TAMAGO-KEN Shinjuku 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)
Tartar Sauce タルタルソース	60 (20g)	●	●	●																	●							●	●		●						
Eggplant Meat Sauce (Sep–Nov) ナスミートソース（9月〜11月）	120 (60g)		●	●													●				●	●		●					●		●	●	●				
Loco Moco Sauce ロコモコソース	60 (70g)		●	●													●				●	●		●					●		●	●	●	●			
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
Mushroom Cream & Cheese Sauce Omurice キノコクリーム＆チーズソースオムライス	870	●	●	●																	●	●									●	●	●				Sauce: Mushroom Cream 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
Fried Shrimp Omurice 海老フライオムライス	1,020	●	●	●	●	△											△	△			●	●		△							●	●	●				Choose your sauce: also check that sauce's row / Served with tartar sauce / 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	
Crab Cream Croquette Omurice カニクリームコロッケオムライス	–	●	●	●	△	●				△							△	●			●	●		●							●	●	●				Choose your sauce: also check that sauce's row / Served with tartar sauce / Shrimp, Cashew nut: marked △ because of possible cross-contact at the manufacturing plant / Frying oil is shared with other fried items
Fried Chicken Omurice 唐揚げオムライス	1,000	●	●	●	△	△											△	△			●	●		△							●	●	●				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	1,560	●	●	●	△	△											●	△			●	●		●					●		●	●	●				Choose your sauce: also check that sauce's row / Frying oil is shared with other fried items
Wagyu Omurice																																					
Wagyu Cutlet Omurice 和牛カツオムライス	1,160	●	●	●	△	△											●	△			●	●		△							●	●	●				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 Meat Lover's Omurice 和牛肉盛りオムライス	1,800	●	●	●	△	△											●	△			●	●		●							●	●	●				Choose your sauce: also check that sauce's row / Frying oil is shared with other fried items
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)
Loco Moco Omurice ロコモコオムライス	1,180	●	●	●													●				●	●		●					●		●	●	●				Sauce: Loco Moco Sauce
Wagyu Loco Moco Omurice 和牛ロコモコオムライス	1,420	●	●	●													●				●	●									●	●	●				Sauce: Loco Moco Sauce
Beef Stew Omurice ビーフシチューオムライス	1,160	●	●	●																	●	●									●	●	●				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	●	●	●													●				●	●		●					●		●	●	●	●			
Wagyu Hamburger Steak 和牛ハンバーグ	440	●		●													●				●										●	●				○	
Fried Chicken 唐揚げ	170	●	△	●	△	△											△	△			●	●		△							●	●					Frying oil is shared with other fried items
Crab Cream Croquette (with Tartar Sauce) カニクリームコロッケ（タルタル付き）	240	●	●	●	△	●				△							△	●			●	●		●				●	●		●	△					Shrimp, Cashew nut: marked △ because of possible cross-contact at the manufacturing plant / Frying oil is shared with other fried items
Head-On Fried Shrimp / Fried Shrimp (with Tartar Sauce) 有頭エビフライ／海老フライ（タルタル付き）	200	●	●	●	●	△											△	△			●	△		△				●	●		●	△					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
Sausage (Long Sausage) ソーセージ（ロングソーセージ）	180–350	●	●																		●			●													
Soft-Boiled Egg 温玉	80	●																																	○	○	
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

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 / Additional Sauce ソース増し／追加ソース	20–120			●													●				●	●		●					●			●	●	●	●			
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	580	●	△	●	△	△											△	△			●	●		△							●	●					Milk: marked △ because of possible cross-contact at the manufacturing plant / Frying oil is shared with other fried items
Mini Salad ミニサラダ	100																																		○	○	Also check the row for your dressing
Dressing: Japanese Onion ドレッシング：和風たまねぎ	—			●																	●										●				○	○	
Dressing: Cobb Salad ドレッシング：コブサラダ	—	●	●																		●										●	●			○	○	
Dressing: Roasted Sesame ドレッシング：焙煎ごま	—	●		●														●			●							●						●	○	○	
Free Soup & Sides																																					
Consommé Soup (Free) コンソメスープ（無料）	40	●	●	●													●				●	●		●							●						
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																																		○	○	
Iced Tea アイスティー	0																																		○	○	
Iced Coffee アイスコーヒー	10																																		○	○	
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）	120–200																																		○		

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.