



も の ほ ん
JAPANESE RAMEN • MONOHON

The UK Food Standards Agency lists 14 major allergens that food businesses must highlight. Please see below for a list of the allergens contained in each dish on our menu. Some of the items listed are there because we added them. E.g. The sauce for our Abura Soba contains sesame. Other items are listed as 'may be present' because the manufacturer of ingredients we buy has warned us of that on their allergen sheet.

<https://www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses#allergens>

We use peanut and other nuts in some of our dishes and while every effort is made to avoid cross-contamination, we cannot guarantee a nut-free environment.

Abura Soba:

Egg, soy, gluten, celery, sesame, molluscs.
Milk and mustard 'may be present'

Vegetarian Abura Soba:

Egg, soy, gluten, sesame.

Vegan Abura Soba (vegetarian abura soba without egg topping)

Soy, gluten, sesame.

Taiwan Maze Soba:

Egg, fish, soy, milk, gluten, molluscs, sulphites.

Mentaiko mazemen:

Fish, soy, milk, gluten.

Chili sansho miso:

Fish, peanut, soy, gluten, celery,

Hiyashi chuka (with sesame dressing):

Egg, soy, sesame, gluten, mustard.

Hiyashi chuka (with soy dressing):

Egg, soy, sesame, gluten, mustard.

Ja Ja Men:

Egg, soy, celery, sesame, gluten.
Milk 'may be present'.

Fat Curry Men:

Fish, soy, sulphites, gluten.

Shouyu tonkotsu / Spicy tonkotsu:

Fish, soy, molluscs, gluten, sesame.

Big Boy Special:

Fish, soy, molluscs, gluten, egg, sesame.

Mentaiko cream ramen:

Fish, soy, milk, gluten, sesame.

Vegan Tan Tan Men:

Peanuts, soybeans, sesame, nuts, gluten.

Edamame:

Soy.