NIKUTOTAMAGO Shinjuku Higashiguchi 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 ○.

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)
Garlic Tomato Sauce ガーリックトマトソース	60 (100g)																					●									●	●	●			○	Cooked with alcohol (heated)
Tartar Sauce タルタルソース	100 (30g)	●	●	●																	●							●	●		●						
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)
Garlic Tomato Omurice (also with Grilled Cheese) ガーリックトマトオムライス（＆炙りチーズも）	870–970	●	●	●																●	●	●									●	●		●		○	Sauce: Garlic Tomato Sauce / Cooked with alcohol (heated)
Tartar Chicken Omurice タルタルチキンオムライス	1,290	●	●	●	△	△											△	△		●	●	●		△							●	●		●			Sauce: Tartar Sauce / Frying oil is shared with other fried items
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
Fried Egg Hamburger Steak Omurice (also with Cheese) 目玉焼きハンバーグオムライス（チーズも）	1,240–1,290	●	●	●													●			●	●	●		●					●		●	●		●			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 & Sausage Omurice ハンバーグ＆ソーセージオムライス	1,360	●	●	●	△	△											●	△		●	●	●		●					●		●	●		●			Choose your sauce: also check that sauce's row / Frying oil is shared with other fried items
Hamburger Steak & Skirt Steak Omurice ハンバーグ＆ハラミステーキオムライス	1,410	●	●	●													●			●	●	●		●				●	●		●	●		●			Choose your sauce: also check that sauce's row
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
Meat Lover's Omurice 肉盛りオムライス	1,590	●	●	●	△	△											●	△		●	●	●		●					●		●	●		●			Choose your sauce: also check that sauce's row / 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	
Wagyu Omurice																																					
Wagyu Hamburger Steak Omurice (also Double) 和牛ハンバーグオムライス（ダブルも）	1,310–1,750	●	●	●													●			●	●	●									●	●		●		○	Choose your sauce: also check that sauce's row / Cooked with alcohol (heated)
Wagyu Cheese Hamburger Steak Omurice (also Double Cheese) 和牛チーズハンバーグオムライス（ダブルチーズも）	1,360–1,950	●	●	●													●			●	●	●									●	●		●		○	Choose your sauce: also check that sauce's row / Cooked with alcohol (heated)
Wagyu Hamburger Steak & Fried Egg Omurice 和牛ハンバーグ＆目玉焼きオムライス	1,400	●	●	●													●			●	●	●									●	●		●		○	Choose your sauce: also check that sauce's row / Cooked with alcohol (heated)
Wagyu Cutlet Omurice 和牛カツオムライス	1,200	●	●	●	△	△											●	△		●	●	●		△							●	●		●			Choose your sauce: also check that sauce's row / Frying oil is shared with other fried items
Wagyu Cutlet & Wagyu Hamburger Steak Omurice 和牛カツ＆和牛ハンバーグオムライス	1,470	●	●	●	△	△											●	△		●	●	●		△							●	●		●			Choose your sauce: also check that sauce's row / Frying oil is shared with other fried items
Wagyu Hamburger Steak & Fried Chicken Omurice 和牛ハンバーグ＆唐揚げオムライス	1,540	●	●	●	△	△											●	△		●	●	●		△							●	●		●			Choose your sauce: also check that sauce's row / Frying oil is shared with other fried items
Wagyu Meat Lover's Omurice (also with Cheese) 和牛肉盛りオムライス（チーズも）	1,740–1,850	●	●	●	△	△											●	△		●	●	●		●							●	●		●			Choose your sauce: also check that sauce's row / Frying oil is shared with other fried items
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
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		●																															○	○	
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
Skirt Steak ハラミステーキ	250		●	●													●				●							●	●			●	●			○	Cooked with alcohol (heated)
Jumbo Sausage ジャンボソーセージ	210	△	△	△	△	△											△	△			△	△		●								△	△				Wheat, Beef, Soybean, Chicken: marked △ because of possible cross-contact at the manufacturing plant / Frying oil is shared with other fried items
Beef Tongue Menchi Katsu 牛タンメンチカツ	180	△	●	●	△	△											●	△			●	△		●								●	△				Frying oil is shared with other fried items
Wagyu Cutlet (also Half Size) 和牛カツ（ハーフも）	160	△	△	●	△	△											●	△			△	△		△								△	△				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
Fried Egg 目玉焼き	90	●																																	○	○	
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

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	
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
Free Soup & Sides																																					
Consommé Soup (Free) コンソメスープ（無料）	50 (approx. 200ml)	●	●	●													●				●	●		●							●						
Coleslaw (Free) コールスロー（無料）	50 (30g)			●																	●											●			○	○	
Drinks																																					
Cola コーラ	90																																		○	○	
Orange Juice オレンジジュース	80														●																				○	○	
Oolong Tea ウーロン茶	0																																		○	○	
Iced Tea アイスティー	0																																		○	○	
Coffee Creamer (Milk) コーヒーフレッシュ（ミルク）	10		●																		●														○	○	
Syrup (Sugar) ガムシロップ（砂糖）	30																																		○	○	
Beer (Draft / Bottled) ビール（生・瓶）	120–140																																		○		
Lemon Sour レモンサワー	100																																		○		

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 22, 2026. Contents may change due to changes in ingredients or suppliers. Please ask our staff for the latest information.