

Information about food ingredients for people with allergy concerns.

Japanese food uses soy sauce, which contains wheat, gluten and soya beans

Japanese Vinegar also contains wheat. Miso contains soya beans.

1. Tempura dishes contain wheat in the tempura flour; dipping soy sauce contains soya beans and wheat; seafood may be prawns, scallops, squid, and other fish.
2. Teriyaki (Salmon or Chicken) contains soy sauce, thus wheat and gluten, and soya beans.
3. Tonkatsu (deep fried pork) is made with egg and breadcrumbs (wheat/gluten).
4. Grilled fish – The optional sauce is a ginger soy sauce containing fresh root ginger, soya beans and wheat (gluten).
5. Japanese salad dressing – contains soy sauce and sesame oil.
6. Teppan yaki – 3 dipping sauce contains soy sauce (wheat and soya beans) , and one sauce contains crushed sesame seeds. Food ingredients include scallops, squid, and fish.
7. Teriyaki – Teriyaki sauce contains soy sauce (soya beans, wheat), food ingredients includes Salmon(fish) as well. Salad dressing contains soy sauce (soya and wheat, sesame oil, and vinegar(wheat)
8. Sukiyaki – base sauce contains soy sauce (soya and wheat)
9. Shabu shabu – dipping sauce contains soy sauce (soya and wheat)