TAMAGO-KEN Ikebukuro 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)																																				
Tomato Sauce トマトソース	20 (50g)		●	●																	●	●									●	●	●			○	Cooked with alcohol (heated)
Hashed Beef Sauce ハヤシソース	60 (70g)			●													●				●	●		●					●		●	●	●	●			
Mushroom Cream Sauce キノコクリームソース	50 (60g)		●	●																	●	●		●							●			●			
Cheese Sauce チーズソース	50 (30g)		●																																○	○	Cooked with alcohol (heated)
Eggplant Meat Sauce (Sep–Nov) ナスミートソース（9月〜11月）	120 (60g)		●	●													●				●	●		●					●		●	●	●				
Beef Stew Sauce ビーフシチューソース	390 (120g)			●													●				●	●		●					●		●	●	●				
Classic Omurice																																				
Tomato Omurice トマトオムライス	730–790	●	●	●																	●	●									●	●	●			○	Sauce: Tomato Sauce / Cooked with alcohol (heated)
Hashed Beef Sauce Omurice ハヤシオムライス	830	●	●	●																	●	●									●	●	●				Sauce: Hashed Beef Sauce
Mushroom Cream Omurice キノコクリームオムライス	810	●	●	●																	●	●									●	●	●				Sauce: Mushroom Cream Sauce
Tomato & Hashed Beef Sauce Omurice トマト＆ハヤシオムライス	810	●	●	●																	●	●									●	●	●				Sauce: Tomato Sauce, Hashed Beef Sauce
Hashed Beef Sauce & Mushroom Cream Omurice ハヤシ＆キノコクリームオムライス	830	●	●	●																	●	●									●	●	●				Sauce: Hashed Beef Sauce, Mushroom Cream Sauce
Tomato & Mushroom Cream Omurice トマト＆キノコクリームオムライス	810	●	●	●																	●	●									●	●	●				Sauce: Tomato Sauce, Mushroom Cream Sauce
Tomato & Cheese Sauce Omurice トマト＆チーズソースオムライス	840	●	●	●																	●	●									●	●	●			○	Sauce: Tomato Sauce, Cheese Sauce / Cooked with alcohol (heated)
Hashed Beef Sauce & Cheese Sauce Omurice ハヤシ＆チーズ（ソース）オムライス	880–890	●	●	●																	●	●									●	●	●				Sauce: Hashed Beef Sauce, Cheese Sauce
Popular Toppings Omurice																																				
Hamburger Steak Omurice (Simmered in Hashed Beef Sauce) ハンバーグオムライス（ハヤシで煮込み）	1,030	●	●	●													●				●	●		●					●		●	●	●				Choose your sauce: also check that sauce's row
Wagyu Omurice																																				
Wagyu Hamburger Steak Omurice 和牛ハンバーグオムライス	1,300	●	●	●													●				●	●									●	●	●			○	Choose your sauce: also check that sauce's row
Double Cheese Wagyu Hamburger Steak Omurice ダブルチーズ和牛ハンバーグオムライス	1,410	●	●	●													●				●	●									●	●	●			○	Choose your sauce: also check that sauce's row
Wagyu Steak Omurice 和牛ステーキオムライス	1,010	●	●	●													●				●	●									●	●	●			○	Choose your sauce: also check that sauce's row
Wagyu Hamburger Steak & Steak Omurice 和牛バーグ＆ステーキオムライス	1,360	●	●	●													●				●	●									●	●	●			○	Choose your sauce: also check that sauce's row

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	
Limited Time & Select Stores																																				
Eggplant Meat Sauce Omurice (also with Grilled Cheese) ナスミートオムライス（&炙りチーズも）	890–950	●	●	●																	●	●									●	●	●				Sauce: Eggplant Meat Sauce (Sep–Nov)
Beef Stew Omurice ビーフシチューオムライス	1,160	●	●	●																	●	●									●	●	●				Sauce: Beef Stew Sauce
Beef Stew & Hamburger Steak Omurice ビーフシチュー＆ハンバーグオムライス	1,360	●	●	●													●				●	●		●					●		●	●	●				Sauce: Beef Stew Sauce
Toppings																																					
Grilled Cheese (Red Cheddar) 炙りチーズ（レッドチェダー）	60		●																															○	○	
Hamburger Steak (simmered in Hashed Beef Sauce) ハンバーグ（ハヤシで煮込み）	230	●	●	●													●				●	●		●					●		●	●	●	●			
Sausage (Long Sausage) ソーセージ（ロングソーセージ）	180–350	●	●																		●			●													
Diced Steak サイコロステーキ	290																●																		○	
Wagyu Steak 和牛ステーキ	90																●																		○	
Extra Egg たまご増し	310	●	●																		●														○	○	
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 / Additional Sauce ソース増し／追加ソース	20–120			●													●				●	●		●					●		●	●	●	●			
Sides																																					
Pickles (Large / Small) ピクルス（大・小）	50–140														●																●				○	○	
Free Soup & Sides																																					
Consommé Soup (Free) コンソメスープ（無料）	40	●	●	●													●				●	●		●							●						
Pickles (Free) ピクルス（無料）	30														●																●				○	○	
Drinks																																					
Cola コーラ	90–100																																		○	○	
Orange Juice オレンジジュース	80														●																				○	○	
Oolong Tea / Japanese Tea ウーロン茶・お茶	0																																		○	○	
Beer (Draft / Bottled) ビール（生・瓶）	120–200																																		○		

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.