
| Shoyu Ramen                                                              |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |  |
| ICHIKOKUDO Original Ramen                                                | 829                                  | ✓                         | *   | *      | *    | *           | ✓   | ✓    | *       | ✓        | -    | *    | *      | *       | ✓      | ✓         | -     | *        |  |
| ICHI-Black Garlic Ramen                                                  | 992                                  | ✓                         | *   | *      | *    | *           | ✓   | ✓    | *       | ✓        | -    | *    | *      | *       | ✓      | ✓         | -     | *        |  |
| ICHI-Spicy Ramen                                                         | 889                                  | ✓                         | *   | *      | *    | *           | ✓   | ✓    | *       | ✓        | -    | *    | *      | *       | ✓      | ✓         | -     | ✓        |  |
| ICHI-Chashu Ramen                                                        | 886                                  | ✓                         | *   | *      | *    | *           | ✓   | ✓    | *       | ✓        | -    | *    | *      | *       | ✓      | ✓         | -     | *        |  |
| ICHI-Beef Ramen                                                          | 951                                  | ✓                         | *   | *      | *    | *           | ✓   | ✓    | *       | ✓        | -    | *    | *      | *       | ✓      | ✓         | -     | *        |  |
| Veggie Ramen                                                             |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |  |
| Meatless Ramen                                                           | 704                                  | ✓                         | -   | *      | -    | -           | *   | *    | -       | ✓        | -    | -    | -      | *       | *      | ✓         | -     | -        |  |
| Spicy Meatless Ramen                                                     | 799                                  | ✓                         | -   | *      | -    | -           | *   | *    | -       | ✓        | -    | -    | -      | *       | ✓      | ✓         | -     | -        |  |
| Very Veggie Ramen                                                        | 790                                  | ✓                         | -   | *      | -    | -           | *   | *    | -       | ✓        | -    | -    | -      | *       | *      | ✓         | -     | -        |  |
| Shio Ramen                                                               |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |  |
| SHIO Ramen                                                               | 813                                  | ✓                         | -   | *      | -    | -           | ✓   | *    | -       | ✓        | -    | -    | -      | *       | ✓      | *         | -     | ✓        |  |
| SHIO Chashu Ramen                                                        | 869                                  | ✓                         | -   | *      | -    | -           | ✓   | *    | -       | ✓        | -    | -    | -      | *       | ✓      | *         | -     | ✓        |  |
| SHIO-Beef Ramen                                                          | 935                                  | ✓                         | -   | *      | -    | -           | ✓   | ✓    | *       | ✓        | -    | *    | -      | *       | ✓      | *         | -     | ✓        |  |
| SHIO Spicy Ramen                                                         | 872                                  | ✓                         | *   | *      | *    | *           | ✓   | ✓    | *       | ✓        | -    | *    | *      | *       | ✓      | *         | -     | ✓        |  |
| Fair menu                                                                |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |  |
| Cold Spicy Tan Tan Men                                                   | 925                                  | ✓                         | -   | *      | -    | -           | *   | *    | -       | ✓        | -    | -    | -      | *       | ✓      | ✓         | -     | -        |  |
| Cold Spicy Tan Tan Men with Chicken Chashu                               | 887                                  | ✓                         | -   | *      | -    | -           | *   | *    | -       | ✓        | -    | -    | -      | *       | ✓      | ✓         | -     | -        |  |
| Value Set                                                                |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |  |
| Grilled Gyoza Set                                                        | 173                                  | ✓                         | -   | -      | -    | *           | *   | *    | -       | ✓        | *    | *    | *      | *       | ✓      | -         | *     | *        |  |
| Karaage Set                                                              | 307                                  | ✓                         | *   | ✓      | *    | *           | ✓   | ✓    | *       | ✓        | ✓    | *    | *      | ✓       | *      | -         | -     | -        |  |
| Half Chips Set                                                           | 339                                  | -                         | -   | ✓      | -    | -           | ✓   | -    | -       | ✓        | -    | -    | ✓      | ✓       | -      | -         | -     | -        |  |
| Adults need around 2000 kcal a day                                       |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |  |

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|--------------------------------------------------------------------------|--------------------------------------|---------------------------|-----|--------|------|-------------|-----|------|---------|----------|------|------|--------|---------|--------|-----------|-------|----------|--|
|                                                                          |                                      | wheat                     | rye | barley | oats |             |     |      |         |          |      |      |        |         |        |           |       |          |  |
| Toppings & Condiments                                                    |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |  |
| Toppings                                                                 |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |  |
| Soy Sauce Marinated Chashu                                               | 56                                   | ✓                         | -   | *      | -    | -           | *   | *    | -       | ✓        | -    | -    | -      | *       | *      | *         | -     | -        |  |
| Sukiyaki-style Beef                                                      | 178                                  | ✓                         | -   | -      | -    | -           | -   | ✓    | *       | ✓        | -    | *    | -      | -       | -      | -         | -     | -        |  |
| Marinated Egg                                                            | 86                                   | ✓                         | -   | -      | -    | -           | ✓   | -    | -       | ✓        | -    | -    | -      | -       | -      | -         | -     | -        |  |
| Onsen Egg                                                                | 79                                   | -                         | -   | -      | -    | -           | ✓   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        |  |
| Add noodle                                                               | 342                                  | ✓                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        |  |
| Seasoned Bamboo Shoots                                                   | 14                                   | ✓                         | -   | -      | -    | -           | -   | -    | -       | ✓        | -    | -    | -      | *       | ✓      | -         | -     | -        |  |
| Wood Ear Mushrooms                                                       | 4                                    | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | ✓         | -     | -        |  |
| Chili furikake                                                           | 144                                  | ✓                         | -   | -      | -    | -           | -   | ✓    | -       | ✓        | -    | -    | -      | -       | ✓      | -         | -     | -        |  |
| Rice                                                                     | 187                                  | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        |  |
| Chili Sauce                                                              | 32                                   | ✓                         | *   | *      | *    | *           | *   | *    | *       | ✓        | -    | *    | *      | *       | ✓      | *         | -     | ✓        |  |
| Condiments                                                               |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |  |
| Sesame Seeds (per 5g)                                                    | 33                                   | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | ✓      | -         | -     | -        |  |
| Soy sauce (per 5g)                                                       | 3                                    | ✓                         | -   | -      | -    | -           | -   | -    | -       | ✓        | -    | -    | -      | -       | -      | -         | -     | -        |  |
| Black Pepper (per 5g)                                                    | 14                                   | *                         | *   | *      | *    | *           | -   | -    | *       | *        | -    | *    | *      | *       | *      | -         | -     | -        |  |
| Fried Onions (per 5g)                                                    | 30                                   | ✓                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        |  |
| Vinegar (per 5g)                                                         | 1                                    | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        |  |
| Chilli Oil (per 5g)                                                      | 52                                   | -                         | -   | -      | -    | -           | -   | -    | -       | ✓        | -    | -    | -      | -       | -      | -         | -     | -        |  |
| Adults need around 2000 kcal a day                                       |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |  |

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|--------------------------------------------------------------------------|--------------------------------------|---------------------------|-----|--------|------|-------------|-----|------|---------|----------|------|------|--------|---------|--------|-----------|-------|----------|--|
|                                                                          |                                      | wheat                     | rye | barley | oats |             |     |      |         |          |      |      |        |         |        |           |       |          |  |
| Curry Rice & Donburi & Side Menu                                         |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |  |
| Curry Rice                                                               |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |  |
| Chicken Katsu Curry Rice                                                 | 1233                                 | ✓                         | *   | *      | *    | *           | ✓   | -    | *       | ✓        | ✓    | *    | *      | ✓       | *      | *         | -     | -        |  |
| Pumpkin Croquette Veggie Curry Rice                                      | 1045                                 | ✓                         | *   | *      | *    | *           | ✓   | -    | *       | ✓        | ✓    | *    | *      | ✓       | *      | *         | -     | -        |  |
| Original Curry Rice                                                      | 744                                  | ✓                         | *   | *      | *    | *           | ✓   | -    | *       | ✓        | ✓    | *    | *      | ✓       | *      | *         | -     | -        |  |
| Donburi                                                                  |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |  |
| Beef Yakiniiku Don                                                       | 853                                  | ✓                         | *   | *      | *    | *           | ✓   | ✓    | -       | ✓        | *    | -    | -      | -       | ✓      | -         | -     | *        |  |
| Garlic Chicken Karaage Don                                               | 1123                                 | ✓                         | *   | ✓      | *    | *           | ✓   | ✓    | *       | ✓        | ✓    | *    | *      | ✓       | ✓      | *         | -     | *        |  |
| Special Tartar Sauce Chicken Karaage Don                                 | 1194                                 | ✓                         | *   | ✓      | *    | *           | ✓   | ✓    | *       | ✓        | ✓    | *    | *      | ✓       | *      | ✓         | -     | *        |  |
| Side Menu                                                                |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |  |
| ICHIKOKUDO Grilled Gyoza (10pcs)                                         | 458                                  | ✓                         | -   | -      | -    | *           | *   | *    | -       | ✓        | *    | *    | *      | *       | ✓      | -         | *     | *        |  |
| Spicy Grilled Gyoza (10pcs)                                              | 578                                  | ✓                         | *   | *      | *    | *           | *   | ✓    | *       | ✓        | *    | *    | *      | *       | ✓      | *         | *     | ✓        |  |
| Meatless Grilled Gyoza (10pcs)                                           | 466                                  | ✓                         | -   | -      | -    | *           | *   | -    | -       | ✓        | -    | -    | *      | -       | ✓      | -         | -     | -        |  |
| Japanese Karaage                                                         | 473                                  | ✓                         | *   | *      | *    | *           | ✓   | ✓    | *       | ✓        | ✓    | *    | *      | *       | *      | -         | -     | -        |  |
| Special Tartar Sauce Karaage                                             | 719                                  | ✓                         | *   | ✓      | *    | *           | ✓   | ✓    | *       | ✓        | ✓    | *    | *      | ✓       | *      | ✓         | -     | -        |  |
| Japanese Garlic Karaage                                                  | 680                                  | ✓                         | *   | ✓      | *    | *           | ✓   | ✓    | *       | ✓        | ✓    | *    | *      | ✓       | ✓      | *         | -     | -        |  |
| Takoyaki (6pcs)                                                          | 657                                  | ✓                         | -   | ✓      | -    | *           | ✓   | ✓    | -       | ✓        | -    | -    | ✓      | ✓       | -      | -         | -     | ✓        |  |
| Chicken Wing (3pcs)                                                      | 399                                  | ✓                         | *   | *      | *    | *           | ✓   | *    | *       | ✓        | ✓    | *    | *      | *       | *      | *         | -     | -        |  |
| Spicy Chicken Wing (3pcs)                                                | 398                                  | ✓                         | *   | *      | *    | -           | ✓   | *    | *       | ✓        | ✓    | *    | *      | *       | ✓      | *         | -     | -        |  |
| Chips                                                                    | 473                                  | -                         | -   | ✓      | -    | -           | ✓   | -    | -       | ✓        | -    | -    | ✓      | ✓       | -      | -         | -     | -        |  |
| Mega Chips                                                               | 946                                  | -                         | -   | ✓      | -    | -           | ✓   | -    | -       | ✓        | -    | -    | ✓      | ✓       | -      | -         | -     | -        |  |
| Appetizer Chicken Chashu                                                 | 171                                  | ✓                         | -   | *      | -    | -           | *   | *    | -       | ✓        | -    | -    | -      | *       | ✓      | *         | -     | -        |  |
| Chicken Katsu                                                            | 526                                  | ✓                         | -   | -      | -    | -           | ✓   | -    | -       | ✓        | -    | -    | ✓      | -       | -      | -         | -     | -        |  |
| Chicken Katsu with Tartar Sauce                                          | 729                                  | ✓                         | -   | ✓      | -    | -           | ✓   | -    | -       | ✓        | -    | -    | ✓      | ✓       | -      | ✓         | -     | -        |  |
| Fried Ajitama Eggs (2pcs)                                                | 836                                  | ✓                         | -   | ✓      | -    | -           | ✓   | -    | -       | ✓        | -    | -    | -      | ✓       | -      | ✓         | -     | -        |  |
| Edamame                                                                  | 140                                  | -                         | -   | -      | -    | -           | -   | -    | -       | ✓        | -    | -    | -      | -       | -      | -         | -     | -        |  |
| Ebi Fry (3pcs)                                                           | 450                                  | ✓                         | -   | ✓      | -    | ✓           | ✓   | -    | -       | ✓        | -    | -    | -      | ✓       | -      | ✓         | -     | -        |  |
| Adults need around 2000 kcal a day                                       |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |  |

Adults need around 2000 kcal a day

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|--------------------------------------------------------------------------|--|--------------------------------------|---------------------------|-----|--------|------|-------------|-----|------|---------|----------|------|------|--------|---------|--------|-----------|-------|----------|---|
| Alcohol                                                                  |  |                                      | wheat                     | rye | barley | oats |             |     |      |         |          |      |      |        |         |        |           |       |          |   |
| BEER                                                                     |  |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |   |
| Asahi Draft                                                              |  | -                                    | -                         | -   | ✓      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        | - |
| MEANTIME PRIME PALE                                                      |  | -                                    | -                         | -   | ✓      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        | - |
| MEANTIME GREENWICH LAGER                                                 |  | -                                    | -                         | -   | ✓      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        | - |
| PERONI                                                                   |  | -                                    | -                         | -   | ✓      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        | - |
| SAKE                                                                     |  |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |   |
| Junmai Seiun (Chilled)                                                   |  | -                                    | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        | - |
| Junmai Seiun (Hot Sake)                                                  |  | -                                    | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        | - |
| Dassai 45                                                                |  | -                                    | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        | - |
| Kinshozan (Chilled)                                                      |  | -                                    | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        | - |
| Hana Awaka                                                               |  | -                                    | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        | - |
| JAPANESE SHOCHU & WHISKY                                                 |  |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |   |
| Kurokirishima (sweet potato)                                             |  | -                                    | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        | - |
| Iichiko                                                                  |  | -                                    | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        | - |
| Koshu                                                                    |  | -                                    | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        | - |
| SAKE COCTAIL                                                             |  |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |   |
| Momiji                                                                   |  | -                                    | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        | - |
| Yukidoke                                                                 |  | -                                    | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        | - |
| Samurai                                                                  |  | -                                    | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        | - |
| Summer                                                                   |  | -                                    | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        | - |
| Adults need around 2000 kcal a day                                       |  |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |   |

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|--------------------------------------------------------------------------|--|--------------------------------------|---------------------------|-----|--------|------|-------------|-----|------|---------|----------|------|------|--------|---------|--------|-----------|-------|----------|
|                                                                          |  |                                      | wheat                     | rye | barley | oats |             |     |      |         |          |      |      |        |         |        |           |       |          |
| Alcohol                                                                  |  |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |
| WINE                                                                     |  |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |
| La Di Motto - Point Grigio (White)                                       |  | 0                                    | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | ✓         | -     | -        |
| Caleo - Montepulciano (RED)                                              |  | 0                                    | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | ✓         | -     | -        |
| PLUM WINE & SAKE LIQUEURS                                                |  |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |
| Plum Wine                                                                |  | 0                                    | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        |
| Yuzu Citrus Wine                                                         |  | 0                                    | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        |
| Non-Alcohol & Soft Drink                                                 |  |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |
| Sparkling Japanese tea                                                   |  |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |
| Sparkling Matcha                                                         |  | 41                                   | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        |
| Matcha Yuzu Mint Sparkling                                               |  | 72                                   | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        |
| Hi no Akane Sparkling                                                    |  | 119                                  | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        |
| Hi no Akane Yuzu Sparkling                                               |  | 31                                   | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        |
| Soft Drink                                                               |  |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |
| Ice Green tea                                                            |  | 0                                    | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        |
| Hot Green Tea                                                            |  | 0                                    | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        |
| Mineral water                                                            |  | 0                                    | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        |
| Sparkling water                                                          |  | 0                                    | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        |
| Apple Juice                                                              |  | 105                                  | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        |
| Coca-Cola                                                                |  | 105                                  | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        |
| Coca-Cola Zero Sugar                                                     |  | 1                                    | -                         | -   | -      | -    | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        |
| Adults need around 2000 kcal a day                                       |  |                                      |                           |     |        |      |             |     |      |         |          |      |      |        |         |        |           |       |          |

# ICHIKOKUDO \*\*ALLERGEN & NUTRITION INFORMATION\*\*

Valid from 17th July 2025

| ✓ : Allergen contained in the ingredient<br>* : May contain the allergen |  | Energy<br>per<br>portion | cereals containing gluten |       |     |        | crustaceans | egg | fish | peanuts | soybeans | milk | nuts | celery | mustard | sesame | sulphites | lupin | molluscs |
|--------------------------------------------------------------------------|--|--------------------------|---------------------------|-------|-----|--------|-------------|-----|------|---------|----------|------|------|--------|---------|--------|-----------|-------|----------|
| Lunch Menu                                                               |  |                          | kcal                      | wheat | rye | barley |             |     |      |         |          |      |      |        |         |        |           |       |          |
| Main                                                                     |  |                          |                           |       |     |        |             |     |      |         |          |      |      |        |         |        |           |       |          |
| ICHIKOKUDO Original Ramen                                                |  | 829                      | ✓                         | *     | *   | *      | *           | ✓   | ✓    | *       | ✓        | -    | *    | *      | *       | ✓      | ✓         | -     | *        |
| SHIO Ramen                                                               |  | 813                      | ✓                         | -     | *   | -      | -           | ✓   | *    | -       | ✓        | -    | -    | -      | *       | ✓      | *         | -     | ✓        |
| Meatless Ramen                                                           |  | 704                      | ✓                         | -     | *   | -      | -           | *   | *    | -       | ✓        | -    | -    | -      | *       | *      | ✓         | -     | -        |
| Beef Yakiniiku Don                                                       |  | 853                      | ✓                         | *     | *   | *      | *           | ✓   | ✓    | -       | ✓        | *    | -    | -      | -       | ✓      | -         | -     | *        |
| Side                                                                     |  |                          |                           |       |     |        |             |     |      |         |          |      |      |        |         |        |           |       |          |
| Karaage 2pcs                                                             |  | 307                      | ✓                         | *     | ✓   | *      | *           | ✓   | ✓    | *       | ✓        | ✓    | *    | *      | ✓       | *      | -         | -     | -        |
| Tartar Karaage 2pcs                                                      |  | 364                      | ✓                         | *     | ✓   | *      | *           | ✓   | ✓    | *       | ✓        | ✓    | *    | *      | ✓       | *      | ✓         | -     | -        |
| Edamame                                                                  |  | 140                      | -                         | -     | -   | -      | -           | -   | -    | -       | ✓        | -    | -    | -      | -       | -      | -         | -     | -        |
| Mini Chashu Don Set                                                      |  | 342                      | ✓                         | -     | *   | -      | -           | *   | *    | -       | ✓        | -    | -    | -      | *       | *      | *         | -     | -        |
| Drink                                                                    |  |                          |                           |       |     |        |             |     |      |         |          |      |      |        |         |        |           |       |          |
| Coca-Cola                                                                |  | 105                      | -                         | -     | -   | -      | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        |
| Coca-Cola Zero Sugar                                                     |  | 1                        | -                         | -     | -   | -      | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        |
| Hot Green Tea                                                            |  | 0                        | -                         | -     | -   | -      | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        |
| Ice Green tea                                                            |  | 0                        | -                         | -     | -   | -      | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        |
| Mineral water                                                            |  | 0                        | -                         | -     | -   | -      | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        |
| Sparkling water                                                          |  | 0                        | -                         | -     | -   | -      | -           | -   | -    | -       | -        | -    | -    | -      | -       | -      | -         | -     | -        |
| Adults need around 2000 kcal a day                                       |  |                          |                           |       |     |        |             |     |      |         |          |      |      |        |         |        |           |       |          |