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✓ = Contains  
x = May Contain

Rice Meals	Ingredients	Peanut	Tree Nuts	Sesame seeds & derivatives	Milk & Milk By-Products	Eggs & Egg Products	Seafood Shellfish	Soy	Wheat / Gluten	Sulphites	MSG
Teriyaki Chicken	Chicken, Soy Sauce, Teriyaki Sauce, Mushrooms, Broccoli, Cabbage, Carrot, Salt and Pepper, Rice, Water.							✓	✓		
Sukiyaki Beef	Beef, Green Seasoning, Soy Sauce, Teriyaki Sauce, Mushrooms, Broccoli, Cabbage, Carrot, Salt and Pepper, Rice, Water.							✓	✓		
Chicken & Beef	Chicken, Beef, Green Seasoning, Soy Sauce, Teriyaki Sauce, Mushrooms, Broccoli, Cabbage, Carrot, Salt and Pepper, Rice, Water.							✓	✓		
Beef & Shrimp	Beef, Green Seasoning, Soy Sauce, Teriyaki Sauce, Shrimp (Shrimp, water, salt, sodium phosphates - less than 0.5%, sulphites) , Mushrooms, Broccoli, Cabbage, Carrot, Salt and Pepper, Rice, Water.						✓	✓	✓	✓	
Chicken & Shrimp	Chicken, Soy Sauce, Teriyaki Sauce, Shrimp (Shrimp, water, salt, sodium phosphates - less than 0.5%, sulphites), Green Butter, Mushrooms, Broccoli, Cabbage, Carrot, Salt and Pepper, Rice, Water.						✓	✓	✓	✓	
Sizzling Shrimp	Shrimp (Shrimp, water, salt, sodium phosphates - less than 0.5%, sulphites), Green Seasoning, Soy Sauce, Teriyaki Sauce, Mushrooms, Broccoli, Cabbage, Carrot, Salt and Pepper, Rice, Water.						✓	✓	✓	✓	
Hawaiian Chicken	Chicken, Soy Sauce, Teriyaki Sauce, Pineapple, Broccoli, Cabbage, Carrot, Salt and Pepper, Rice, Water.							✓	✓		
Teriyaki Salmon	Salmon, (teriyaki sauce, water, sugar, seasoning, vinegar, potassium sorbate, natural flavours, sodium benzoate), Green Seasoning, Soy Sauce, Teriyaki Sauce, Mushrooms, Broccoli, Cabbage, Carrot, Salt and Pepper, Rice, Water.						✓	✓	✓		
Fresh Grilled Vegetables	Broccoli, Carrot, Cabbage, Soy Sauce, Teriyaki Sauce, Mushroom, Snap Peas, Red Bell Pepper, Bok Choy, Salt and Pepper, Rice, Water.							✓	✓		

Noodle Meals	Ingredients	Peanut	Tree Nuts	Sesame seeds & derivatives	Milk & Milk By-Products	Eggs & Egg Products	Seafood Shellfish	Soy	Wheat / Gluten	Sulphites	MSG
<b>Beef Noodlefull</b>	Beef, Green Seasoning, Broccoli, Carrot, Snap Peas, Red Bell Pepper, Bok Choy, Soy Sauce, Teriyaki Sauce, Salt and Pepper, Rice, Water, Canola oil, Ramen Noodles (eggs, wheat)					✓		✓	✓		
<b>Chicken Noodlefull</b>	Chicken, Broccoli, Carrot, Snap Peas, Red Bell Pepper, Bok Choy, Soy Sauce, Teriyaki Sauce, Salt and Pepper, Rice, Water, Canola oil, Ramen Noodles (eggs, wheat)					✓		✓	✓		
<b>Shrimp Noodlefull</b>	Shrimp (Shrimp, water, salt, sodium phosphates - less than 0.5% sulphites), Green Seasoning, Broccoli, Carrot, Snap Peas, Red Bell Pepper, Bok Choy, Soy Sauce, Teriyaki Sauce, Salt and Pepper, Rice, Water, Canola oil, Ramen Noodles (eggs, wheat)					✓	✓	✓	✓	✓	
<b>Veggie Noodlefull</b>	Broccoli, Carrot, Snap Peas, Red Bell Pepper, Bok Choy, Soy Sauce, Teriyaki Sauce, Salt and Pepper, Rice, Water, Canola oil, Ramen Noodles (eggs, wheat)					✓		✓	✓		
<b>Beef Yakisoba</b>	Beef, Green Seasoning, Soy Sauce, Teriyaki Sauce, Mushrooms, Broccoli, Cabbage, Carrot, Water, Salt and Pepper, Canola oil, Yakisoba Noodles (eggs, wheat)					✓		✓	✓		
<b>Chicken Yakisoba</b>	Chicken, Soy Sauce, Teriyaki Sauce, Mushrooms, Broccoli, Cabbage, Carrot, Water, Salt and Pepper, Canola oil, Yakisoba Noodles (eggs, wheat)					✓		✓	✓		
<b>Chicken &amp; Beef Yakisoba</b>	Chicken, Beef, Soy Sauce, Teriyaki Sauce, Mushrooms, Broccoli, Cabbage, Carrot, Water, Salt and Pepper, Canola oil, Yakisoba Noodles (eggs, wheat)					✓		✓	✓		
Chop Chop	Ingredients	Peanut	Tree Nuts	Sesame seeds & derivatives	Milk & Milk By-Products	Eggs & Egg Products	Seafood Shellfish	Soy	Wheat / Gluten	Sulphites	MSG
<b>Chicken Chop Chop</b>	Chicken, Soy Sauce, Teriyaki Sauce, Cucumber, Red Bell Pepper, Carrot, Green onion, Edamame Beans, Black & White Sesame Seeds, Crispy Wonton (enriched flour, soybean oil, cornstarch, salt, sodium benzoate), Rice			✓				✓	✓		
<b>Beef Chop Chop</b>	Beef, Green Seasoning, Soy Sauce, Teriyaki Sauce, Cucumber, Red Bell Pepper, Carrot, Green onion, Edamame Beans, Black & White Sesame Seeds, Crispy Wonton (enriched flour, soybean oil, cornstarch, salt, sodium benzoate), Rice			✓				✓	✓		
<b>Tempura Shrimp Chop Chop</b>	Tempura Shrimp, Cucumber, Red Bell Pepper, Carrot, Green onion, Edamame Beans, Black & White Sesame Seeds, Crispy Wonton (enriched flour, soybean oil, cornstarch, salt, sodium benzoate), Rice, Teriyaki Sauce			✓			✓	✓	✓	✓	
<b>Chicken &amp; Beef Chop Chop</b>	Chicken, Beef, Green Seasoning, Soy Sauce, Teriyaki Sauce, Cucumber, Red Bell Pepper, Carrot, Green onion, Edamame Beans, Black & White Sesame Seeds, Crispy Wonton (enriched flour, soybean oil, cornstarch, salt, sodium benzoate), Rice			✓				✓	✓		
<b>Veggie Chop Chop</b>	Cucumber, Red Bell Pepper, Carrot, Green onion, Edamame Beans, Black & White Sesame Seeds, Crispy Wonton (enriched flour, soybean oil, cornstarch, salt, sodium benzoate), Rice, Teriyaki Sauce			✓				✓	✓		

Bento Choices + Sides & Snacks	Ingredients	Peanut	Tree Nuts	Sesame seeds & derivatives	Milk & Milk By-Products	Eggs & Egg Products	Seafood Shellfish	Soy	Wheat / Gluten	Sulphites	MSG
<b>Tempura Shrimp - Without Sauce</b>	shrimp, soybean oil, enriched wheat flour, water, corn starch, potato starch, salt, leavening agent (sodium bicarbonate, monocalcium phosphate, potassium tartrate, corn starch, glucono-delta-lactone), sodium tripolyphosphate, sodium bicarbonate, corn flour, paprika, vitamin B2, annatto, sulphites						✓	✓	✓	✓	
<b>Tempura Sauce</b>	Contains soy, wheat, monosodium glutamate, bonito (fish),				✓		✓	✓	✓	✓	✓
<b>Spring Rolls - Without Sauce</b>	Cabbage, Textured soy flour, Carrot, Salt, Sugar, Ground sesame seed, Mushroom, Spices, Granulated garlic, Sesame oil, Yeast extract mix (yeast extract, salt, flavour, maltodextrin). Wrapper: (Water, Enriched wheat flour, Salt, Baking powder, Canola oil.)			✓	X		X	✓	✓	X	
<b>Plum Sauce</b>	Sugar glucose-fructose, water, pumpkin, vinegar, modified corn starch, salt, apricot puree, plum puree, guar gum, blackstrap molasses, sodium benzoate, spices, ascorbic acid, caramel colour									✓	
<b>Gyoza - Without Sauce</b>	Filling: Ground beef, Cabbage, Napa cabbage, Ground pork, Onion, Water, Corn starch, Garlic, Miso paste (soybean, water, rice malt, salt, ethanol, riboflavin), Salt, Sugar, Sesame oil, Ginger, Green onion, Soy sauce (water, wheat, soybeans, salt, sodium benzoate, aspergillus brewing culture), Yeast extract mix (yeast extract, salt, flavour, maltodextrin), Spices Wrapper: Enriched wheat flour, Water, Canola oil, Salt.			✓			X	✓	✓	X	X
<b>Gyoza Sauce</b>	Soy Sauce, Vinegar, Sesame Oil, Sesame Seeds			✓				✓	✓		
<b>California Roll</b>	Crab Mixture, Light Mayonnaise (Mustard), Cucumber, Avocado, Rice, Sushi Vinegar, Nori, Sesame Seeds. Served with Wasabi (mustard) and Sushi Ginger.			✓		✓	✓			✓	
<b>Edamame with Sea Salt</b>	Edamame Beans in shell (soy beans), sea salt.							✓			
<b>Edamame with sesame chili</b>	Edamame Beans in shell (soy beans), sesame oil, Chili Garlic Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfite as preservatives, and Xanthan Gum)			✓				✓		✓	
<b>Yam Tempura - Without Sauce</b>	Yams, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), yellow corn flour, wheat starch, salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), emulsifier, water. Partially fried in Canola Oil.			X				X	✓	X	

Soup	Ingredients	Peanut	Tree Nuts	Sesame seeds & derivatives	Milk & Milk By-Products	Eggs & Egg Products	Seafood Shellfish	Soy	Wheat / Gluten	Sulphites	MSG
<b>Beef Ramen</b>	Beef, green seasoning, soy sauce, broccoli, carrots, bok choy, snap peas, edamame beans, Soup (ingredients below), Ramen Noodles (egg, wheat)					✓	✓	✓	✓	✓	
<b>Chicken Ramen</b>	Chicken, soy sauce, broccoli, carrots, bok choy, snap peas, edamame beans, Soup (ingredients below), Ramen Noodles (egg, wheat)					✓	✓	✓	✓	✓	
<b>Shrimp Ramen</b>	Shrimp (Shrimp, water, salt, sodium phosphates), green seasoning, soy sauce, broccoli, carrots, bok choy, snap peas, edamame beans, Soup (ingredients below), Ramen Noodles (egg, wheat)					✓	✓	✓	✓	✓	
<b>Vegetable Ramen</b>	broccoli, carrots, bok choy, snap peas, edamame beans, soy sauce, Soup (ingredients below), Ramen Noodles (egg, wheat)					✓	✓	✓	✓	✓	
<b>Shrimp Udon</b>	Shrimp (Shrimp, water, salt, sodium phosphates), green seasoning, soy sauce, broccoli, carrots, bok choy, snap peas, edamame beans, Soup (ingredients below), Udon Noodles (water, wheat flour, salt, lactic acid, acetic acid)				✓	X	✓	✓	✓	✓	
<b>Chicken Udon</b>	Chicken, soy sauce, broccoli, carrots, bok choy, snap peas, edamame beans, Soup (ingredients below), Udon Noodles (water, wheat flour, salt, lactic acid, acetic acid)				✓	X	✓	✓	✓	✓	
<b>Beef Udon</b>	Beef, green seasoning, soy sauce, broccoli, carrots, bok choy, snap peas, edamame beans, Soup (ingredients below), Udon Noodles (water, wheat flour, salt, lactic acid, acetic acid)				✓	X	✓	✓	✓	✓	
<b>Vegetable Udon</b>	broccoli, carrots, bok choy, snap peas, edamame beans, soy sauce, Soup (ingredients below), Udon Noodles (water, wheat flour, salt, lactic acid, acetic acid)				✓	X	✓	✓	✓	✓	
<b>Soup Broth</b>	salt, soy beans, wheat, sugar, dextrose, dehydrated onion, disodium inosinate, disodium guanylate, caramel powder (sulphites)							✓	✓	✓	

Kid's Meals	Ingredients	Peanut	Tree Nuts	Sesame seeds & derivatives	Milk & Milk By-Products	Eggs & Egg Products	Seafood Shellfish	Soy	Wheat / Gluten	Sulphites	MSG
<b>Kids Chicken w/ Rice</b>	Chicken, Soy Sauce, Teriyaki Sauce, Mushrooms, Broccoli, Cabbage, Carrot, Salt and Pepper, Rice, Water.							✓	✓		
<b>Kids Beef w/ Rice</b>	Beef, Green Seasoning, Soy Sauce, Teriyaki Sauce, Water, Mushrooms, Broccoli, Cabbage, Carrot, Salt and Pepper, Rice							✓	✓		
<b>Kids Chicken w/ Yakisoba</b>	Chicken, Soy Sauce, Teriyaki Sauce, Mushrooms, Broccoli, Cabbage, Carrot, Water, Salt and Pepper, Yakisoba Noodles (eggs, wheat)					✓		✓	✓		
<b>Kids Beef w/ Yakisoba</b>	Beef, Green Seasoning, Soy Sauce, Teriyaki Sauce, Mushrooms, Broccoli, Cabbage, Carrot, Water, Salt and Pepper, Yakisoba Noodles (eggs, wheat)					✓		✓	✓		
<b>Kids Chicken w/ Ramen</b>	Chicken, Soy Sauce, Teriyaki Sauce, Mushrooms, Broccoli, Cabbage, Carrot, Water, Salt and Pepper, Ramen Noodles (eggs, wheat)					✓		✓	✓		
<b>Kids Beef w/ Ramen</b>	Beef, Green Seasoning, Soy Sauce, Teriyaki Sauce, Mushrooms, Broccoli, Cabbage, Carrot, Water, Salt and Pepper, Ramen Noodles (eggs, wheat)					✓		✓	✓		
Sushi (Without Soy Sauce)	Ingredients	Peanut	Tree Nuts	Sesame seeds & derivatives	Milk & Milk By-Products	Eggs & Egg Products	Seafood Shellfish	Soy	Wheat / Gluten	Sulphites	MSG
<b>Kid's Sushi Meal</b>	California Roll, Avocado Roll, Kappa Roll, Served with Wasabi (mustard) and Sushi Ginger.			✓		✓	✓		✓	✓	
<b>California Roll</b>	Crab Mixture, Light Mayonnaise (Mustard), Cucumber, Avocado, Rice, Sushi Vinegar, Nori, Sesame Seeds. Served with Wasabi (mustard) and Sushi Ginger.			✓		✓	✓		✓	✓	
<b>Dynamite Roll</b>	Tempura Shrimp, Avocado, Rice, Sushi Vinegar, Nori, Sesame Seeds. Served with Wasabi (mustard) and Sushi Ginger.			✓			✓	✓	✓	✓	
<b>Volcano Rolls</b>	Crab Mixture, Light Mayonnaise (Mustard), Cucumber, Avocado, Rice, Sushi Vinegar, Nori, Sesame Seeds, Spicy Mayo, Unagi Sauce, Crispy Wonton (enriched flour, soybean oil, cornstarch, salt, sodium benzoate), Shrimp. Served with Wasabi (mustard) and Sushi Ginger.	X		✓		✓	✓	✓	✓	✓	
<b>Tiger Rolls</b>	Tempura Shrimp, Avocado, Rice, Sushi Vinegar, Nori, Sesame Seeds. Served with Wasabi (mustard) and Sushi Ginger, Shrimp (Shrimp, water, salt, sodium phosphates), Spicy Mayo, Unagi Sauce	X		✓		✓	✓	✓	✓	✓	
<b>Sukiyaki Beef Rolls</b>	Sukiyaki beef (beef, green seasoning, soy sauce, teriyaki sauce), rice, sushi vinegar, nori, sesame seeds, avocado, cucumber. Served with Wasabi (mustard) and Sushi Ginger.			✓				✓	✓		
<b>Salmon Roll</b>	Sushi Grade Salmon, Rice, Sushi Vinegar, Nori. Served with Wasabi (mustard) and Sushi Ginger.			✓			✓				
<b>Alaska Roll</b>	Sushi Grade Smoked salmon (salt), avocado, mayonnaise (mustard), rice, sushi vinegar, nori, sesame seeds. Served with wasabi (mustard) and sushi ginger.			✓		✓	✓				
<b>Yam Roll</b>	Avocado, Rice, Sushi Vinegar, Nori, Sesame Seeds. Served with Wasabi (mustard) and Sushi Ginger. Tempura Yams			✓				X	✓	X	

Sushi (Without Soy Sauce) Continued	Ingredients	Peanut	Tree Nuts	Sesame seeds & derivatives	Milk & Milk By-Products	Eggs & Egg Products	Seafood Shellfish	Soy	Wheat / Gluten	Sulphites	MSG
Veggie Roll	Cucumber, avocado, carrots, red pepper, rice, sushi vinegar, nori, sesame seeds. Served with wasabi (mustard) and sushi ginger.			✓							
Avocado Roll	Avocado, Rice, Sushi Vinegar, Nori. Served with Wasabi (mustard) and Sushi Ginger.										
Kappa Roll	Cucumber, Rice, Sushi Vinegar, Nori. Served with Wasabi (mustard) and Sushi Ginger.										
Salmon Nigiri	Sushi Grade Salmon, Rice, Sushi Vinegar, Served with Wasabi (mustard) and Sushi Ginger.						✓				
Smoked Salmon Nigiri	Sushi Grade Smoked Salmon (salt), Rice, Sushi Vinegar, Served with Wasabi (mustard) and Sushi Ginger.						✓				
Bubble Tea	Ingredients	Peanut	Tree Nuts	Sesame seeds & derivatives	Milk & Milk By-Products	Eggs & Egg Products	Seafood Shellfish	Soy	Wheat / Gluten	Sulphites	MSG
Milk Tea	Green Tea, Tapioca Pearls, Orange Pekoe Tea, Brown Sugar, White Sugar, Creamer				✓			✓			
Brown Sugar Boba	Tapioca Pearls, Orange Pekoe Tea, Brown Sugar, White Sugar, Brown Sugar Syrup, 2% Milk,				✓						
Passion Fruit Green Tea	Lychee Coconut Jellies, Green Tea, Passionfruit Syrup										
Sides & Extras	Ingredients	Peanut	Tree Nuts	Sesame seeds & derivatives	Milk & Milk By-Products	Eggs & Egg Products	Seafood Shellfish	Soy	Wheat / Gluten	Sulphites	MSG
Rice - White	Rice, Water.										
Rice - Brown	Rice, Water.										
Rice - Cauliflower	Cauliflower, canola oil, green seasoning, soy sauce, salt & pepper							✓	✓		
Noodles - Ramen	Enriched wheat flour, water, egg, cornstarch and/or wheat starch, salt, potassium sorbate, Sodium propionate, tartrazine (colour)					✓			✓		
Noodles - Yakisoba	Enriched wheat flour, water, egg, cornstarch and/or wheat starch, salt, potassium sorbate, sodium propionate, potassium carbonate					✓			✓		
Noodles - Udon	Water, wheat flour, salt, lactic acid, acetic acid				✓				✓		
Add Shrimp	Shrimp (Shrimp, water, salt, sodium phosphates - less than 0.5%, sulphites), Green Seasoning, Soy Sauce, Teriyaki Sauce.						✓	✓	✓	✓	
Double Beef	Beef, Green Seasoning, Soy Sauce, Teriyaki Sauce.							✓	✓		
Double Chicken	Chicken, Soy Sauce, Teriyaki Sauce.							✓	✓		
Tofu	(Soy Milk (soybeans, water), Soybean Oil, Modified Corn Starch, Trehalose, Calcium Sulfate, Coagulant (starch syrup (corn, tapioca), salt, dextrin), Glucose, Glycerin Fatty Acid Esters, Salt) ,							✓			

Side Sauces	Ingredients	Peanut	Tree Nuts	Sesame seeds & derivatives	Milk & Milk By-Products	Eggs & Egg Products	Seafood Shellfish	Soy	Wheat / Gluten	Sulphites	MSG
<b>Teriyaki Sauce</b>	Proprietary Ingredients - Please email edo@edojapan.com for specific allergen/ingredient concerns.							✓	✓		
<b>Gyoza Sauce</b>	Soy Sauce, Vinegar, Sesame Oil, Sesame Seeds			✓				✓	✓		
<b>Tempura Sauce</b>	Contains soy, wheat, monosodium glutamate, bonito (fish),				✓		✓	✓	✓	✓	✓
<b>Soy Sauce</b>	Water, Wheat, Soyabeans, Salt, Sodium Benzoate (less than 1000ppm as a preservative), brewing starter (Aspergillus Sojae).							✓	✓		
<b>Soy Sauce - Packets</b>	Water, Wheat, Soyabeans, Salt, Sodium Benzoate (less than 1/10th of 1% as a preservative)							✓	✓		
<b>Soy Sauce - Gluten Free Tamari</b>	Water, Soybeans, Salt, Sugar							✓			
<b>Chili Garlic Sauce</b>	Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfite as preservatives, and Xanthan Gum									✓	
<b>Plum Sauce</b>	Sugar glucose-fructose, water, pumpkin, vinegar, modified corn starch, salt, apricot puree, plum puree, guar gum, blackstrap molasses, sodium benzoate, spices, ascorbic acid, caramel colour									✓	
<b>Spicy Mayo</b>	Soybean Oil, Water, Vinegar, Egg Yolk, Cayenne Pepper, Sugar, Salt, Jalapeno Pepper, Modified Corn Starch, Carrot, Spices, Garlic Powder, Xanthan Gum. Sorbi and Citric Acid, Annatto Extract, Lemon Juice					✓		✓			
<b>Unagi Sauce</b>	Sugar, Soy Sauce, Mirin (sweet cooking rice wine), Modified Corn Starch, Caramel Colour, Salt							✓	✓		
Ingredients	Ingredients	Peanut	Tree Nuts	Sesame seeds & derivatives	Milk & Milk By-Products	Eggs & Egg Products	Seafood Shellfish	Soy	Wheat / Gluten	Sulphites	MSG
<b>Light Mayonnaise</b>	Mayonnaise (water, soybean oil, modified corn starch, sugar, vinegar, frozen egg whites, salt, mustard flour, concentrated lemon juice, xanthan gum, potassium sorbate, flavour, colour (beta-carotene, paprika), calcium disodium edta.).					✓				✓	
<b>Wasabi</b>	Water, horseradish powder, mustard powder, corn starch, citric acid, ascorbic acid, artificial coloring										
<b>Sushi Ginger</b>	Ingredients may vary by market/locations. Ginger, Water, Salt, Citric Acid, Acetic Acid, Aspartame (contains Phenylalanine), Potassium Sorbate, Color.										
<b>Sushi Vinegar</b>	High Fructose Corn Syrup, Distilled Vinegar and Rice Vinegar (diluted with water), Salt and Brown Sugar.										
<b>Green Seasoning</b>	Margarine (canola oil, modified palm & palm kernal oils (soy), canola oil, garlic, parsley							✓			
<b>Tempura Yam</b>	Yams, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), yellow corn flour, wheat starch, salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), emulsifier, water. Partially fried in Canola Oil.			X				X	✓	X	

