

# Maruhachi Metrotown Allergy List

**IMPORTANT!**

The allergy information provided is based on standard recipes of Maruhachi Ra-men & GAIDEN and reflects the most current information available from our food suppliers, food package labels, and a review of the ingredients used in our recipes. Variations may occur due to sources of supply, ingredient substitutions, regional/seasonal differences, and product assembly on a restaurant-by-restaurant basis. While this list is periodically updated, we cannot guarantee that all allergens are listed for the pre-prepared items used.

Please be aware that in our usual kitchen operations, shared storage, cooking, and preparation areas, equipment, utensils, and displays are used. This may result in your food items coming in contact with other food products, including potential allergens. Cross-contamination risks exist, and we ask for your understanding in advance.

Maruhachi Ra-men & GAIDEN and employees do not assume responsibility for an individual's sensitivity or allergy to any food item provided in our restaurants. If you have food allergies, please exercise caution when making your meal choices and consult with professionals as needed.

- Contains Allergens
- △ Aosa Seaweed may contain shellfish (order available without seaweed)

RAMEN										
	Egg	Wheat/Gluten	Soy	Fish	Shellfish	Sesame	Allium (Onion, Garlic, etc)	Dairy	Nuts	Pork
Original Ramen	●	●	●		△		●			●
Tamago Ramen	●	●	●		△		●			●
Cha-shu Tamago Ramen	●	●	●		△		●			●
Cha-shu Ramen	●	●	●		△		●			●
Aosa Ramen	●	●	●		△		●			●
Tan Men	●	●	●				●			
Aka Ramen	●	●	●	●	△		●		●	●
Shoyu Ramen	●	●	●	●		●	●			●
Veggie Curry Ramen	●	●	●			●	●	●		

SIDE										
	Egg	Wheat/Gluten	Soy	Fish	Shellfish	Sesame	Allium (Onion, Garlic, etc)	Dairy	Nuts	Pork
Mini Pork Curry		●	●			●	●			●
Cha-Shu Gohan		●	●	●		●	●			●
Dashimaki	●	●	●	●						
Goma-ae		●	●			●				
Smoked Edamame		●	●							
Pan Fried Gyoza		●	●		●	●	●			●
— Pan Fried Gyoza Sauce			●							
Takikomi Gohan Onigiri		●	●	●						
Onigiri Bento	●	●	●	●		●	●			

TOPPINGS										
	Egg	Wheat/Gluten	Soy	Fish	Shellfish	Sesame	Allium (Onion, Garlic, etc)	Dairy	Nuts	Pork
Topping Egg (Soy & Pork based)	●	●	●							●
Noodle	●	●	●							
Aosa Seaweed					△					