

INGREDIENTS & ALLERGENS GUIDE



ABOUT THIS GUIDE

This Ingredients and Allergens Guide lists ingredients and allergens in our standard menu items, as reported by our product suppliers. While we strive to maintain consistency in our products, ingredient variations or substitutions may occur, and recipes may change from time to time. Some menu items may not be available at all restaurants. This Guide may not list all our product offerings, including test products, limited time offerings or promotional offerings.

FOOD ALLERGY CAUTION

Providing safe, high-quality products and services to our guests is our highest priority. We are committed to helping you make informed choices by providing you with the most complete and accurate ingredient and allergen information we currently have available. No warranty is expressed or implied regarding the accuracy of the information provided.

This Ingredients and Allergens Guide uses symbols to indicate the presence or possible presence of allergens. As in all regular kitchen operations, there is the possibility of cross-contamination between food items, equipment, or utensils, as well as between preparatory, cooking or storage areas. Occasional variations in recipes or product formulations are possible and there is risk of cross-contamination of ingredients at the manufacturing site. Edo Japan Restaurants Ltd. (including its affiliates, partnerships, and franchisees) assumes no liability as a result of food related reactions.

For further questions, please visit our website (www.edojapan.com/contact-us/?general-inquiries) or speak with a manager at any of our restaurants.



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MEAL	INGREDIENTS ✓ = Contains ● = May Contain *See Sauces , page 15 **See Components, Sides & Extras , pages 16-21	Peanut	Tree Nuts	Sesame Seeds & Derivatives	Milk & Milk Byproducts	Eggs & Egg Products	Seafood or Shellfish	Soy	Wheat or Gluten	Sulphites	MSG
RICE MEALS											
BEEF & SHRIMP	Beef, Shrimp**, Green Seasoning**, Soy Sauce*, Teriyaki Sauce*, Mushrooms, Broccoli, Cabbage, Carrot, Salt, Pepper, White Rice						✓	✓	✓	✓	
CHICKEN & BEEF	Chicken, Beef, Green Seasoning**, Soy Sauce*, Teriyaki Sauce*, Mushrooms, Broccoli, Cabbage, Carrot, Salt, Pepper, White Rice							✓	✓		
CHICKEN & SHRIMP	Chicken, Shrimp**, Soy Sauce*, Teriyaki Sauce*, Green Butter, Mushrooms, Broccoli, Cabbage, Carrot, Salt, Pepper, White Rice						✓	✓	✓	✓	
FRESH GRILLED VEGETABLES	Broccoli, Carrot, Cabbage, Soy Sauce*, Teriyaki Sauce*, Mushroom, Snap Peas, Red Bell Pepper, Salt, Pepper, White Rice							✓	✓		
TOFU TERIYAKI	Tofu**, Teriyaki Sauce*, Mushrooms, Broccoli, Cabbage, Carrot, Salt, Pepper, White Rice							✓	✓		
HAWAIIAN CHICKEN	Chicken, Soy Sauce*, Teriyaki Sauce*, Pineapple, Broccoli, Cabbage, Carrot, Salt, Pepper, White Rice							✓	✓		

MEAL	INGREDIENTS ✓ = Contains ● = May Contain *See Sauces, page 15 **See <u>Components, Sides & Extras</u> , pages 16-21	Peanut	Tree Nuts	Sesame Seeds & Derivatives	Milk & Milk Byproducts	Eggs & Egg Products	Seafood or Shellfish	Soy	Wheat or Gluten	Sulphites	MSG
<i>(Rice Meals, continued)</i>											
SIZZLING SHRIMP	Shrimp*, Green Seasoning**, Soy Sauce*, Teriyaki Sauce*, Mushrooms, Broccoli, Cabbage, Carrot, Salt, Pepper, White Rice						✓	✓	✓	✓	
SUKIYAKI BEEF	Beef, Green Seasoning**, Soy Sauce*, Teriyaki Sauce*, Mushrooms, Broccoli, Cabbage, Carrot, Salt, Pepper, White Rice							✓	✓		
TERIYAKI CHICKEN	Chicken, Soy Sauce*, Teriyaki Sauce*, Mushrooms, Broccoli, Cabbage, Carrot, Salt, Pepper, White Rice							✓	✓		

MEAL	INGREDIENTS ✓ = Contains ● = May Contain *See Sauces , page 15 **See Components, Sides & Extras , pages 16-21	Peanut	Tree Nuts	Sesame Seeds & Derivatives	Milk & Milk Byproducts	Eggs & Egg Products	Seafood or Shellfish	Soy	Wheat or Gluten	Sulphites	MSG
NOODLE MEALS											
<i>NOODLEFULL BOWLS</i>											
BEEF NOODLEFULL	Beef, Green Seasoning**, Broccoli, Carrot, Snap Peas, Red Bell Pepper, Soy Sauce*, Teriyaki Sauce*, Salt, Pepper, White Rice, Canola Oil, Ramen Noodles**					✓		✓	✓		
CHICKEN NOODLEFULL	Chicken, Broccoli, Carrot, Snap Peas, Red Bell Pepper, Soy Sauce*, Teriyaki Sauce*, Salt, Pepper, White Rice, Canola Oil, Ramen Noodles**					✓		✓	✓		
SHRIMP NOODLEFULL	Shrimp*, Green Seasoning**, Broccoli, Carrot, Snap Peas, Red Bell Pepper, Soy Sauce*, Teriyaki Sauce**, Salt, Pepper, White Rice, Canola Oil, Ramen Noodles**					✓	✓	✓	✓	✓	
VEGGIE NOODLEFULL	Broccoli, Carrot, Snap Peas, Red Bell Pepper, Soy Sauce*, Teriyaki Sauce*, Salt, Pepper, White Rice, Canola Oil, Ramen Noodles**					✓		✓	✓		

MEAL	INGREDIENTS ✓ = Contains ● = May Contain *See Sauces , page 15 **See Components, Sides & Extras , pages 16-21	Peanut	Tree Nuts	Sesame Seeds & Derivatives	Milk & Milk Byproducts	Eggs & Egg Products	Seafood or Shellfish	Soy	Wheat or Gluten	Sulphites	MSG
YAKISOBA MEALS											
BEEF YAKISOBA	Beef, Green Seasoning**, Soy Sauce*, Teriyaki Sauce*, Mushrooms, Broccoli, Cabbage, Carrot, Salt, Pepper, Canola Oil, Yakisoba Noodles**					✓		✓	✓		
CHICKEN & BEEF YAKISOBA	Chicken, Beef, Green Seasoning**, Soy Sauce*, Teriyaki Sauce*, Mushrooms, Broccoli, Cabbage, Carrot, Salt, Pepper, Canola Oil, Yakisoba Noodles**					✓		✓	✓		
CHICKEN YAKISOBA	Chicken, Soy Sauce*, Teriyaki Sauce*, Mushrooms, Broccoli, Cabbage, Carrot, Salt, Pepper, Canola Oil, Yakisoba Noodles**					✓		✓	✓		
CHOP CHOP BOWLS											
BEEF CHOP CHOP	Beef, Green Seasoning**, Teriyaki Sauce*, Soy Sauce*, Cucumber, Red Bell Pepper, Carrot, Edamame Beans, Black & White Sesame Seeds, Crispy Wontons**, White Rice			✓				✓	✓		
CHICKEN CHOP CHOP	Chicken, Soy Sauce*, Teriyaki Sauce*, Cucumber, Red Bell Pepper, Carrot, Edamame Beans, Black & White Sesame Seeds, Crispy Wontons**, White Rice			✓				✓	✓		

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<i>(Chop Chop Bowls, continued)</i>											
CHICKEN & BEEF CHOP CHOP	Chicken, Beef, Soy Sauce*, Teriyaki Sauce*, Green Seasoning**, Cucumber, Red Bell Pepper, Edamame Beans, Carrot, Black & White Sesame Seeds, Crispy Wontons**, White Rice			✓				✓	✓		
TEMPURA SHRIMP CHOP CHOP	Tempura Shrimp**, Cucumber, Red Bell Pepper, Carrot, Edamame Beans, Black & White Sesame Seeds, Crispy Wontons**, White Rice, Teriyaki Sauce*			✓			✓	✓	✓	✓	
VEGGIE CHOP CHOP	Cucumber, Red Bell Pepper, Carrot, Edamame Beans, Black & White Sesame Seeds, Crispy Wontons**, White Rice, Teriyaki Sauce*			✓				✓	✓		

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RAMEN SOUPS											
BEEF RAMEN	Beef, Green Seasoning**, Soy Sauce*, Cabbage, Broccoli, Carrots, Corn, Salt, Pepper, Nori (Seaweed), Ramen Noodles**, Ramen Broth**					✓		✓	✓	✓	
CHICKEN RAMEN	Chicken, Soy Sauce*, Cabbage, Broccoli, Carrots, Corn, Salt, Peper, Nori (Seaweed), Ramen Noodles**, Ramen Broth**					✓		✓	✓	✓	
SHRIMP RAMEN	Shrimp, Green Seasoning**, Soy Sauce*, Cabbage, Broccoli, Carrots, Corn, Salt, Pepper, Nori (Seaweed), Ramen Noodles**, Ramen Broth**					✓	✓	✓	✓	✓	
VEGETABLE RAMEN	Cabbage, Broccoli, Carrots, Corn, Snap Peas, Red Pepper, Salt, Pepper, Nori (Seaweed), Ramen Noodles**, Ramen Broth**					✓		✓	✓	✓	

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AVOCADO ROLL	Avocado, White Rice, Sushi Vinegar**, Nori (Seaweed). Served with Wasabi** and Sushi Ginger**.										
BEEF ROLL	Beef, White Rice, Green Seasoning**, Soy Sauce*, Teriyaki Sauce*, Sushi Vinegar**, Nori (Seaweed). Sesame Seeds, Avocado, Cucumber. Served with Wasabi** and Sushi Ginger**.			✓				✓	✓		
SURF & TURF ROLL	Beef Roll, Shrimp*, Unagi Sauce**		●	✓	●		✓	✓	✓		
CALIFORNIA ROLL	Imitation Crab Meat**, Mayo, Cucumber, Avocado, White Rice, Sushi Vinegar**, Nori (Seaweed), Sesame Seeds. Served with Wasabi** and Sushi Ginger**.			✓		✓	✓	✓	✓	✓	
VOLCANO ROLL	California Roll, Imitation Crab Meat**, Shrimp**, Spicy Mayo*, Unagi Sauce**, Crispy Wontons**		●	✓	●	✓	✓	✓	✓	✓	
CUCUMBER ROLL	Cucumber, White Rice, Sushi Vinegar**, Nori (Seaweed). Served with Wasabi** and Sushi Ginger**.										
DYNAMITE ROLL	Tempura Shrimp**, Avocado, White Rice, Sushi Vinegar**, Nori (Seaweed), Sesame Seeds. Served with Wasabi** and Sushi Ginger**.			✓			✓	✓	✓	✓	

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<i>(Sushi Rolls, continued)</i>											
TIGER ROLL	Dynamite Roll, Shrimp**, Unagi Sauce*, Spicy Mayo*		●	✓	●	✓	✓	✓	✓	✓	
VEGGIE ROLL	Cucumber, Carrots, Red Pepper, Avocado, White Rice, Sushi Vinegar**, Nori (Seaweed), Sesame Seeds. Served with Wasabi** and Sushi Ginger**.			✓							
YAM ROLL	Tempura Yams**, Avocado, White Rice, Sushi Vinegar**, Nori (Seaweed), Sesame Seeds. Served with Wasabi** and Sushi Ginger**.			✓				●	✓	●	

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KIDS MEALS											
<i>KIDS MEALS SERVED WITH RAMEN NOODLES</i>											
KIDS BEEF WITH RAMEN	Beef, Green Seasoning**, Soy Sauce*, Teriyaki Sauce*, Mushrooms, Broccoli, Cabbage, Carrot, Water, Salt, Pepper, Ramen Noodles**					✓		✓	✓		
KIDS CHICKEN WITH RAMEN	Chicken, Soy Sauce*, Teriyaki Sauce*, Mushrooms, Broccoli, Cabbage, Carrot, Water, Salt, Pepper, Ramen Noodles**					✓		✓	✓		
<i>KIDS MEALS SERVED WITH RICE</i>											
KIDS BEEF WITH RICE	Beef, Green Seasoning**, Soy Sauce*, Teriyaki Sauce*, Water, Mushrooms, Broccoli, Cabbage, Carrot, Salt, Pepper, White Rice							✓	✓		
KIDS CHICKEN WITH RICE	Chicken, Soy Sauce*, Teriyaki Sauce*, Mushrooms, Broccoli, Cabbage, Carrot, Salt and Pepper, White Rice							✓	✓		
KIDS SUSHI MEAL	<i>Please refer to Sushi Rolls, pages 11-12. California Roll, Avocado Roll, Cucumber Roll, Served with Wasabi** and Sushi Ginger**</i>			✓		✓	✓		✓	✓	

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<i>(Kids Meals, continued)</i>											
KIDS MEALS SERVED WITH YAKISOBA NOODLES											
KIDS BEEF WITH YAKISOBA	Beef, Green Seasoning**, Soy Sauce*, Teriyaki Sauce*, Mushrooms, Broccoli, Cabbage, Carrot, Water, Salt, Pepper, Yakisoba Noodles**					✓		✓	✓		
KIDS CHICKEN WITH YAKISOBA	Chicken, Soy Sauce*, Teriyaki Sauce*, Mushrooms, Broccoli, Cabbage, Carrot, Water, Salt, Pepper, Yakisoba Noodles**					✓		✓	✓		
BUBBLE TEAS											
BROWN SUGAR BOBA	Sweetened Tapioca Pearls**, Brown Sugar Syrup, 2% Milk				✓						
MANGO BUBBLE TEA	Brewed Green Tea, Mango Syrup**, Lychee Coconut Jellies**										
MILK TEA	Sweetened Tapioca Pearls**, Brewed Green Tea, Creamer**, Boba Syrup				✓			✓			
PASSIONFRUIT GREEN TEA	Brewed Green Tea, Passionfruit Syrup, Lychee Coconut Jellies**										

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SAUCES & DIPPING SAUCES											
CHILI GARLIC SAUCE	Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfite (as preservatives), Xanthan Gum									✓	
GYOZA SAUCE	Soy Sauce*, Vinegar, Sesame Oil & Seeds			✓				✓	✓		
PLUM SAUCE (PACKETS)	Sugar Glucose-Fructose, Water, Pumpkin, Vinegar, Modified Corn Starch, Salt, Apricot Puree, Plum Puree, Guar Gum, Blackstrap Molasses, Sodium Benzoate, Spices, Ascorbic Acid, Caramel Colour									✓	
SOY SAUCE	Water, Wheat, Soybeans, Salt, Sodium Benzoate (<1000ppm as a preservative), Brewing Starter (Asperigillus Sojæ)							✓	✓		
SOY SAUCE (PACKETS)	Water, Wheat, Soybeans, Salt, Sodium Benzoate (<0.001% as a preservative)							✓	✓		
SOY SAUCE (GLUTEN FREE TAMARI PACKETS)	Water, Soybeans, Salt, Sugar							✓			
TEMPURA SAUCE	Soy, Wheat, Monosodium Glutamate, Bonito (Fish)				✓		✓	✓	✓	✓	✓
TERIYAKI SAUCE	Cornstarch, Soy Sauce*, Water, Sugar, Seasoning, Vinegar, Potassium Sorbate (Maintains Freshness), Sodium Benzoate (Maintains Freshness), Natural Flavours							✓	✓		

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COMPONENTS, SIDES & EXTRAS											
ADD SHRIMP	Shrimp (Shrimp, Water, Salt, Sodium Phosphates (<0.5%, Sulphites)), Green Seasoning**, Soy Sauce*, Teriyaki Sauce*						✓	✓	✓	✓	
CREAMER	Sugars (Glucose Solids), Hydrogenated Coconut Oil, Sodium Caseinate (A Milk Derivative), Potassium Phosphate Dibasic, Silicone Dioxide, Mon-and Diglycerides, Soy Lecithin, Artificial Flavour, Annatto Extract (Colour), Turmeric Extract (Colour)				✓			✓			
CRISPY WONTONS	Enriched Flour, Soybean Oil, Cornstarch, Salt, Sodium Benzoate							✓	✓		
EDAMAME (SEA SALT)	Edamame Beans in shell (Soybeans), Sea Salt							✓			
GREEN SEASONING	Margarine (Canola Oil, Modified Palm & Palm Kernel Oils (Soy)), Canola Oil, Garlic, Parsley							✓			

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<i>(Components, Sides & Extras, continued)</i>											
GYOZA (NO DIPPING SAUCE)	Filling: Beef, Pork, Cabbage, Napa Cabbage, Onion, Water, Corn Starch, Garlic, Miso Paste (Soybean, Water, Rice Malt, Salt, Ethanol, Riboflavin), Salt, Sugar, Sesame Oil, Ginger, Green Onion, Soy Sauce*, Yeast Extract Mix (Yeast Extract, Salt, Flavour, Maltodextrin), Spices Wrapper: Enriched Wheat Flour, Water, Canola Oil, Salt			✓			●	✓	✓	●	●
LYCHEE COCONUT JELLY	Coconut, Sucrose, Water, Potassium Sorbate, Sodium Carboxymethyl Cellulose, Artificial Flavour, Citric Acid, Xanthan Gum, Guar Gum										
PASSIONFRUIT SYRUP	Fructose Syrup, Passion Fruit, Water, Citric Acid, DL-Malic Acid, Flavour, Acesulfame Potassium, Pectin, Sodium Metaphosphate, Xanthan Gum, Emulsifier, Tartrazine, Sunset Yellow FCF										

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<i>(Components, Sides & Extras, continued)</i>											
POCKY STICKS IN KIDS MEAL (CHOCOLATE)	Wheat Flour, Sugar, Chocolate Liquor, Blend of Vegetable Oils (Sunflower Oil, Palm Oil), Whole Milk Powder, Vegetable Oil Shortening (Palm Oil, Hydrogenated Palm Oil), Cocoa Butter, Salt, Artificial Flavours, Yeast, Soy Lecithin, Leavening (Sodium Bicarbonate), Mono- and Diglycerides of Fatty Acids.	●	●		✓			✓	✓		
RAMEN NOODLES	Enriched wheat flour, Water, Corn starch, Salt, Liquid whole egg, Potassium carbonate, Sodium carbonate, Tartrazine, Allura Red.					✓			✓		
RICE (BROWN)	Brown Rice, Water										
RICE (CAULIFLOWER)	Cauliflower, Canola Oil, Green Seasoning**, Soy Sauce*, Salt, Pepper							✓	✓		
RICE (WHITE)	White Rice, Water										
SPICY MAYONNAISE	Soybean Oil, Water, Vinegar, Liquid Egg Yolk, Jalapeno Pepper Puree (Red Jalapeno Peppers, Salt, Acetic Acid), Aged Cayenne Red Peppers, Sugar, Salt, Modified Cornstarch, Spice, Carrot Fiber, Annatto Extract, Sorbic Acid, Natural Flavor, Garlic Powder, Lemon Juice Concentrate, Xanthan Gum, Calcium Disodium EDTA.					✓		✓			

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(Components, Sides & Extras, continued)											
SPRING ROLLS (NO DIPPING SAUCE)	Filling: Cabbage, Textured Soy Flour, Carrot, Salt, Sugar, Ground Sesame Seed, Mushroom, Spices, Granulated Garlic, Sesame Oil, Yeast Extract Mix (Yeast Extract, Salt, Flavour, Maltodextrin) Wrapper: Water, Enriched Wheat Flour, Salt, Baking Powder, Canola Oil			✓	●		●	✓	✓	●	
SUSHI GINGER	<i>(Ingredients may vary by market/location.)</i> Ginger, Water, Salt, Citric Acid, Acetic Acid, Aspartame (contains Phenylalanine), Potassium Sorbate, Colour										
SUSHI VINEGAR	High Fructose Corn Syrup, Distilled Vinegar and Rice Vinegar (diluted with water), Salt, Brown Sugar										
TAPIOCA PEARLS	Tapioca Starch, Water, Caramel Colour, Carboxymethyl Cellulose, Potassium Sorbate, Maple Flavour										
TEMPURA SHRIMP (NO DIPPING SAUCE)	Shrimp, Soybean Oil, Enriched Wheat Flour, Water, Corn Starch, Potato Starch, Salt, Leavening Agent (Sodium Bicarbonate, Monocalcium Phosphate, Potassium Tartrate, Corn Starch, Glucono-Delta-Lactone), Sodium Tripolyphosphate, Sodium Bicarbonate, Corn Flour, Paprika, Vitamin B2, Annatto, Sulphites						✓	✓	✓	✓	

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<i>(Components, Sides & Extras, continued)</i>											
TOFU	Soy Milk (Soybeans, Water), Soybean Oil, Modified Corn Starch, Trehalose, Calcium Sulfate, Coagulant [Starch Syrup (Corn, Tapioca), Salt, Dextrin], Glucose, Glycerin Fatty Acid Esters, Salt							✓			
WASABI	Horseradish Powder, Sorbitol, Corn Oil, Water, Salt, Hon Wasabi, Modified Cornstarch, Mustard Oil, Citric Acid, Turmeric Powder, Xanthan Gum, Brilliant Blue FCF										
YAM TEMPURA (NO DIPPING SAUCE)	Yams, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Yellow Corn Flour, Wheat Starch, Salt, Baking Powder, Water. Emulsifier, Partially Fried in Canola Oil.			●				●	✓	●	
YAKISOBA NOODLES	Enriched Wheat Flour, Water, Egg, Cornstarch and/or Wheat Starch, Salt, Potassium Sorbate, Sodium Propionate, Potassium Carbonate					✓			✓		
UNAGI SAUCE	Sugar, Soy Sauce*, Mirin (Sweet Cooking Rice Wine), Modified Corn Starch, Caramel Colour, Salt							✓	✓		
SHRIMP	(Shrimp, Water, Salt, Sodium Phosphates [$<0.5\%$, Sulphites])										

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<i>(Components, Sides & Extras, continued)</i>											
MANGO SYRUP	Fructose Syrup, Sugar, Mango, Water, Flavour, DL-Malic Acid, Lactic Acid, Sodium Citrate, Acesulfame Potassium, Potassium Sorbate, Sodium Metaphosphate, Xanthan Gum, Emulsifier, Glycine, Pectin, Tartrazine, Sunset Yellow FCF										
IMITATION CRAB MEAT	Water, Pollock, Wheat starch, Potato starch, Sorbitol, Sugars (sugar, maltodextrin), Canola oil, Salt, Sodium phosphate (to retain moisture), Natural and artificial flavour, Seasonings (hydrolyzed wheat protein, yeast extract, disodium inosinate, disodium guanylate), Titanium dioxide, Canthaxanthin. Contains: Pollock (fish), Wheat, Herring (fish).						✓		✓		
RAMEN BROTH	Modified corn starch, Sugars (sugar, dextrose), Salt, Soy Sauce powder (soybeans, salt, maltodextrin), Hydrolyzed corn and soy protein, Flavour (yeast extract, salt, natural flavour), Dehydrated onion, Canola oil, Autolyzed yeast, Dehydrated garlic, Disodium inosinate and disodium guanylate, Spice, Silicon dioxide (anticaking aid)							✓			
CHILI GARLIC SAUCE	Water, Chili Peppers, Salt, Sugar, Garlic, Modified Corn Starch, Crushed Chilies, Vegetable Oil, Dried Garlic, Paprika, Spices, Xantha Gum, Acetic Acid, Citric Acid, Caramel, Potassium Sorbate, Sodium Benzoate										

ITEM	INGREDIENTS ✓ = Contains ● = May Contain *See Sauces , page 15 **See Components, Sides & Extras , pages 16-21	Peanut	Tree Nuts	Sesame Seeds & Derivatives	Milk & Milk Byproducts	Eggs & Egg Products	Seafood or Shellfish	Soy	Wheat or Gluten	Sulphites	MSG
SPECIAL FEATURES (WHEN APPLICABLE)											