

IPPUDO Allergies list

Last updated:APR.19 2025

Attention

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If you have a very serious allergy,even a small amount can be very sensitive,please allow us to refuse to provide the dishes.

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- ◆Since each dish uses the same cooking utensils,there is a chance that raw materials might be mixed in that shouldn't be there.
- ◆The noodle and soup manufacturing plants also manufacture products made from buckwheat, peanuts, shrimp, and crab.
- ◆Some products are not available at some stores.
- ◆As for calories, it is a standard value based on the formula. There may be an error in calories from the actual product at the store,and the calories listed are only a guideline.

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GRAND MENU	8 Specific Raw Materials								20 Raw Materials																				Calories
	Egg	Milk	WheatFlour	Buck wheat	Peanut	Shrimp	Crab	Walnut	Abalone	Squid	Salmon Roe	Orange	Kiwi	Beef	Salmon	Mackerel	Soy beans	Chicken	Banana	Pork	Matsutake mushroom	Peach	Wild Yam	Apple	Gelatin	Cashew nuts	Sesame	Almond	
SHIOMARU CLASSIC	●	●	●											●			●	●		●					●		●		659kcal
AKAMARU MODERN	●	●	●											●			●	●		●					●		●		914kcal
KARAKA	●	●	●			●								●			●	●		●					●		●		749kcal
OKOSAMA RAMEN(KID'S MEAL WITH JELLY)																													
KID'S RAMEN AND WHITE RICE	●	●	●											●			●	●		●					●				633kcal
JELLY(FLAVORS:APPLE/ORANGE/GRAPE)												●												●					-
OKOSAMA RAMEN(KID'S MEAL WITH SNACKS)																													
KID'S RAMEN	●	●	●											●			●	●		●					●				452kcal
SNACKS	●	●	●														●	●		●									-
KAEDAMA (EXTRA NOODLES)	●		●														●												281kcal
FLAVORED SOFT BOILED EGG	●																												66Kcal
SOFT BOILED EGG	●																												75kcal
TREE MUSHROOM			●														●										●		40kcal
SEAWEED																													5kcal
SCALLION																													10kcal
SLOW-COOKED PORK LOIN CHASHU (2 PIECES)			●														●			●									59kcal
THICK-CUT PORK BELLY CHASHU (1 PIECE)			●														●	●		●									124kcal
FLAVORED MIX VEGETABLES			●														●			●							●		120kcal
MENTAIKO			●														●												25kcal
KARAMI SAUCE(SPICY SAUCE)			●														●										●		45kcal
FRIED GYOZA (DUMPLINGS)			●													●	●			●							●		320kcal
CHAHAN (FRIED RICE)	●	●	●											●			●	●		●					●		●		850kcal
WHITE STEAMED RICE WITH SOFT BOILED EGG	●		●														●										●		335kcal
MENTAI GOHAN(WHITE STEAMED RICE WITH SPICY POLLACK ROE)			●														●												375kcal
MENTAI GOHAN WITH SOFT BOILED EGG	●		●														●												450kcal
CHAR-SIU PORK BOWL		●	●														●	●		●				●			●		454kcal
KARA MOYASHI(BEAN SPROUTS NAMUL)			●														●										●		25kcal
BENISHOGA(RED PICKLED GINGER)																													3kcal
KARASHI TAKANA(PICKLED TAKANA MUSTARD WITH CHILI)			●														●										●		15kcal

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LIMITED OFFER	8 Specific Raw Materials								20 Raw Materials																	Calories			
	Egg	Milk	WheatFlour	Buck wheat	Peanut	Shrimp	Crab	Walnut	Abalone	Squid	Salmon Roe	Orange	Kiwi	Beef	Salmon	Mackerel	Soy beans	Chicken	Banana	Pork	Matsutake mushroom	Peach	Wild Yam	Apple	Gelatin		Cashew nuts	Sesame	Almond
SHOYU TONKOTSU (TIME LIMITED OFFER AT COCOON CITY)	●		●														●			●									900kcal
TONKOTSU SHOYU(CLICK HERE TO CHECK THE LOCATIONS)	●		●														●	●		●					●				819kcal
PLANT-BASED AKAMARU(CLICK HERE TO CHECK THE LACATIONS)			●														●										●		778kcal
PLANT-BASED SHIROMARU(ONLY AT HARAJYUKU TAKESHITATORI)			●														●												611kcal
KAWAGOE TONKOTSU SHOYU(ONLY AT KAWAGOE INTER STORE)			●														●	●		●									963kcal
HAKATA CHUKASOBA(CLICK HERE TO CHECK THE LOCATIONS)	●		●													●	●	●		●					●		●		605kcal
TANTAN RAMEN (ONLY AT TOSU PREMIUM OUTLETS)	●	●	●		●									●			●	●		●					●		●		894kcal
JIRO RAMEN(ONLY AT TOSU PREMIUM OUTLETS STORE)	●		●														●			●					●		●		1431kcal
UME JIRO(TIME LIMIT OFFER AT UMEDA 2F)	●		●														●			●							●		1415kcal
CHUKASOBA(ONLY AT MUNAKATA AND SUNLIVECREATE MUNAKATA STORES)	●		●														●	●		●									587kcal
IPPUDO SHOYUTONKOTSU(ONLY AT SAKAI INTER and HORIE STORES)	●		●														●	●		●									960kcal
SHOYU TONKOTSU(ONLY AT YOUMETOWN KURUME STORE)	●		●														●	●		●					●				686kcal
EDO STYLE SHOYU RAMEN (ONLY AT ASAKUSABASHI HONPO AND KAMEARI STORES)	●		●												●	●	●	●		●									764kcal
HAKATA GENRYU SHOYU(ONLY AT ROPPONGI STORE)	●		●													●	●	●		●									812kcal
SANO TANMEN(WITH RICE)(ONLY AT SANOTAKAHAGI)	●		●			●				●							●			●							●		955kcal
KENGUN TANMEN(WITH RICE)(ONLY AT KENGUN)	●		●			●				●							●			●					●		●		983kcal
KENGUN TANMEN with KARAAGE	●		●			●				●							●	●		●					●		●		1119kcal
HAKATA NO CHIKARAMESHI(ONLY AT SAPPORO-HIRAOKA,TANUKIKOUJI,NAGOYAHIRABARI,NAGOYAHONTEN,ROPPONG I,DAZAIFU INTER STORES)		●	●			●											●	●		●				●					539kcal
KARAAGE(ONLY AT SAKAI INTER STORE)	●		●														●	●											536kcal
KARAAGE (ONLY AT LECT HIROSHIMA/YOUMETOWN TAKAMATSU/YOUMETOWN TOKUSHIMA/THE OUTLETS KITAKYUSHU/EMIFULL MASAKI/AEONMALL KYOTO KATSURAKAWA/SANO PREMIUM OUTLETS/RINKU PREMIUM OUTLETS STORES)																													
KARAAGE(FRIED CHICKEN)	●	●	●														●	●											329kcal
VEGETABLE SALAD	●		●														●							●					18kcal
FRENCH FRY (ONLY AT LECT HIROSHIMA/YOUMETOWN TAKAMATSU/YOUMETOWN TOKUSHIMA STORES)			●														●												575kcal
BOILED DUMPLINGS(SHIJO KARASUMA GINZA-INZ and LUMINE OHMIYA LIMITED EDITION)	●	●	●														●	●		●					●		●		160kcal

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STORE LIMITED MENU	8 Specific Raw Materials								20 Raw Materials																	Calories			
	Egg	Milk	WheatFlour	Buck wheat	Peanut	Shrimp	Crab	Walnut	Abalone	Squid	Salmon Roe	Orange	Kiwi	Beef	Salmon	Mackerel	Soy beans	Chicken	Banana	Pork	Matsutake mushroom	Peach	Wild Yam	Apple	Gelatin		Cashew nuts	Sesame	Almond
DAIMYOU 1st STOTE																													
HAKATA SHOYU RAMEN	●		●														●	●		●									631kcal
CHASHU RICE	●		●														●			●							●		580kcal
CHASHU RICE(LUNCH SET)			●														●			●							●		542kcal
CHASHU RICE WITH MAYONNAISE SPICY POLLACK ROE	●		●														●							●			●		328kcal
DAIMYO BEKKAN(FUKUOKA AIRPORT RAMEN STREET)																													
SHIOMARU CLASSIC	●		●														●			●					●		●		714kcal
AKAMARU MODERN	●		●														●			●					●		●		853kcal
ITOSHIMA	●		●														●			●					●		●		978kcal
CHAR-SIU WANTAN RAMEN	●		●														●			●					●		●		895kcal
KASANE	●		●														●	●		●					●				908kcal
MINI SHIOMARU	●		●														●			●					●		●		382kcal
HAKATA MATSURI BENTO(SMALLER SIZE)	●		●													●	●			●							●		312kcal
SKY BUNS	●		●														●			●				●			●		213kcal
ITOSHIMA SHOYU RAMEN	●		●														●	●		●					●		●		656kcal
LUMINE EST SHINJUKU																													
SPECIAL SILK-SMOOTH VEGGIE TONKOTSU			●														●							●					683kcal
RICH AROMATIC RAMEN FROM MOTHER EARTH			●														●												802kcal
CHASHU RICE	●		●														●	●		●				●			●		532kcal
GYOZA(10PIECES)			●														●										●		337kcal
KAEDAMA(EXTRA VEGETARIAN NOODLE)			●														●												252kcal
KAEDAMA(EXTRA HAKATA STYLE NOODLE)	●		●														●												293kcal
ETHNIC SPICE NOODLE (LIMITED TIME OFFER)			●														●							●			●	●	967kcal
SHIOBARU AND ASAKUSABASHI HONPO																													
GENTEN	●		●														●			●					●		●		680kcal
AKAMARU MODERN	●		●														●			●					●		●		830kcal
SPECIAL FRIED RICE	●		●														●			●							●		831kcal
FLAVORED SOFT BOILED EGG	●																												66kcal
SLOW-COOKED PORK LOIN CHASHU (2 PIECES)			●														●			●									39kcal
THICK-CUT PORK BELLY CHASHU (1 PIECE)			●														●			●									117kcal
FLAVORED MIX VEGETABLES			●														●			●							●		120kcal

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IPPUDO RAMEN EXPRESS STORE LIST

■ KOUCHI AEONMALL

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MENU	8 Specific Raw Materials								20 Raw Materials																	Calories			
	Egg	Milk	Wheatflour	Buck wheat	Peanut	Shrimp	Crab	Walnut	Abalone	Squid	Salmon Roe	Orange	Kiwi	Beef	Salmon	Mackerel	Soy beans	Chicken	Banana	Pork	Matsutake mushroom	Peach	Wild Yam	Apple	Gelatin		Cashew nuts	Sesame	Almond
HAKATA TONKOTSU	●		●														●	●		●					●				705kcal
SHOYU TONKOTSU	●		●														●	●		●					●				794kcal
KAEDAMA(EXTRA NOODLES)	●		●														●			●								293kcal	
CHAR-SIU PORK BOWL		●	●														●			●						●		424kcal	
HAKATA CHAHAN(FRIED RICE)	●		●														●			●					●			704kcal	
MENTAI GOHAN(WHITE STEAMED RICE WITH SPICY POLLACK ROE)			●														●											350kcal	
FRIED GYOZA(DUMPLINGS)			●													●	●			●							●	325kcal	
KARAAGE(FRIED CHICKEN)	●	●	●														●	●										410kcal	
VEGETABLE SALAD(FOR KARAAGE SET,DRESSING ON THE SIDE)	●		●														●						●					18kcal	
FRENCH FRY			●														●											575kcal	
FLAVORED BOILED EGG	●		●														●											80kcal	
FLAVORED MIX VEGETABLES			●														●			●								107kcal	
PORK LOIN CHASHU			●														●			●								137kcal	
SEASONED BAMBOO SHOOTS			●														●											10kcal	
ROASTED SEAWEED																												5kcal	
FLAVORED TREE MUSHROOMS																												5kcal	
BEAN SPROUT																												15kcal	
SCALLION																												10kcal	
KIDS MEAL(EXCLUDING DRINKS)																													
RAMEN	●		●														●	●		●					●				509kcal
SNACK ASSORTMENT	●	●	●														●	●		●								-	
YOKOHAMANAGARE RAMEN	●		●														●	●		●					●				1231kcal
HAKATA TANREI SHOYU RAMEN	●		●														●	●		●					●				690kcal

RAMEN EXPRESS HAKATA IPPUDO Allergies list

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RAMEN EXPRESS STORE LIST

■Tokyo-solamachi■SHIZUOKA SERVICE AREA■LALAPORT NUMAZU SHIZUOKA■LALAPORT TOGO AICHI■LALAPORT KASHIWANOHA
CHIBA■LALAPORT NAGOYA minato AQUUS■MITSUI OUTLET PARK SENDAI PORT MIYAGI■MITSUI OUTLET PARK KISARAZU CHIBA

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MENU	8 Specific Raw Materials								20 Raw Materials																		Calories		
	Egg	Milk	Wheat/flour	Buck wheat	Peanut	Shrimp	Crab	Walnut	Abalone	Squid	Salmon Roe	Orange	Kiwi	Beef	Salmon	Mackerel	Soy beans	Chicken	Banana	Pork	Matsutake mushroom	Peach	Wild yam	Apple	Gelatin	Cashew nuts		Sesame	Almond
Shiromaru Tonkotsu	●	●	●											●			●	●		●					●		●		663kcal
Akamaru Tonkotsu	●	●	●											●			●	●		●					●		●		911kcal
Karaka	●	●	●			●								●			●	●		●					●		●		749kcal
Kids Meal (Excluding drinks)																													
Ramen	●	●	●											●			●	●		●					●				452kcal
Snack Assortment	●	●	●														●	●		●									-
Kaedama(Extra Noodles)	●		●														●												281kcal
Hakata Chahan (Excluding SHIZUOKA SA store)	●		●														●	●		●					●				703kcal
Hakata Chahan (SHIZUOKA SA store style)	●	●	●											●			●	●		●					●		●		850kcal
Hakata Bite-Size Gyoza			●													●	●			●							●		325kcal
KARAAGE(4 pieces)	●	●	●														●	●											346kcal
VEGETABLE SALAD(FOR KARAAGE SET,DRESSING ON THE SIDE)	●		●														●						●						18kcal
French Fry			●														●												575kcal
Chashu Rice(Char-siu Pork Bowl)		●	●														●	●		●							●		446kcal
Mentai Rice(Rice With Spicy Pollack Roe)			●														●												350kcal
Slow-cooked Pork Loin Chashu(2 pieces)			●														●			●									59kcal
Thick-cut Pork Belly Chashu(1 piece)			●														●	●		●									124kcal
Boiled Egg	●																												66Kcal
Tree Mushrooms			●														●										●		40kcal
Roasted Seaweed																													5kcal
Scallion																													10kcal
Flavored Vegetables			●														●			●							●		120kcal
Menma(Seasoned bamboo shoots)			●														●												12kcal
Spicy Miso			●														●										●		28kcal
Tonkotsu Shoyu(only at NAGOYA MINATO AQUUS STORE)	●		●														●	●		●					●				819kcal
Tonkotsu Rich Miso Ramen(only at SENDAI PORT Store)	●		●														●	●		●							●		960kcal
Hakata Cyuka Soba (only at KASHIWANOHA and SHIZUOKA SA STORES)	●		●													●	●	●		●					●				594kcal
Solamachi Style Hakata Cyuka Soba	●		●													●	●	●		●					●		●		638kcal
Morning Ramen (Only at SHIZUOKA SA store)	●	●	●											●			●	●		●							●		812kcal