

アレルギー メニュー名	アレルギー	卵	乳	小麦	えび	かこ	そば	落花生	くぬぎ	あわび	いか	さくら	オレンジ	キウイフルーツ	牛肉	さけ	さば	大豆	鶏肉	バナナ	豚肉	まつたけ	もも	やまいも	りんご	ゼラチン	魚介類	ナッツ	ごま
アレルギー メニュー名	allergic Menu name	egg	milk	Wheat	Shrimp	Crab	Soba	peanuts	Walnut	Abalone	The squid	Salmon roe	Orange	Kiwi fruit	beef	Salmon	Mackerel	soy	chicken	banana	pork	Matsutake	Peaches	Yam	Apple	gelatin	seafood	Cashew nuts	Sesame
ごはん・カレー・丼	Rice, curry, bowl																												
ライスM	Steamed white rice (M)																												
きのこごはん発芽玄米入りM	Sprouted brown rice cooked with mushroom (M)			●													●	●	●										
鶏ごぼう五穀ごはんM	Five grain rice cooked with chicken and burdock (M)			●													●	●	●										
鶏そぼろと焦がし葱の混ぜご飯	Rice mixed with mince chicken meat and caramelized spring onions			●														●	●										
豚と紅生姜の混ぜご飯	Rice mixed with minced pork and red pickled ginger																	●	●		●								●
マイルドカレーM	Beef curry and rice, mildly spiced, medium size			●											●			●	●						●				●
カレーライスM	Curry sauce on rice (M)		●	●											●			●	●						●	●			●
牛カルビ焼肉丼	BBQ beef ribs served on rice bowl			●											●			●				●			●				●
豚塩カルビ焼肉丼M	Salted pork rib rice bowl, Korean style (M)	●	●	●													●	●	●		●			●					●
炭火焼鳥丼M	Char-broiled chicken with a sweet and savory sauce rice bowl medium size	●	●	●													●	●	●					●					●
月見味噌カツ丼M	Rice bowl with half-boiled egg and breaded pork outlet on a bed of coleslaw (M)	●	●	●													●	●			●			●					
牛丼M	Beef rice bowl (M)			●											●		●	●						●					●
福井ソースカツ丼	Worcestershire sauce flavored pork outlet rice bowl	●	●	●														●			●			●					
チキンカツ卵とし丼M	Breaded chicken outlet rice bowl with egg and starchy thick sauce (M)	●	●	●													●	●	●										
中華丼	Chop suey rice bowl	●		●	●										●		●	●							●				●
極み竜田丼	Rice bowl topped with whitish deep fried chicken	●	●	●													●	●	●										●
日替わり	Daily																												
ベーコンチーズと唐揚げ	Onion, bacon and cheese wrapped in ham deep fried and fried chicken	●	●	●														●	●		●			●	●				
ハンバーグとハーブチキン唐揚	Hamburger steak & deep fried chicken, herb flavored	●	●	●											●			●	●							●			
チキン南蛮とひれかつ	Deep fried chicken marinated in sweet vinegar sauce & deep fried pork fillet	●	●	●														●	●			●			●	●			
チキンチーズ焼きとコロッケ	Grilled chicken with cheese & croquette	●	●	●	●										●			●	●		●								●
照り焼きチキンとミニメンチカツ	Teriyaki chicken & breaded and deep fried potato cake with domestic minced beef	●	●	●	●										●			●	●					●	●				●
ハンバーグとから揚げ	Hamburger steak & fried chicken	●	●	●											●			●	●							●			
ひれカツと白身フライ	Breaded pork fillet outlet & breaded and deep fried white meat fish	●	●	●														●	●		●			●	●				●
チキン南蛮ミニとシューマイ	Mini fried chicken marinated in sweet vinegar sauce & steamed Chinese dumpling	●	●	●	●													●	●		●				●	●			●
鶏肉の韓国風照り焼きと串カツ	Korean style teriyaki chicken & breaded pork outlet on a skewer	●	●	●	●												●	●	●		●			●	●				●
チーズささみカツとエビマヨ	Cheese chicken tender outlet and shrimp with mayonnaise sauce	●	●	●	●													●	●		●			●					●
スパイスチキンとコーンクリームフライ	Grilled spicy chicken & corn cream flavored croquette	●	●	●														●	●							●			
エビフライと唐揚げウィンナー	Fried chicken, breaded deep fried shrimp, and sausage combo	●	●	●	●													●	●		●								
ハンバーグとささみチーズしそ巻きフライ	Hamburger steak and deep-fried chicken breast strip with cheese wrapped with perilla leaf	●	●	●											●			●	●			●			●				●
ササミカツ卵としと豚肉アスパラチーズフライ	Chicken breast strip outlet with egg-drop sauce and deep-fried asparagus with cheese wrapped with pork	●	●	●													●	●	●		●								
甘辛豚から揚げとえびフライ	Sweet and spicy deep-fried pork and deep-fried prawn	●	●	●	●						●							●						●					●
主菜250円以上	Main course 250 yen or more																												

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えびカツオーロラソース	Breaded prawn cutlet with spicy aurora sauce	●	●	●	●													●						●	●				
ロースとんかつ	Breaded pork loin cutlet	●		●														●			●								●
厚切り旨ひれかつ	Bite-sized Japanese pork fillet cutlet	●	●	●														●			●								●
豚肉アスパラチーズカツ	Breaded pork cutlet along with asparagus and cheese	●	●	●														●			●								●
鶏ボン唐揚げ	Fried chicken with soy and vinegar sauce			●														●	●										
チキン黒胡椒焼	Black peppered chicken, grilled			●														●	●		●								●
ねぎ塩チキンステーキ	Chicken steak, green onion and salt flavored			●														●	●		●								●
豚肉の生姜焼	Sauteed ginger flavored pork (domestic pork)			●														●	●		●			●					●
豚肉と小松菜あっさり炒め	Pork and Japanese mustard spinach stir fry			●													●	●		●									●
牛肉野菜炒め	Beef vegetables stir-fry	●		●											●			●	●		●								●
上海風野菜炒め	Shanghai style stir-fried vegetables with oyster and soy sauce	●		●														●			●								●
ハンバーグデミグラスソース	Hambureger stake with demi-glace sauce	●	●	●											●			●	●		●								
トマトソースハンバーグ	Hamburger steak with tomato sauce	●	●	●											●			●	●		●				●				
ハンバーグテリヤキベッパーソース	Teriyaki hamburger steak with pepper sauce	●	●	●											●			●	●		●								
和風ハンバーグおろしソース	Hamburger steak with grated radish sauce	●	●	●											●			●	●		●								
ささみカツ卵とじあんかけ	Breaded chicken tender cutlet with scrambled eggs and thick sauce over	●	●	●													●	●											
チキン竜田甘辛ソース	Hot and sweet flavored fried chicken	●	●	●														●	●										
チキン南蛮	Fried chicken, sweet and sour flavored	●	●	●														●	●										●
チーズチキンカツ	Breaded chicken cutlet with cheese	●	●	●														●	●		●								●
豚肉とキャベツのスタミナ煮	Simmered pork and vegetables seasoned with soy sauce			●											●			●			●								
牛肉じゃが	Simmered beef and potato			●											●		●	●											
銀ひらすの西京焼き	Grilled miso marinated amberjack																	●											
氷温熟成鯖の塩焼き	Mackerel aged at ice temperature, salted and grilled																●												
銀鮭の塩焼き	Broiled salmon seasoned with salt																												
主菜(副菜) 150円以上		Main dish (side dish) 150 yen or more																											
テリヤキチキンサラダ	Teriyaki chicken salad	●	●	●														●	●										
チャーシュー野菜サラダ	BBQ pork slice and vegetable salad	●	●	●														●	●		●				●	●			●
生ハムサラダ	Uncured ham salad																	●			●				●				
ローストチキンサラダ	Roast chicken salad	●	●	●														●	●										●
野菜と豆腐のふわふわ寄せ天	Fluffy fish cake Tempura with tofu and vegetable kneaded inside	●	●	●														●			●			●					
旨厚ハムカツ	Yummy thick ham cutlet	●		●														●	●		●								
お肉屋さんのメンチカツ	Juicy minced pork and beef cutlet	●	●	●											●			●			●								●
サーモンチーズフライ	Breaded fried salmon with cheese	●	●	●														●	●		●								
いかフライ	Breaded and deep fried squid	●		●							●							●											
銚子産鯖の竜田揚げ	Whitish deep-fried mackerel from Choshi			●													●	●											
いかの唐揚げ	Deep-fried squid	●		●							●							●											
鯖の味噌煮	Simmered mackerel, miso flavored																●	●											
鯖の生姜煮	Simmered mackerel, ginger flavored			●													●	●											
豚肉チゲ豆腐	Pork and tofu spicy hot pot, Korean style			●											●			●			●								●
フランク&ポテト	Sausage and french fries		●															●			●								
バイクドポテトサラダ	Fried baked potato salad			●														●			●								
茄子挟み天おろしソース	Eggplant tempura stuffed with chicken hamburger with tempura sauce	●	●	●														●	●										
かにと豆腐のふんわり天	Fluffy tempura with crab meat and tofu	●	●	●		●												●			●				●				
おくらベーコン巻き天	Bacon wrapped okra tempura	●	●	●														●	●		●								
副菜 150円未満		Side dish less than 150 yen																											
あじの柑橘マリネ	Citrus marinated deep fried horse mackerel			●									●					●											
磯辺風いかフライ	Deep-fried squid in seaweed-flavored batter	●	●	●	●	●					●							●											
国産豚レバー甘辛揚げ	Deep fried domestic Japanese pork liver with sweet and spicy sauce			●														●			●								●
あまから揚げ茄子	Sweet and spicy fried eggplant	●	●	●														●											
さんまみぞれ煮	Simmered saury cooked with grated radish			●														●											●
チキンレバー生姜煮	Simmered chicken liver, ginger flavored			●														●	●										

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甘えびクリームコロッケ	Creamy croquette with red shrimp		●	●	●													●	●						●					
男爵コロッケ牛肉入り	Croquette with Danshaku potato and minced beef	●	●	●											●			●	●											
紅ずわい蟹クリームコロッケ	Creamy croquette with crab meat		●	●		●												●	●											
スタミナ豆腐	Chilled tofu with garlic flavored Chinese sauce			●														●						●					●	
ねばねばサラダ	Sticky salad with okra, grated yam, and makabu seaweed			●													●	●					●							
副菜100円未満	Side dish less than 100 yen																													
じゃこおくらスライス	Sliced okra with dried small fish			●													●	●												
10品目のきんぴら	10 ingredient stir fry with soy sauce and sugar			●														●	●										●	
ささがきごぼうの金平	Thinly shaved burdock stir fry in soy sauce and sugar		●	●													●	●											●	
シャキシャキ蓮根金平	Crunchy lotus root stir fry in soy sauce and sugar			●														●											●	
じゃこ大根おろし	Grated radish with dried small fish			●														●												
なめ茸大根おろし	Grated radish with nametake mushroom			●														●												
胡瓜とわかめじゃこの酢の物	Cucumber, wakame seaweed, and dried small fish dressed with sweet vinegar sauce																	●												
蒸し鶏ときくらげの酢の物	Steamed chicken and cloud ear mushroom dressed with sweet vinegar source	●	●	●														●	●					●	●				●	
鶏肉と春雨中華サラダ	Chicken and vermicelli noodle salad, Chinese style	●	●	●														●	●		●			●	●				●	
蒸し鶏と春雨ピリ辛酢の物	Steamed chicken and vermicelli noodles dressed with sweet vinegar with a hint of spice			●														●	●										●	
ほうれん草ともやしナムル	Korean vegetable salad with spinach and bean sprouts			●														●						●					●	
明太ごぼうサラダ	Spicy cod roe and burdock salad	●	●	●														●												
北海道明太ポテトサラダ	Hokkaido potato salad mixed with spicy cod roe	●	●	●														●												
小えび入り焼きビーフン	Fried rice noodles with shrimp	●	●	●	●													●	●										●	
ハムとチーズのポテトサラダ	Ham and cheese potato salad	●	●															●	●		●									
ベーコンチーズポテトサラダ	Bacon and cheese potato salad	●	●															●	●		●			●	●				●	
具だくさんナムルサラダ	Korean style vegetable salad with various ingredients	●		●														●	●										●	
夏野菜と昆布の和え物	Summer vegetables with kombu dressed with mild soy sauce			●														●												
蓮根と鶏肉の梅仕立て	Chicken with Lotus root served with pickled Japanese apricot sauce			●														●	●											
こうや豆腐	Freeze dried tofu cooked in mild soy sauce			●														●												
玉子豆腐	Egg flavored tofu	●		●													●	●												
枝豆入りひじき煮	Simmered hijiki seaweed with edamame soy beans		●	●														●	●											
五目ひじき煮	Hijiki seaweed simmered with assorted vegetables		●	●											●			●	●											
法蓮草のたまごじ	Scrambled eggs with spinach	●	●	●													●	●			●									
具だくさん卵の花	Soy bean flakes simmered with various ingredients		●	●													●	●												
おくらごま和え	Okra dressed with sesame seeds		●	●													●	●											●	
ごろごろ野菜炊き合わせ	Lotus, burdock, and carrot simmered in fish-based sauce.		●	●														●												
小松菜と揚げの煮浸し	Simmered fried tofu and mustard spinach (komatsuna)			●														●												
巣ごもりたまご	Poached egg on a bed of vegetables	●		●													●	●												
おくら巣籠り卵	Poached egg on the bed of okra	●		●													●	●												
大学芋	Caramelized deep fried sweet potato																	●												
玉子焼き	Japanese omelet	●		●														●												
かぼちゃ煮	Simmered pumpkin			●													●	●												
法蓮草	Boiled spinach																	●												
エッグマカロニサラダ	Egg and macaroni salad	●	●	●														●												
納豆	Natto, fermented soy beans			●														●												
豆腐	Chilled tofu																	●												
スープ	soup																													
味噌汁	Miso soup																	●												
スタミナスープ	Chicken broth soup with pork, eggs, and vegetables	●																●	●		●								●	
冷たい麺	Cold noodles																													
ごまだれ冷やし中華	Chilled ramen with sesame sauce	●	●	●														●			●								●	
冷やし担々麺	Chilled ramen noodles with sesame and chili sauce	●	●	●													●	●			●								●	
黒ごま冷やし担々麺	Chilled egg noodles with sesame and chili soup	●	●	●														●	●		●								●	

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メニュー名																													
温玉ぶっかけ冷うどん	Chilled udon noodles with half boiled egg with soy based sauce to pour over the noodles	●		●													●	●											●
ぶっかけおろし冷うどん	Chilled udon noodles with grated radish with soy based sauce to pour over the noodles			●													●	●											●
冷やしうどん	Chilled udon noodles with soy based dipping sauce			●													●	●											
冷やしそば	Chilled buckwheat noodles with soy based dipping sauce	●		●			●										●	●											
温かい種 Warm noodles																													
担々麺	Ramen noodles with sesame and chili soup	●	●	●														●			●								●
とんこつラーメン	Tonkotsu ramen noodles (pork based white soup)	●	●	●													●	●			●								●
醤油ラーメン	Soy sauce flavored ramen noodles	●		●														●			●								●
天ぷらうどん	Tempura Udon noodles	●		●	●												●	●											
天ぷらそば	Tempura buckwheat noodles	●		●	●		●										●	●											
きつねうどん	Udon noodles with sweet tofu			●													●	●											
きつねそば	Buckwheat noodles with sweet tofu	●		●			●										●	●											
若布うどん	Seaweed udon noodles			●													●	●											
若布そば	Seaweed buckwheat noodles	●		●			●										●	●											
かけうどん	Simple udon noodles			●													●	●											
かけそば	Simple buckwheat noodles	●		●			●										●	●											
肉うどん	Udon noodles with beef	●	●	●											●		●	●											
肉そば	Buckwheat noodles with beef	●	●	●			●								●		●	●											
デザート dessert																													
ぶどうのゼリーナタデココ入り	Grape jelly with nata de coco																												
ふじりんごのゼリー	Fuji apple jelly																						●	●					
サイダー&レモンゼリー	Soda pop flavored jelly and lemon jelly													●			●	●					●	●					
本格マンゴープリン	Authentic mango pudding	●	●														●	●											
アセロラゼリー&フルーツ	Acerola jelly and fruit													●			●	●					●	●					
フルーツ杏仁豆腐	Almond jelly with mandarin, yellow peach, and kiwi fruit		●											●			●	●					●	●					
京都宇治抹茶パバア	Bavarian cream flavored with Uji Macha green tea from Kyoto		●														●	●											
シトラスゼリー	Citrus jelly												●	●			●	●					●	●					
フルーツカスタードプリン	Fruit and custard pudding	●	●											●			●	●											
パナコッタMI Xベリー	Panna cotta with berry sauce		●															●											
コーヒーゼリー	Coffee jelly with whipped cream		●														●	●											
フルーチェストロベリー	"Fruche" creamy yogurt, strawberry		●															●						●	●				
フルーチェミックスベリー	Fruche creamy yogurt, mixed berry		●															●					●	●					
フルーチェオレンジ	"Fruche" creamy yogurt, orange		●										●	●				●						●	●				
フルーツヨーグルト	Fruit yogurt		●															●		●			●	●					
チョコレートプリン	Chocolate Flan	●	●															●											