

# IPPUDO Allergies list

Last updated:FEBRUARY 20th 2024

**Attention**  
**In our kitchen,the complete removal of allergenic ingredients can not be achieved due to the equipments.**  
**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, shrimps, 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.

Since the products offered by IPPUDO RAMEN EXPRESS and RAMEN EXPRESS Hakata Ippudo are different, the allergy information is also different.  
 Please contact our store for more details.

GRAND MENU	7 Specific Raw Materials							21 Raw Materials																					Calories
	Egg	Milk	Wheat Flour	Buck wheat	Peanut	Shrimp	Crab	Abalone	Squid	Salmon Roe	Orange	Kiwi	Beef	Walnut	Salmon	Mackerel	Soy beans	Chicken	Banana	Pork	Matsutake mushroom	Peach	Wild yam	Apple	Gelatin	Cashew nuts	Sesame	Almond	
SHIROMARU CLASSIC	○	○	○										○				○	○		○						○		○	659kcal
KIWAMI SHIROMARU	○	○	○										○				○	○		○						○		○	820kcal
BARIMORI SHIROMARU CLASSIC	○	○	○										○				○	○		○						○		○	919kcal
CHASHU SHIROMARU	○	○	○										○				○	○		○						○		○	841kcal
TAMAGO SHIROMARU	○	○	○										○				○	○		○						○		○	727kcal
VEGETABLE SHIROMARU	○	○	○										○				○	○		○						○		○	779kcal
SIMPLE SHIROMARU	○	○	○										○				○	○		○						○		○	618kcal
AKAMARU MODERN	○	○	○										○				○	○		○						○		○	914kcal
KIWAMI AKAMARU	○	○	○										○				○	○		○						○		○	1076kcal
BARIMORI AKAMARU MODERN	○	○	○										○				○	○		○						○		○	1175kcal
CHASHU AKAMARU	○	○	○										○				○	○		○						○		○	1097kcal
TAMAGO AKAMARU	○	○	○										○				○	○		○						○		○	983kcal
VEGETABLE AKAMARU	○	○	○										○				○	○		○						○		○	1035kcal
SIMPLE AKAMARU	○	○	○										○				○	○		○						○		○	808kcal
KARAKA	○	○	○			○							○				○	○		○						○		○	749kcal
KIWAMI KARAKA	○	○	○			○							○				○	○		○						○		○	911kcal
BARIMORI KARAKA	○	○	○			○							○				○	○		○						○		○	1011kcal
CHASHU KARAKA	○	○	○			○							○				○	○		○						○		○	932kcal
TAMAGO KARAKA	○	○	○			○							○				○	○		○						○		○	818kcal
VEGETABLE KARAKA	○	○	○			○							○				○	○		○						○		○	870kcal
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
GRAND MENU																													
FLAVORED SOFT BOILED EGG	○																												66Kcal
SOFT BOILED EGG	○																												75kcal
TREE MUSHROOM			○														○										○		40kcal
SEAWEED																													5kcal
SCALLION																													10kcal
SLOW-COOKED PORK LOIN CHASHU (2PIECES)			○														○			○									59kcal
THICK-CUT PORK BELLY CHASHU (1PIECE)			○														○	○		○									124kcal
FLAVORED MIX VEGETABLES			○														○			○							○		120kcal
MENTAIO			○														○												25kcal
FRIED GYOZA (DUMPLINGS)			○														○	○		○							○		320kcal
CHAHAN (FRIED RICE)	○	○	○										○				○	○		○						○		○	850kcal
WHITE STEAMED RICE WITH SOFT BOILED EGG	○		○														○										○		335kcal
MENTAI GOHAN(WHITE STEAMED RICE WITH SPICY POLLAOK 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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- ◆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.

Since the products offered by IPPUDO RAMEN EXPRESS and RAMEN EXPRESS Hakata Ippudo are different, the allergy information is also different.  
 Please contact our store for more details.

STORE LIMITED DISHES	7 Specific Raw Materials							21 Raw Materials																					Calories	
	Egg	Milk	Wheat Flour	Buck wheat	Peanut	Shrimp	Crab	Abalone	Squid	Salmon Roe	Orange	Kivi	Beef	Walnut	Salmon	Mackerel	Soy beans	Chicken	Banana	Pork	Mitsukakemaru Incom	Peach	Wild yam	Apple	Gelatin	Cashew nuts	Sesame	almond		
REPRINTED AKAMARU (ONLY AT HAKATA STATION STORE)	○	○	○										○					○	○		○						○		○	1003kcal
MISO AKAMARU2024(SEASONAL LIMITED EDITION)	○	○	○															○			○						○		○	992kcal
MISO AKAMARU2024 with extra noodles(SEASONAL LIMITED EDITION)	○	○	○															○			○						○		○	1153kcal
KIWAMI MISO AKAMARU2024(SEASONAL LIMITED EDITION)	○	○	○															○			○						○		○	1105kcal
PLANTBASE AKAMARU (ONLY AT KANAZAWA KORINBO,GINZA INZ AND SHIJO KARASUMA STORES)			○															○										○	778kcal	
KAWAGOE TONKOTSU SHOYU (ONLY AT KAWAGOE INTER STORE)			○															○	○		○									963kcal
HAKATA CHUKASOBA	○		○														○	○	○		○						○		○	605kcal
(ONLY AT SANNO,KURASHIKI,KARYA,HON-ATSUGI MYLORD EAST,LUSCA CHIKASAKI,SANNOMEYA,JU-MALL PLAZA KAWAGUCHI,TAKEISHI INTER,CELEO HACHIOJILLUMINE TACHIKAWA,KUMAMOTO KENGUN HGASHIMAHLSANO TAKAHAGI STORES)																														
TANTAN RAMEN(ONLY AT TOSU PREMIUM OUTLETS)	○	○	○		○								○					○	○		○						○		○	894kcal
CHUKASOBA(ONLY AT MUNAKATA AND SUNLIVECREATE MUNAKATA STORES)	○		○															○	○		○									587kcal
IPPUDO SHOYUTONKOTSU(ONLY AT SAKAI INTER,HORIE AND KISHIWADA STORES)	○		○															○	○		○									960kcal
SHOYUTONKOTSU(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
UMAKARA RAMEN(SEASONAL PROMOTION OF SENDAI NICHIGUCHI STORE)	○		○															○			○								○	831kcal
KOGASHI MISO/BURNT MISO FLAVORED RAMEN AND WHITE RICE (ONLY AT SHIOBARU HONPO)	○		○															○	○		○								○	1360kcal
HAKATA NO CHIKARAMESHI(CHAR-SIU PORK BOWL WITH SPICY POLLACK ROE)		○	○															○	○		○						○			539kcal
(ONLY AT SAPPORO HIRAOKA,SAPPORO TANUKIKOUJINAGOYA HIRABARI,NAGOYA HONTEN,ROPPONGIDAZAIFU INTER AND MORIOKA STORES)																														
KARAAGE(ONLY AT SAKAI INTER STORE)	○		○															○	○											536kcal
KARAAGE (ONKY AT SUNLIVE CREAT MUNAKATA STORE)	○		○															○	○		○								○	491kcal
KARAAGE (ONLY AT LECT HIROSHIMA/YOUMETOWN TAKAMATSU/YOUMETOWN TOKUSHIMA/THE OUTLETS KITAKYUSHU/EMIFULL MASAKI/AEONMALL KYOTO KATSURAKAWA STORES)																														
KARAAGE(FRIED CHICKEN)	○	○	○															○	○											329kcal
VEGETABLE SALAD	○		○																							○				18kcal
FRENCH FRY (ONLY AT LECT HIROSHIMA/YOUMETOWN TAKAMATSU/YOUMETOWN TOKUSHIMA STORES )			○															○												575kcal
STORE LIMITED DISHES (LUMINE EST SHINJUKU)	7 Specific Raw Materials							21 Raw Materials																					Calories	
	Egg	Milk	Wheat Flour	Buck wheat	Peanut	Shrimp	Crab	Abalone	Squid	Salmon Roe	Orange	Kivi	Beef	Walnut	Salmon	Mackerel	Soy beans	Chicken	Banana	Pork	Mitsukakemaru Incom	Peach	Wild yam	Apple	Gelatin	Cashew nuts	Sesame	almond		
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)	○		○															○												283kcal
KARAKA MISO(TOPPING)			○															○	○		○								○	93kcal
STORE LIMITED DISHES (DAMYOU 1st STOTE)	7 Specific Raw Materials							21 Raw Materials																					Calories	
	Egg	Milk	Wheat Flour	Buck wheat	Peanut	Shrimp	Crab	Abalone	Squid	Salmon Roe	Orange	Kivi	Beef	Walnut	Salmon	Mackerel	Soy beans	Chicken	Banana	Pork	Mitsukakemaru Incom	Peach	Wild yam	Apple	Gelatin	Cashew nuts	Sesame	almond		
HAKATA SHOYU RAMEN	○		○															○	○		○									631kcal
HAKATA SHOYU RAMEN TAMAGO	○		○															○	○		○									697kcal
HAKATA SHOYU RAMEN CHASHU	○		○															○	○		○									813kcal
KIWAMI HAKATA SHOYU RAMEN	○		○															○	○		○									791kcal
CHASHU RICE	○		○															○			○								○	580kcal
CHASHU RICE(LUNCH SET)			○															○			○								○	542kcal
CHASHU RICE WITH MAYONNAISE FLAVORED SPICY POLLACK ROE	○		○															○			○					○			○	328kcal

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#### IPPUDO RAMEN EXPRESS STORE LIST

■ TUSMINAMI AEONMALL ■ IWAKIONAHAMA AEONMALL  
 ■ COCOONCITY Saitama-Shintoshin ■ PRIMETREE AKAIKE ■ MARINO CITY FUKUOKA  
 ■ RINKU PREMIUM OUTLETS OSAKA ■ AEON LAKE TOWN OUTLET KOSHIGAYA ■ KOUCHI AEONMALL  
 ■ SANO PREMIUM OUTLETS TOCHIGI ■ KOBE-SANDA PREMIUM OUTLETS ■ GRANDBERRY PARK MINAMI-MACHIDA

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Menu	7 Specific Raw Materials							21 Raw Materials																	Calories							
	Egg	Milk	Wheat Flour	Buckwheat	Peanut	Shrimp	Crab	Abalone	Squid	Salmon Roe	Orange	Kiwi	Beef	Walnut	Salmon	Mackerel	Soy beans	Chicken	Banana	Pork	Matsutakemushroom	Peach	Wild yam	Apple		Gelatin	Cashew nuts	Sesame	Almond			
HAKATA TONKOTSU	○		○														○	○		○					○						705kcal	
TONKOTSU WITH FLAVORED SOFT BOILED EGG	○		○														○	○		○					○						789kcal	
TONKOTSU WITH FLAVORED MIX VEGETABLES	○		○														○	○		○					○						811kcal	
CHASHU TONKOTSU	○		○														○	○		○					○						841kcal	
SPECIAL TONKOTSU	○		○														○	○		○					○						931kcal	
SHOYU TONKOTSU	○		○														○	○		○					○						794kcal	
TONKOTSU SHOYU WITH FLAVORED SOFT BOILED EGG	○		○														○	○		○					○						878kcal	
SHOYU WITH FLAVORED MIX VEGETABLES	○		○														○	○		○					○						900kcal	
CHASHU SHOYU	○		○														○	○		○					○						930kcal	
SPECIAL SHOYU	○		○														○	○		○					○						1020kcal	
KAEDAMA(EXTRA NOODLES)	○		○														○			○											293kcal	
CHAR-SIU PORK BOWL		○	○														○			○								○			424kcal	
HAKATA CHAHAN(FRIED RICE)	○		○														○			○					○						704kcal	
HAKATA CHANHAN(KOBE SANDA OUTLET STYLE)	○	○	○										○				○	○		○					○		○				850kcal	
MENTAI GOHAN (WHITE STEAMED RICE WITH SPICY POLLACK ROE)			○														○			○											350kcal	
FRIED GYOZA(DUMPLINGS)			○													○	○		○									○			325kcal	
KARAAAGE(FRIED CHICKEN)	○	○	○														○	○		○											410kcal	
MEGA KARAAAGE(10 PIECES)	○	○	○														○	○		○											1020kcal	
FRENCH FRY			○														○			○											575kcal	
FRENCH FRY (LARGE SIZE)			○														○			○											1145kcal	
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	
SPECIAL HAKATA TANREI SHOYU RAMEN	○		○														○	○		○					○						831kcal	
MISO AKAMARU2024(SEASONAL LIMITED EDITION)	○	○	○														○			○					○		○				979kcal	
MISO AKAMARU2024 with extra noodles (SEASONAL LIMITED EDITION)	○	○	○														○			○					○		○				1153kcal	
KIWAMI MISO AKAMARU2024 (SEASONAL LIMITED EDITION)	○	○	○														○			○					○		○				1132kcal	

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■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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Shiromaru Tonkotsu	○	○	○										○				○	○		○					○		○		663kcal
Shiromaru with Egg	○	○	○										○				○	○		○					○		○		734kcal
Shiromaru Vegetables	○	○	○										○				○	○		○					○		○		784kcal
Shiromaru Chashu	○	○	○										○				○	○		○					○		○		846kcal
Kiwami Shiromaru Tonkotsu	○	○	○										○				○	○		○					○		○		827kcal
Bari-Mori Shiromaru	○	○	○										○				○	○		○					○		○		926kcal
Akamaru Tonkotsu	○	○	○										○				○	○		○					○		○		911kcal
Akamaru with Egg	○	○	○										○				○	○		○					○		○		982kcal
Akamaru Vegetables	○	○	○										○				○	○		○					○		○		1032kcal
Akamaru Chashu	○	○	○										○				○	○		○					○		○		1093kcal
Kiwami Akamaru Tonkotsu	○	○	○										○				○	○		○					○		○		1074kcal
Bari-Mori Akamaru	○	○	○										○				○	○		○					○		○		1115kcal
Karaka	○	○	○				○						○				○	○		○					○		○		749kcal
Kiwami Karaka	○	○	○				○						○				○	○		○					○		○		912kcal
Kaedama (EXTRA NOODLES)	○		○														○												281kcal
GRAND MENU	7 Specific Raw Materials							21 Raw Materials																					Calories
	Egg	Milk	Wheat Flour	Buck wheat	Peanut	Shrimp	Crab	Abalone	Squid	Salmon Roe	Orange	Kiwi	Beef	Walnut	Salmon	Mackerel	Soy beans	Chicken	Banana	Pork	Matsutake mushroom	Peach	Wild yam	Apple	Gelatin	Cashew nuts	Sesame	Almond	
Hakata Chahan (fried rice)	○		○														○	○		○					○				703kcal
Hakata Chahan (SHIZUOKA SA store style)	○	○	○										○				○	○		○					○		○		850kcal
Hakata Bite-Size Gyoza			○													○	○		○								○		325kcal
Karaage(Fried Chicken)																													
KARAAGE(4 pieces)	○	○	○														○	○											346kcal
VEGETABLE SALAD	○		○														○							○					18kcal
Mega Karaage (10 pieces)	○	○	○														○	○											1020kcal
French Fry			○														○												575kcal
French Fry (Lsize)			○														○												1145kcal
Chashu Rice(Char-siu Pork Bowl)		○	○														○	○		○							○		446kcal
Mental 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
Kids Meal (Excluding drinks)																													
Ramen	○	○	○										○				○	○		○					○				452kcal
Snack Assortment	○	○	○														○	○		○									-
STORE LIMIT AND SEASONAL DISHES	7 Specific Raw Materials							21 Raw Materials																					Calories
	Egg	Milk	Wheat Flour	Buck wheat	Peanut	Shrimp	Crab	Abalone	Squid	Salmon Roe	Orange	Kiwi	Beef	Walnut	Salmon	Mackerel	Soy beans	Chicken	Banana	Pork	Matsutake mushroom	Peach	Wild yam	Apple	Gelatin	Cashew nuts	Sesame	Almond	
Tonkotsu Rich Miso Ramen(only at Sendai Port Store)	○		○														○			○							○		960kcal
Tonkotsu Rich Miso With Egg(Sendai Port)	○		○														○			○							○		1036kcal
Kiwami Tonkotsu Rich Miso Ramen(Sendai Port)	○		○														○	○		○							○		1131kcal
Hakata Cyuka Soba (only at Kashiwanoha and Shizuoka service-area stores)	○		○													○	○		○						○				594kcal
Kiwami Hakata Cyuka Soba (only at Kashiwanoha and Shizuoka service-area stores)	○		○													○	○		○						○				756kcal
Solamachi Style Hakata Cyuka Soba	○		○													○	○		○						○		○		638kcal
Solamachi Style Hakata Cyuka Soba with egg	○		○													○	○		○						○		○		709kcal
Solamachi Style KIWAMI Hakata Cyuka Soba	○		○													○	○		○						○		○		802kcal
Solamachi Style Bari-Mori Hakata Cyuka Soba	○		○													○	○		○						○		○		901kcal
Morning Ramen (Only at Shizuoka service-area store)	○	○	○										○				○	○		○							○		812kcal
Miso Akamaru2024(Seasonal Limited Edition)	○	○	○														○			○					○		○		979kcal
Miso Akamaru and extra noodles(Seasonal Limited Edition)	○	○	○														○			○					○		○		1153kcal
Kiwami Miso Akamaru(Seasonal Limited Edition)	○	○	○														○			○					○		○		1132kcal