

**TANPOPO RAMEN**AUCKLAND CBD
13 Anzac Ave**ALLERGEN INFORMATION**

アレルギー情報 · October 2026

● Contains 含む △ May contain (traces) 微量混入の可能性

Please tell our staff about any allergies before ordering.

No.	Menu メニュー	Gluten グルテン	Wheat 小麦	Egg 卵	Milk 乳	Soy 大豆	Sesame ごま	Peanut ピーナッツ	Tree nuts ナッツ類	Fish 魚	Crustacean 甲殻類	Mollusc 軟体動物	Lupin ルピナス	Sulphites 亜硫酸塩	Pork 豚肉
TONKOTSU SHOYU RAMEN															
T-1	Tonkotsu Shoyu Ramen	●	●	△		●				●		●			●
T-2	Tonkotsu Shoyu Chashu Ramen	●	●	△		●				●		●			●
T-3	Tonkotsu Shoyu Negi Chashu Ramen	●	●	△		●	●			●		●			●
Y-1	Yakinegi Ramen	●	●	△		●	●			●		●			●
VEGETARIAN RAMEN															
V-1	Vegetarian Miso Ramen VEGAN	●	●	△		●	●								
PESCATARIAN RAMEN															
Z-1	Pescatarian Shoyu Ramen	●	●	△		●	●			●	●				
TANPOPO RAMEN															
P-1	Tanpopo Ramen Original	●	●	△		●	●			●		●			●
P-1	Tanpopo Ramen Miso	●	●	△		●	●			●					●
P-1	Tanpopo Ramen Shoyu	●	●	△		●	●			●		●			●
P-2	Tanpopo Chashu Ramen Original	●	●	△		●	●			●		●			●
P-2	Tanpopo Chashu Ramen Miso	●	●	△		●	●			●					●
P-2	Tanpopo Chashu Ramen Shoyu	●	●	△		●	●			●		●			●
TONKOTSU SHIO RAMEN															
S-1	Shio Tonkotsu Ramen	●	●	△		●	●			●		●			●
S-2	Shio Tonkotsu Chashu Ramen	●	●	△		●	●			●		●			●
S-3	Shio Tonkotsu Negi Chashu Ramen	●	●	△		●	●			●		●			●
S-4	Cheese Ramen	●	●	△	●	●	●			●		●			●
SHOYU RAMEN															
R-1	Shoyu Ramen	●	●	●	△	●	△	△	△	●	●	△			●
R-2	Shoyu Chashu Ramen	●	●	●	△	●	△	△	△	●	●	△			●
SHIO RAMEN															
C-1	Shio Ramen	●	●	●	△	●	●	△	△	●	△	●			●
C-2	Yuzu Shio Ramen	●	●	●	△	●	●	△	△	●	△	●			●
C-3	Shio Butter Corn Ramen	●	●	●	●	●	●	△	△	●	△	●			●
C-4	Kimchi Ramen	●	●	●	△	●	●	△	△	●	●	●			●
MISO TONKOTSU RAMEN															
M-1	Miso Tonkotsu Ramen	●	●	△		●	●			●					●
M-2	Miso Tonkotsu Chashu Ramen	●	●	△		●	●			●					●
M-3	Miso Tonkotsu Chashu Negi Ramen	●	●	△		●	●			●					●
TSUKE RAMEN															
TS-1	Tsuke Ramen (Original)	●	●	●	△	●	●	△	△	●	△	●			●
TS-1	Tsuke Ramen (Miso)	●	●	●	△	●	●	△	△	●	△	△			●
TS-1	Tsuke Ramen (Shoyu)	●	●	●	△	●	●	△	△	●	△	●			●
OTHERS / SIDES															
O-01	Dumplings	●	●	△		●	●								●
	Table soy sauce for dumplings	●	●			●									
O-02	Fried Rice	●	●	●	△	●	△	△	△	●	△	△			●
O-03	Okonomiyaki	●	●	●		●				●	●	●			
O-04	BBQ Pork & Seasoned Leek	●	●			●	●			●					●
O-05	Green Soy Beans					●									
O-06	Spicy Bamboo Shoot	●	●			●	●								
O-07	Pickled Seaweed					●	●								
O-08	Kimchi										●	●			
O-09	Rice														
O-10	Miso Soup	●	●			●	●			●					
O-10	Miso Soup (Vegetarian) VEGAN	●	●			●	●								
DESSERT															
	Yukimi Mochi Ice Cream	△	△	●	●	●									

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TOPPINGS															
	Seasoned Egg	●	●	●		●				●					
	BBQ Pork	●	●			●				●					●
	Seasoned Leek	●	●			●	●								
	Spring Onion														
	Kimchi										●	●			
	Bean Sprouts														
	Vegetables														
	Cheese				●										
	Corn														
	Nori (Dried Seaweed)														
	Pickled Bamboo Shoot (Menma)	●	●			●									
	Pickled Seaweed					●	●								
	Butter				●										
	Wakame														
	A Little Spicy					●									
	Spicy					●									
	Extra Spicy														
TABLE CONDIMENTS															
	Pepper														
	Soy Sauce	●	●			●									
	Vinegar														
	Salt														
	Chilli Oil					●									
DRINKS															
	Asahi Super Dry	●													
	Kirin Ichiban	●													
	Orion Beer	●													
	Yona Yona Ale	●													
	Suiyoubi No Neko	●	●												
	Half Way Down	●													
	Bright As Day	●													
	Hot Sake (Small / Large)														
	Cold Sake														
	White Wine			●	●									●	
	Red Wine			△	△									●	
	Japanese Plum Wine														
	Hyoketsu (Lemon / Green Apple / Peach / Mandarin)														
	Export Citrus Lemon	●													
	Asahi Super Dry 0.0%	●													
SOFT DRINKS															
	Coke / Coke Zero														
	L&P														
	Calpico				●	●									
	Cold Green Tea														
	Hot Jasmine / Green Tea														
	Phoenix Organic Fruit Mixed Juice														
	Ramune														

All ramen noodles contain wheat and gluten and may contain traces of egg.
ラーメンの麺はすべて小麦・グルテンを含み、卵が微量混入する可能性があります。

Our kitchen handles all of the allergens above. While we take care, we cannot guarantee any dish is completely free from allergens due to cross-contact.
当店の厨房では上記すべてのアレルゲンを扱っています。十分注意していますが、調理過程での混入（クロスコンタクト）の可能性を完全には排除できません。

Tree nuts = almond, Brazil nut, cashew, hazelnut, macadamia, pecan, pine nut, pistachio, walnut. * Pork is not a regulated allergen; shown for dietary information.

Please tell our staff about any allergies before ordering.
アレルギーのある方はご注文前に必ずスタッフへお知らせください。