



エネルギー(kcal)表示について  
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| メニュー名<br>Menu Name             | Menu Name   | エネルギー<br>(kcal) / 杯<br>Kcal/meal | 食物アレルギー<br>Food allergens     |    |    |    |    |   |   |   |       |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |     |
|--------------------------------|---|----------------------------------|-------------------------------|----|----|----|----|---|---|---|-------|-----|----|-----|------|---------|-----|----|----|----|----|----|-----|----|------|----|------|-----|
|                                |   |                                  | 特定原材料<br>Allergenic materials |    |    |    |    |   |   | 特定原材料に準ずるもの<br>Potentially allergenic materials |       |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |     |
|                                |   |                                  | えび                            | かに | くま | 小麦 | そば | 卵 | 乳 | 落花生   | アーモンド | あわび | いか | ごぼう | オレンジ | カシューナッツ | キウイ | 牛肉 | ごま | そば | 大豆 | 鶏肉 | バナナ | 豚肉 | まいたけ | もも | やまいも | リンゴ |
| かわりばんこパフェ 抹茶                   | Matcha Parfait  | 494                              |                               |    |    | ●  |    | ● |   |   |       |     |    |     |      |         |     |    | ●  |    |    |    |     |    |      |    |      | ●   |
| かわりばんこパフェ 白桃                   | Peach Parfait   | 365                              |                               |    |    | ●  |    | ● |   |   |       |     |    |     |      |         |     |    | ●  |    |    |    |     |    | ●    |    |      |     |
| 焼きみたらしとほうじ茶のクリームあんみつ           | Cream Anmitsu with Mitarashi Dumplings & Houjicha Ice Cream             | 401                              |                               |    |    | ●  |    | ● |   |   |       |     |    |     |      |         |     |    | ●  |    |    |    |     |    |      |    |      |     |
| 豆乳プリンの抹茶クリームあんみつ               | Soymilk Pudding Anmitsu with Matcha Soft Serve Ice Cream                | 284                              |                               |    |    |    |    | ● |   |   |       |     |    |     |      |         |     |    | ●  |    |    |    |     |    |      |    |      |     |
| 芋ようかんの和三盆ブリュレ                  | Sweet Potato Jelly & Refined Sugar Brulee                               | 260                              |                               |    |    |    |    | ● |   |   |       |     |    |     |      |         |     |    | ●  |    |    |    |     |    |      |    |      |     |
| 和栗と焦がしきな粉のほうじ茶モンブラン            | Houjicha Mont Blanc with Japanese Chestnuts & Roasted Soybean Flour     | 462                              |                               |    |    | ●  |    | ● | ● |   |       |     |    |     |      |         |     |    | ●  |    |    |    |     |    |      |    |      |     |
| 三重県産抹茶の濃厚テリーヌ                  | Rich Match Terrine of Mie Prefecture                                    | 276                              |                               |    |    | ●  |    | ● | ● |   |       |     |    |     |      |         |     |    | ●  |    |    |    |     |    |      |    |      |     |
| 和のアフタヌーンティー〜紬の贅沢スイーツ食べ比べ〜      | Japanese Afternoon Tea Set ~Taste & Compare Luxury Tsumugi's Sweets~    | 697                              |                               |    |    | ●  |    | ● | ● |   |       |     |    |     |      |         |     |    | ●  |    |    |    |     |    |      |    |      |     |
| 親鸞聖人ごのみの塩豆大福(1個)               | Shinran Shonin's Favorite Salted Mame Daifuku (1 pieces)                | 225                              |                               |    |    |    |    |   |   |   |       |     |    |     |      |         |     |    | ●  |    |    |    |     |    |      |    |      |     |
| 親鸞聖人ごのみの塩豆大福(2個)               | Shinran Shonin's Favorite Salted Mame Daifuku (2 pieces)                | 451                              |                               |    |    |    |    |   |   |   |       |     |    |     |      |         |     |    | ●  |    |    |    |     |    |      |    |      |     |
| 京抹茶の生パスタ 4種薬味と米糀みろくの冷やし坦々      | Fresh Matcha Pasta Chilled Tantan with Four Condiments & Rice Koji Milk | 750                              |                               |    |    | ●  |    | ● | ● |   |       |     |    |     |      |         |     |    | ●  |    | ●  | ●  | ●   |    |      |    | ●    | ●   |
| 京抹茶の生パスタ アボカドと小海老の大葉ソース        | Fresh Matcha Pasta Japanese basil Sauce Pasta with Avocado & Shrimp     | 790                              | ●                             |    |    | ●  |    | ● | ● |   |       |     |    |     |      |         |     |    | ●  |    | ●  | ●  | ●   |    |      |    | ●    | ●   |
| 京抹茶の生パスタ ゆず香るホタテとほうれん草のたらこクリーム | Spinach & Scallop Cod Roe Cream Pasta with a Hint of Yuzu               | 614                              |                               |    |    | ●  |    | ● | ● |   |       |     |    |     |      |         |     |    | ●  |    | ●  |    |     |    |      |    | ●    | ●   |

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|--|--|-------------------------------|----|-----|----|----|---|---|-----|---|-----|----|-----|------|---------|-----|----|----|----|----|----|-----|----|------|----|------|-----|------|
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| <b>お膳 / Tsumugi-Japanese style plate</b> |  |                               |    |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |     |      |
| 柚子香るポン酢ジュレの冷しゃぶとろろお膳                     | Chilled Shabu-shabu & Grated Yam Plate with Yuzu Ponzu Jelly   | 370                           |    |     |    |    | ● | ● | ●   |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |     |      |
| 紫菜海苔の香り立つ鯛出汁茶漬 炙りサーモンとアボカド               | Tai soup Chazuke with Shisai Nori, Grilled Salmon and Avocado<br>(Japanese dish made by pouring sea bream soup stock over cooked rice) | 645                           |    |     |    |    | ● |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |     |      |
| 天然海老かき揚げのほうじ茶香る鯛出汁茶漬                     | Tai Chazuke with Shrimp, Small Pillar & Clams  | 629                           | ●  |     |    |    | ● |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |     | ●    |
| チキンの大葉タルタル南蛮                             | Sweet and Sour Flavored Fried Chicken with Japanese Basil Tartar Sauce   | 655                           |    |     |    |    | ● | ● | ●   |   |     |    |     | ●    |         |     | ●  | ●  | ●  | ●  | ●  |     |    |      |    |      |     | ●    |
| さばの味噌煮                                   | Simmered Mackerel with Miso  | 542                           |    |     |    |    | ● | ● |     |   |     |    |     |      |         |     |    | ●  | ●  | ●  | ●  |     |    |      |    |      |     |      |
| スキレット和風ハンバーグ～醤油麹ソース～                     | Japanese Style Hamburger Steak ~Soy Sauce Koji~  | 413                           |    |     |    |    | ● | ● | ●   |   |     |    |     |      |         |     | ●  |    | ●  | ●  | ●  | ●   |    |      |    |      | ●   |      |
| 【単品】 とろろ                                 | Grated Yam   | 34                            |    |     |    |    | ● |   |     |   |     |    |     |      |         |     |    |    |    |    | ●  |     |    |      |    | ●    |     |      |
| 【単品】 十三穀ご飯                               | Rice with 13 kinds of millet   | 281                           | ●  |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |     |      |
| 【単品】 白ご飯                                 | Rice   | 293                           | ●  |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |     |      |
| 大盛り 十三穀ご飯                                | Large serving of 13 grains of rice   | 402                           | ●  |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |     |      |
| 大盛り 白ご飯                                  | Large serving of white rice  | 402                           | ●  |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |     |      |
| 小盛り 十三穀ご飯                                | Small serving of 13 grains of rice   | 215                           | ●  |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |     |      |
| 小盛り 白ご飯                                  | Small serving of white rice  | 215                           | ●  |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |     |      |
| おつまみセット                                  | Tsumugi Otsunami Set   | 532                           |    |     |    |    | ● | ● | ●   |   |     |    | ●   |      |         | ●   |    |    | ●  | ●  |    |     |    |      |    |      |     | ●    |

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|                                      |                                  | えび                            | かに     | くるみ   | 小麦        | そば  | 卵    | 乳      | 落花生   | アーモンド   | あわび   | いか         | いわし    | オレンジ       | カシューナッツ | キウイ  | 牛肉     | ごま      | そば       | 大豆     | 鶏肉      | バナナ    | 豚肉   | まいたけ      | もも    | やまいも | りんご   | ゼラチン    |   |
| N/A                                  | Shrimp                           | Crab                          | Walnut | Wheat | Buckwheat | Egg | Milk | Peanut | Almond  | Abalone | Squid | Salmon roe | Orange | cashew nut | Kiwi    | Beef | Sesame | Soybean | Mackerel | Salmon | Chicken | Banana | Pork | Matsutake | Peach | Yam  | Apple | Gelatin |   |
| お子様おにぎりプレート<br>Kid's Rice Ball Plate | 545                              |                               |        |       | ●         |     | ●    | ●      |   |         |       |            | ●      |            |         | ●    |        |         | ●        |        |         |        |      |           |       |      | ●     | ●       |   |
| おにぎり                                 | 209                              |                               |        |       | ●         |     |      |        |   |         |       |            |        |            |         |      |        |         | ●        |        |         |        |      |           |       |      |       |         |   |
| ハンバーグ                                | 148                              |                               |        |       | ●         |     | ●    | ●      |   |         |       |            |        |            |         | ●    |        |         | ●        |        |         |        | ●    |           |       |      |       | ●       | ● |
| ポテトフライ                               | 72                               |                               |        |       |           |     |      |        |   |         |       |            |        |            |         |      |        |         | ●        |        |         |        |      |           |       |      |       |         |   |
| ブロッコリー                               | 8                                | ●                             |        |       |           |     |      |        |   |         |       |            |        |            |         |      |        |         |          |        |         |        |      |           |       |      |       |         |   |
| ミニトマト                                | 6                                | ●                             |        |       |           |     |      |        |   |         |       |            |        |            |         |      |        |         |          |        |         |        |      |           |       |      |       |         |   |
| ゼリー                                  | 20                               |                               |        |       |           |     |      |        |   |         |       |            | ●      |            |         |      |        |         |          |        |         |        |      |           |       |      |       | ●       |   |
| りんごジュース                              | 59                               |                               |        |       |           |     |      |        |   |         |       |            |        |            |         |      |        |         |          |        |         |        |      |           |       |      |       | ●       |   |
| お子様うどん<br>Kids Udon                  | 482                              |                               |        |       | ●         |     | ●    | ●      |   |         |       |            | ●      |            |         |      |        |         | ●        |        | ●       |        |      |           |       |      |       | ●       |   |
| うどん                                  | 228                              |                               |        |       | ●         |     |      |        |   |         |       |            |        |            |         |      |        |         | ●        |        |         |        |      |           |       |      |       |         |   |
| からあげ                                 | 176                              |                               |        |       | ●         |     | ●    | ●      |   |         |       |            |        |            |         |      |        |         | ●        |        | ●       |        |      |           |       |      |       |         |   |
| ゼリー                                  | 20                               |                               |        |       |           |     |      |        |   |         |       |            | ●      |            |         |      |        |         |          |        |         |        |      |           |       |      |       | ●       |   |
| りんごジュース                              | 59                               |                               |        |       |           |     |      |        |   |         |       |            |        |            |         |      |        |         |          |        |         |        |      |           |       |      |       | ●       |   |
| お子様カレー<br>Kids Curry                 | 552                              |                               |        |       | ●         |     | ●    | ●      |   |         |       |            | ●      |            |         | ●    |        |         | ●        | ●      | ●       | ●      |      |           |       |      |       | ●       |   |
| カレー                                  | 298                              |                               |        |       | ●         |     |      |        |   |         |       |            |        |            |         | ●    |        |         | ●        | ●      | ●       | ●      |      |           |       |      |       | ●       |   |
| からあげ                                 | 176                              |                               |        |       | ●         |     | ●    | ●      |   |         |       |            |        |            |         |      |        |         | ●        | ●      | ●       | ●      |      |           |       |      |       |         |   |
| ゼリー                                  | 20                               |                               |        |       |           |     |      |        |   |         |       |            | ●      |            |         |      |        |         |          |        |         |        |      |           |       |      |       | ●       |   |
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| お子様ポテトフライ<br>Kids Potato Fries       | 413                              |                               |        |       |           |     |      |        |   |         |       |            |        |            |         |      |        |         | ●        |        |         |        |      |           |       |      |       |         |   |
| ポテトフライ                               | 378                              |                               |        |       |           |     |      |        |   |         |       |            |        |            |         |      |        |         | ●        |        |         |        |      |           |       |      |       |         |   |
| ケチャップ                                | 35                               | ●                             |        |       |           |     |      |        |   |         |       |            |        |            |         |      |        |         |          |        |         |        |      |           |       |      |       |         |   |
| お子様バニラアイス<br>Kids Vanilla Icecream   | 131                              |                               |        |       |           |     | ●    | ●      |   |         |       |            |        |            |         |      |        |         |          |        |         |        |      |           |       |      |       |         |   |

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| メニュー名<br>Menu Name       | エネルギー<br>(kcal) / 杯<br>Kcal/meal                       | 食物アレルギー<br>Food allergens     |    |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |      |
|--------------------------|--|-------------------------------|----|-----|----|----|---|---|-----|---|-----|----|-----|------|---------|-----|----|----|----|----|----|-----|----|------|----|------|------|
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|                          |  | えび                            | かに | くるみ | 小麦 | そば | 卵 | 乳 | 落花生 | アーモンド   | あわび | いか | いげら | オレンジ | カシューナッツ | キウイ | 牛肉 | ごま | そば | 大豆 | 鶏肉 | バナナ | 豚肉 | まいたけ | もも | やまいも | ゼラチン |
| <b>【個店メニュー】築地本願寺カフェ店</b> |  |                               |    |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |      |
| <b>18品の朝ごはん</b>          | <b>Japanese Style Breakfast with 18 Kinds of Items</b> | <b>567</b>                    |    |     |    | ●  | ● |   |     |   |     |    | ●   | ●    |         | ●   | ●  | ●  | ●  | ●  |    |     |    |      |    | ●    | ●    |
| 南高梅干                     | Pickled Plum   | 10                            | ●  |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |      |
| 築地江戸一の黒豆                 | Braised Black Beans                                    | 41                            |    |     |    | ●  |   |   |     |   |     |    |     |      |         |     |    |    | ●  |    |    |     |    |      |    |      |      |
| 湯葉いくら                    | Yuba with Salmon Roe                                   | 30                            |    |     |    | ●  |   |   |     |   |     | ●  |     |      |         |     |    |    | ●  | ●  | ●  |     |    |      |    |      | ●    |
| 築地江戸一の甘口昆布の佃煮            | Sweet Kelp Tsukudani                                   | 14                            |    |     |    | ●  |   |   |     |   |     |    |     |      |         |     | ●  |    | ●  |    |    |     |    |      |    |      |      |
| オレンジ                     | Seasonal Fruits  | 9                             |    |     |    |    |   |   |     |   |     |    | ●   |      |         |     |    |    |    |    |    |     |    |      |    |      |      |
| 抹茶ゼリー                    | Matcha Jelly   | 23                            |    |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    | ●  |    |     |    |      |    |      |      |
| つきち松露の卵焼き                | Rolled Omelet  | 40                            |    |     |    | ●  |   | ● |     |   |     |    |     |      |         |     |    |    | ●  | ●  |    |     |    |      |    |      |      |
| 揚げ茄子大豆そぼろ                | Fried Eggplant Soybeans Flakes                         | 40                            |    |     |    | ●  |   |   |     |   |     |    |     |      |         |     |    |    | ●  |    |    |     |    |      |    |      |      |
| 里芋田楽                     | Miso-Glazed Taro Potato                                | 12                            |    |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    | ●  |    |     |    |      |    |      |      |
| 豆腐の柚子あん                  | Tofu with Yuzu Paste                                   | 24                            |    |     |    | ●  |   |   |     |   |     |    |     |      |         |     |    |    | ●  | ●  |    |     |    |      |    |      |      |
| ちりめんとお豆山椒煮               | Seasonal Side Dishes                                   | 26                            |    |     |    | ●  |   |   |     |   |     |    |     |      |         |     |    |    |    | ●  |    |     |    |      |    |      |      |
| 海苔明太                     | Seaweed & Spicy Cod Ro                                 | 12                            |    |     |    | ●  |   |   |     |   |     |    |     |      |         |     |    |    |    | ●  |    |     |    |      |    |      | ●    |
| タコの塩麹和え                  | Octopus with Salted Rice Malt                          | 18                            |    |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    | ●  |    |     |    |      |    |      | ●    |
| 合鴨の山椒焼き                  | Grilled Duck with Sansho Pepper                        | 86                            |    |     |    | ●  |   |   |     |   |     |    |     |      |         |     | ●  |    |    | ●  |    |     |    |      |    |      |      |
| 築地紀文のお魚とうふおぼろ揚           | Oboro Fried Tofu & Fish Cake                           | 54                            |    |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    | ●  |    |     |    |      |    |      |      |
| 築地吉岡屋のべつたら漬              | Pickled Radish with Malted Rice                        | 4                             | ●  |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |      |
| 白がゆ                      | Porridge   | 98                            | ●  |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |      |
| おみそ汁                     | Miso Soup  | 29                            |    |     |    | ●  |   |   |     |   |     |    |     |      |         |     |    |    |    | ●  |    |     |    |      |    |      |      |
| <b>築地のお寺の朝ごはん</b>        | <b>Breakfast of Tsukiji Temple</b>                     | <b>581</b>                    |    |     |    | ●  |   | ● |     |   |     |    |     |      |         |     |    |    | ●  | ●  | ●  | ●   |    |      |    |      |      |
| 魚がし北田の銀鮭塩麹焼き             | Grilled Salmon with Salted Rice Malt                   | 139                           |    |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    | ●  |    |    |     |    |      |    |      |      |
| 築地江戸一の甘口昆布の佃煮            | Sweet Kelp Tsukudani                                   | 14                            |    |     |    | ●  |   |   |     |   |     |    |     |      |         |     |    |    | ●  |    | ●  |     |    |      |    |      |      |
| ちりめんとお豆山椒煮               | Seasonal Side Dishes                                   | 26                            |    |     |    | ●  |   |   |     |   |     |    |     |      |         |     |    |    |    | ●  |    |     |    |      |    |      |      |
| 梅酢割干し                    | Plum Vinegar Pickled Radish                            | 6                             |    |     |    | ●  |   |   |     |   |     |    |     |      |         |     |    |    |    | ●  |    |     |    |      |    |      |      |
| 大葉                       | Perilla leaf   | 0                             | ●  |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |      |
| つきち松露の卵焼き                | Rolled Omelet  | 80                            |    |     |    | ●  |   | ● |     |   |     |    |     |      |         |     |    |    | ●  | ●  |    |     |    |      |    |      |      |
| 十三穀ご飯                    | Rice with 13 kinds of Millet                           | 281                           | ●  |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |      |
| おみそ汁                     | Miso Soup  | 35                            |    |     |    | ●  |   |   |     |   |     |    |     |      |         |     |    |    |    | ●  |    |     |    |      |    |      |      |
| お替り 白がゆ                  | -  | 98                            | ●  |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |      |

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| <b>【個店メニュー】ふかや花園プレミアムアウトレット店</b> |  |                               |    |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |      |   |
| 深谷ねぎ塩チキン                         | -  | 622                           |    |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |      |   |
| <b>【個店メニュー】鎌倉店</b>               |  |                               |    |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |      |   |
| <b>鎌倉鮎御膳 金目鯛の西京焼き</b>            | <b>Kamakura Yamayasu's golden sea bream grilled with Saikyo Miso</b> | 1205                          |    |     |    | ●  | ● |   |     |   |     | ●  |     |      |         | ●   |    |    | ●  | ●  |    |     |    |      |    |      |      | ● |
| 鎌倉ブレンドティー                        | Kamakura blend tea   | 1                             |    |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |      | ● |
| 主菜                               | Kamakura Yamayasu's golden sea bream grilled with Saikyo Miso        | 702                           |    |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    | ●  |    |     |    |      |    |      |      |   |
| お椀                               | Kenchin soup   | 52                            |    |     |    | ●  |   |   |     |   |     |    |     |      |         |     | ●  |    |    | ●  |    |     |    |      |    |      |      |   |
| しらす山椒                            | Whitebait with Sansho Pepper   | 10                            |    |     |    | ●  |   |   |     |   |     |    |     |      |         |     |    |    |    | ●  |    |     |    |      |    |      |      |   |
| 出汁巻き卵                            | Dashi rolled egg   | 29                            |    |     |    | ●  |   | ● |     |   |     |    |     |      |         |     |    |    |    | ●  |    |     |    |      |    |      |      |   |
| 高菜巻大根                            | Kamakura Akimoto's Takanamaki daikon radish                          | 3                             |    |     |    | ●  |   |   |     |   |     |    |     |      |         |     |    |    |    | ●  |    |     |    |      |    |      |      |   |
| 味噌田楽                             | Taro Dengaku   | 12                            |    |     |    | ●  |   |   |     |   |     |    |     |      |         |     |    |    |    | ●  |    |     |    |      |    |      |      |   |
| 茎わかめ佃煮                           | Tomono Kamakura's Tsukudani of Seaweed stem                          | 9                             |    |     |    | ●  |   |   |     |   |     |    |     |      |         |     |    |    |    | ●  |    |     |    |      |    |      |      |   |
| 湯葉いくら                            | Yuba with Salmon roe   | 30                            |    |     |    | ●  |   |   |     |   |     | ●  |     |      |         |     |    |    |    | ●  | ●  |     |    |      |    |      |      | ● |
| 梅花はんぺん                           | Inoue Kamabokoten's Baika Hanpen fish cake                           | 21                            | ●  |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |      |   |
| 季節の副菜                            | Seasonal side dish   | 41                            |    |     |    | ●  |   |   |     |   |     |    |     |      |         |     |    |    |    | ●  |    |     |    |      |    |      |      |   |
| ピクルス                             | Mitome Shoten Pickled red core radish                                | 5                             | ●  |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |      |   |
| 白ご飯                              | Rice   | 291                           | ●  |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |      |   |
| <b>鎌倉鮎御膳 相模原牛ハンバーグ</b>           | <b>Kamakura Meat Ishikawa Honten's Sagami Beef Hamburger Steak</b>   | 778                           |    |     |    | ●  | ● |   |     |   |     | ●  |     |      |         | ●   | ●  |    |    | ●  | ●  |     |    |      |    |      |      | ● |
| 鎌倉ブレンドティー                        | Kamakura blend tea   | 1                             |    |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |      | ● |
| 主菜                               | Kamakura Meat Ishikawa Honten's Sagami Beef Hamburger Steak          | 275                           |    |     |    | ●  | ● |   |     |   |     |    |     |      |         | ●   |    |    |    | ●  | ●  |     |    |      |    |      |      |   |
| お椀                               | Kenchin soup   | 52                            |    |     |    | ●  |   |   |     |   |     |    |     |      |         |     | ●  |    |    | ●  |    |     |    |      |    |      |      |   |
| しらす山椒                            | Whitebait with Sansho Pepper   | 10                            |    |     |    | ●  |   |   |     |   |     |    |     |      |         |     |    |    |    | ●  |    |     |    |      |    |      |      |   |
| 出汁巻き卵                            | Dashi rolled egg   | 29                            |    |     |    | ●  |   | ● |     |   |     |    |     |      |         |     |    |    |    | ●  |    |     |    |      |    |      |      |   |
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| 味噌田楽                             | Taro Dengaku   | 12                            |    |     |    | ●  |   |   |     |   |     |    |     |      |         |     |    |    |    | ●  |    |     |    |      |    |      |      |   |
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| 梅花はんぺん                           | Inoue Kamabokoten's Baika Hanpen fish cake                           | 21                            | ●  |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |      |   |
| 季節の副菜                            | Seasonal side dish   | 41                            |    |     |    | ●  |   |   |     |   |     |    |     |      |         |     |    |    |    | ●  |    |     |    |      |    |      |      |   |
| ピクルス                             | Mitome Shoten Pickled red core radish                                | 5                             | ●  |     |    |    |   |   |     |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |      |   |
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| 生どら焼き(あんバター)                     | Red bean paste butter Dorayaki                                       | 231                           |    |     |    | ●  |   | ● | ●   |   |     |    |     |      |         |     |    |    |    |    |    |     |    |      |    |      |      |   |
| 生どら焼き(抹茶)                        | Strong matcha / raw dorayaki   | 350                           |    |     |    | ●  |   | ● | ●   |   |     |    |     |      |         |     |    |    |    |    | ●  |     |    |      |    |      |      | ● |
| きやらわさび                           | Japanese Butterbur Simmered in Soy Sauce                             | 5                             |    |     |    | ●  |   |   |     |   |     |    |     |      |         |     |    |    |    | ●  |    |     |    |      |    |      |      |   |

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|------------------------|---|-------------------------------|--------|-------|-----------|-----|------|--------|---|---------|-------|------------|--------|------------|---------|------|--------|--------|----------|---------|---------|--------|------|-----------|-------|------|-------|---------|---|
|                        |   | 特定原材料<br>Allergenic materials |        |       |           |     |      |        | 特定原材料に準ずるもの<br>Potentially allergenic materials |         |       |            |        |            |         |      |        |        |          |         |         |        |      |           |       |      |       |         |   |
|                        |   | えび                            | かに     | くるみ   | 小麦        | そば  | 卵    | 乳      | 落花生   | アーモンド   | あわび   | いか         | ごぼう    | オレンジ       | カシューナッツ | キウイ  | 牛肉     | ごま     | そば       | 大豆      | 鶏肉      | バナナ    | 豚肉   | まいたけ      | もも    | やまいも | ゼラチン  |         |   |
| N/A                    | Shrimp  | Crab                          | Walnut | Wheat | Buckwheat | Egg | Milk | Peanut | Almond  | Abalone | Squid | Salmon roe | Orange | cashew nut | Kiwi    | Beef | Sesame | Salmon | Mackerel | Soybean | Chicken | Banana | Pork | Matsutake | Peach | Yam  | Apple | Gelatin |   |
| <b>【個店メニュー】有明ガーデン店</b> |   |                               |        |       |           |     |      |        |   |         |       |            |        |            |         |      |        |        |          |         |         |        |      |           |       |      |       |         |   |
| 里芋和風たらこサラダ             | Taro Potato Salad with Cod roe                  | 142                           |        |       |           |     |      |        |   |         |       |            |        |            |         |      |        |        | ●        | ●       |         |        |      |           |       |      |       |         |   |
| おつまみフライドポテト            | Fried Potato                                    | 467                           |        |       |           |     |      |        |   |         |       |            |        |            |         |      |        |        |          | ●       |         |        |      |           |       |      |       |         |   |
| チキンの大葉タルタル南蛮           | Marinated fried chicken with Shiso tartar sause | 412                           |        |       |           | ●   |      | ●      | ●   |         |       | ●          |        |            |         | ●    |        |        |          | ●       | ●       |        |      |           |       |      |       |         | ● |
| さばの味噌煮                 | Simmered Mackerel in Miso                       | 347                           |        |       |           |     |      |        |   |         |       |            |        |            |         |      |        |        | ●        | ●       |         |        |      |           |       |      |       |         |   |
| 和風ハンバーグ 醤油麹ソース         | Hamburger Steak ~Soy Sauce Koji~                | 300                           |        |       |           | ●   |      | ●      | ●   |         |       |            |        |            |         | ●    |        |        |          | ●       | ●       |        | ●    |           |       |      |       | ●       |   |
| だし巻き卵                  | Rolled Omelet                                   | 124                           |        |       |           | ●   |      | ●      |   |         |       |            |        |            |         |      |        |        |          | ●       |         |        |      |           |       |      |       |         |   |
| 副菜盛り合わせ                | Assorted Side Dish                              | 81                            |        |       |           | ●   |      |        |   |         |       |            |        |            |         |      |        |        |          | ●       |         | ●      |      |           |       |      |       |         |   |
| まぐろとアボカドの出汁醤油          | Tuna & Avocado with Dashi Soy Sauce             | 136                           |        |       |           | ●   |      |        |   |         |       |            |        |            |         |      |        |        | ●        |         | ●       |        |      |           |       |      |       |         |   |
| 切り落としローストビーフ           | Roast Beef                                      | 52                            |        |       |           | ●   |      | ●      | ●   |         |       |            |        |            |         |      |        |        | ●        | ●       |         | ●      |      |           |       |      |       |         | ● |