NIKUTOTAMAGO Shimokitazawa Allergen and Nutrition Information

Please check allergens for the combination you order: sauce, omurice, toppings, and drinks. Sauces are listed first. The omurice rows do not include the sauce, so please also check the row for the sauce you choose.

● Contained as an ingredient △ May be present due to the factory or cooking process (e.g. shared frying oil) Blank: not used as an ingredient

All dishes are prepared with the same cooking tools in the same kitchen, so even items marked blank may contain trace amounts. We are unable to remove or change ingredients for allergy reasons. If you have a food allergy and have any concerns, please refrain from eating. Allergic reactions vary from person to person, and even trace amounts can cause symptoms. Please consult your doctor before deciding whether to eat.

Dietary: ○ Vegetarian = no meat or seafood (including extracts, stock and gelatin); eggs and dairy are used. Muslim friendly = no pork or pork-derived ingredients. This is not halal certification, and our chicken and beef are not halal. Items cooked with alcohol (heated) are noted under Notes. When combining a sauce and toppings, please make sure every row is marked ○.

The soup and salad served in the restaurant change daily, so they are not listed in this table. For allergen information, please ask our staff.

Menu	Calories (kcal, approx.)	Mandatory									Recommended																				Our own				Dietary		Notes
		Egg	Milk	Wheat	Shrimp	Crab	Buckwheat	Peanut	Walnut	Cashew nut	Almond	Abalone	Squid	Salmon roe	Orange	Kiwi fruit	Beef	Sesame	Salmon	Mackerel	Soybean	Chicken	Banana	Pork	Macadamia nut	Peach	Yam	Apple	Gelatin	Pistachio	Onion	Garlic	Tomato	Mushroom	Vegetarian	Muslim friendly	
Sauces (check together with your menu item)																																					
Hashed Beef Sauce ハヤシソース	60 (70g)			●													●				●	●		●					●		●	●	●	●			
Steak Sauce ステーキソース	60 (50g)		●	●													●				●							●			●	●				○	Cooked with alcohol (heated)
White Cream Sauce ホワイトクリームソース	150		●	●																											●					○	
Mushroom Keema Curry Sauce (Oct–Dec) キノコキーマカレーソース（10月〜12月）	120 (90g)		●	●													●				●			●				●	●		●	●	●	●			
Classic Omurice																																					
Hashed Beef Sauce Omurice (also with Grilled Cheese) ハヤシオムライス（&炙りチーズも）	870–970	●	●	●																●	●	●									●	●		●			Sauce: Hashed Beef Sauce
Steak Sauce Omurice (also with Grilled Cheese) ステーキソースオムライス（&炙りチーズも）	870–970	●	●	●																●	●	●									●	●		●		○	Sauce: Steak Sauce / Cooked with alcohol (heated)
White Cream Sauce Omurice (also with Grilled Cheese) ホワイトクリームソースオムライス（&炙りチーズも）	960	●	●	●																●	●	●									●	●		●		○	Sauce: White Cream Sauce / Cooked with alcohol (heated)
Hamburger Steak Omurice																																					
Hamburger Steak Omurice (also Double / Small) ハンバーグオムライス（ダブル・小も）	1,070–1,440	●	●	●													●			●	●	●		●					●		●	●		●			Choose your sauce: also check that sauce's row
Cheese Hamburger Steak Omurice (also Double / Small) チーズハンバーグオムライス（ダブル・小も）	1,120–1,640	●	●	●													●			●	●	●		●					●		●	●		●			Choose your sauce: also check that sauce's row
Hamburger Steak & Fried Chicken Omurice ハンバーグ＆唐揚げオムライス	1,380	●	●	●	△	△											●	△		●	●	●		●					●		●	●		●			Choose your sauce: also check that sauce's row / Frying oil is shared with other fried items
Hamburger Steak & Fried Shrimp Omurice ハンバーグ＆海老フライオムライス	1,290	●	●	●	●	△											●	△		●	●	●		●					●		●	●		●			Choose your sauce: also check that sauce's row / Frying oil is shared with other fried items
Hamburger Steak & Beef Tongue Menchi Katsu Omurice ハンバーグ＆牛タンメンチカツオムライス	1,330	●	●	●	△	△											●	△		●	●	●		●					●		●	●		●			Choose your sauce: also check that sauce's row / Frying oil is shared with other fried items
Hamburger Steak & Chicken Sauté Omurice ハンバーグ＆チキンソテーオムライス	1,300	●	●	●													●			●	●	●		●					●		●	●		●			Choose your sauce: also check that sauce's row
Other Omurice																																					
Tonkatsu (Pork Cutlet) Omurice とんかつオムライス	1,230	●	●	●	△	△											●	△		●	●	●		●							●	●		●			Choose your sauce: also check that sauce's row / Frying oil is shared with other fried items
Fried Chicken Omurice (also with Grilled Cheese) 唐揚げオムライス（&炙りチーズも）	1,100–1,200	●	●	●	△	△											△	△		●	●	●		△							●	●		●			Choose your sauce: also check that sauce's row / Frying oil is shared with other fried items
Fried Shrimp Omurice 海老フライオムライス	1,070	●	●	●	●	△											△	△		●	●	●		△							●	●		●			Frying oil is shared with other fried items

Menu	Calories (kcal, approx.)	Mandatory									Recommended																				Our own				Dietary		Notes
		Egg	Milk	Wheat	Shrimp	Crab	Buckwheat	Peanut	Walnut	Cashew nut	Almond	Abalone	Squid	Salmon roe	Orange	Kiwi fruit	Beef	Sesame	Salmon	Mackerel	Soybean	Chicken	Banana	Pork	Macadamia nut	Peach	Yam	Apple	Gelatin	Pistachio	Onion	Garlic	Tomato	Mushroom	Vegetarian	Muslim friendly	
Chicken Sauté Omurice チキンソテーオムライス	1,160	●	●	●																●	●	●									●	●		●		○	Cooked with alcohol (heated)
Seafood Omurice (also Double) シーフードオムライス（ダブルも）	920–970	●	●	●	●	△							●							●	●	●									●	●		●		○	Cooked with alcohol (heated)
Limited Time																																					
Mushroom Keema Curry Omurice (also with Grilled Cheese) キノコキーマカレーオムライス（&炙りチーズも）	930–1,030	●	●	●																●	●	●									●	●		●			Sauce: Mushroom Keema Curry Sauce (Oct–Dec)
Hamburger Steak & Mushroom Keema Curry Sauce Omurice ハンバーグ&キノコキーマカレーソースオムライス	1,210	●	●	●													●			●	●	●		●					●		●	●		●			Sauce: Mushroom Keema Curry Sauce (Oct–Dec)
Toppings																																					
Grilled Cheese / Cheddar Cheese 炙りチーズ／チェダーチーズ	50–100		●																															○	○	
Cheese Sauce チーズソース	90		●																															○	○	Cooked with alcohol (heated)
Hamburger Steak (also Small) ハンバーグ（小も）	200–280	●	●	●													●				●	●		●					●		●	●					
Fried Chicken 唐揚げ	230	●	△	●	△	△											△	△			●	●		△							●	●					Frying oil is shared with other fried items
Fried Shrimp / Jumbo Fried Shrimp (with Tartar Sauce) 海老フライ／大エビフライ（タルタル付き）	160	●	●	●	●	△											△	△			●	△		△				●	●		●	△					Frying oil is shared with other fried items
Seafood シーフード	50		△		●	△							●																						○	
Beef Tongue Menchi Katsu 牛タンメンチカツ	180	△	●	●	△	△											●	△			●	△		●							●	△					Frying oil is shared with other fried items
Tonkatsu (Pork Cutlet) / Pork Katsu とんかつ／ポークカツ	360–450	●	●	●	△	△											●	△			●	●		●							△	△					Frying oil is shared with other fried items
Extra Egg / Double Egg たまご増し／たまご2倍	390	●	●																		●														○	○	
Garlic Chips ガーリックチップ	20		△	△	△		△	△		△	△		△		△	△					●							△				●				○	Milk, Wheat, Shrimp, Buckwheat, Peanut, Cashew nut, Almond, Squid, Orange, Kiwi fruit, Apple: marked △ because of possible cross-contact at the manufacturing plant
Extra Sauce ソース増し	60			●													●				●	●		●					●		●	●	●	●			
Sides																																					
French Fries ポテトフライ	410	△	△	●	△	△											△	△			△	△		△							△	△					Milk, Soybean: marked △ because of possible cross-contact at the manufacturing plant / Frying oil is shared with other fried items
Fried Chicken & French Fries 唐揚げ&ポテトフライ	640	●	△	●	△	△											△	△			●	●		△							●	●					Milk: marked △ because of possible cross-contact at the manufacturing plant / Frying oil is shared with other fried items
Chicken Basket / Fries & Chicken Basket チキンバスケット／ポテト&チキンバスケット	230–640	●	△	●	△	△											△	△			●	●		△							●	●					Milk: marked △ because of possible cross-contact at the manufacturing plant / Frying oil is shared with other fried items
French Toast フレンチトースト	420	●	●	●																	●														○	○	
Mascarpone Ice Cream マスカルポーネアイス	210	●	●																																○	○	
Chocolate Ice Cream チョコアイス	270	●	●																		●														○	○	
Drinks																																					
Cola (also Mega Mug) コーラ（メガジョッキも）	90–220																																		○	○	
Sparkling Water 炭酸水	0																																		○	○	

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Apple Juice アップルジュース	100																											●							○	○	
Oolong Tea ウーロン茶	0																																		○	○	
Beer (Draft / Bottled, also Mega Mug) ビール（生・瓶、メガジョッキも）	120–330																																		○		
Lemon Sour (also Mega Mug) レモンサワー（メガジョッキも）	100–220																																		○		

Calories are approximate values per serving, calculated from the ingredients and their amounts, and may differ from the actual dish. Omurice values include the sauce; for dishes where you choose the sauce, they are calculated with Hashed Beef Sauce. Free soups and side dishes are not included. Sauce rows show the amount poured on one omurice (the omurice rows already include it). "—" means not yet calculated.

Covered: 9 mandatory and 20 recommended allergens under Japanese labeling rules, plus 4 items we list ourselves (onion, garlic, tomato, mushroom)

Last updated: Nov 20, 2026. Contents may change due to changes in ingredients or suppliers. Please ask our staff for the latest information.