



WEEKLY MENU



Lunch	Dish	Mon Jan 19	Tue Jan 20	Wed Jan 21	Thu Jan 22	Fri Jan 23	Sat Jan 24	Sun Jan 25
	Main Dish A ¥490	Sweet Soy Pork & Egg Stir-fry Calories : 311 kcal Sodium : 0.6 g	Grilled Chicken with Spices & Herbs Calories : 420 kcal Sodium : 3.4 g	Spicy Garlic Stamina Stir-fried Beef Calories : 239 kcal Sodium : 1.9 g	Pork and Tofu Simmered in Miso Kimchi Sauce Calories : 350 kcal Sodium : 3.4 g	Sweet & Sour Soy based Marinated Fried Chicken Calories : 547 kcal Sodium : 4.9 g	Grilled Pork Ginger Calories : 282 kcal Sodium : 1.4 g	Gabuuma - Munchy Delicious Ham Cutlet Calories : 304 kcal Sodium : 1.5 g
	Main Dish B ¥490	Rockfish Tempura Calories : 186 kcal Sodium : 0.7 g	Grilled Spanish Mackerel with Tomato Sauce Calories : 259 kcal Sodium : 1.1 g	Grilled Flounder with Salt Calories : 94 kcal Sodium : 2.4 g	Spanish Mackerel Meunière Calories : 258 kcal Sodium : 0.8 g	Today's Special 【¥650】 Warming Spanish Mackerel Miso Hot Pot; Includes Udon to Finish Calories : 628 kcal Sodium : 9.7 g	Grilled Blue Grenadier (Fish) with Teriyaki Sauce Calories : 130 kcal Sodium : 1.7 g	Grilled White-fleshed Fish with Spices & Herbs Calories : 153 kcal Sodium : 2.1 g
	Rice Bowl ¥500	Japanese Worcestershire Sauce on Shrimp Cutlet Rice Bowl Calories : 583 kcal Sodium : 1.9 g	Bibimbap Rice Bowl - Korean Mixed Rice Calories : 672 kcal Sodium : 1.9 g	Pork Rice Bowl with Garlic & Butter Calories : 616 kcal Sodium : 2.1 g	Three-color Rice Bowl scattered with Ground Chicken, Scrambled Egg, & Spinach Calories : 405 kcal Sodium : 1.3 g	Spicy Garlic Stamina Pork Rice Bowl Calories : 590 kcal Sodium : 2.0 g	Pork Cutlet Rice Bowl with Egg Calories : 672 kcal Sodium : 5.2 g	Beef & Egg Rice Bowl Calories : 670 kcal Sodium : 4.8 g
	Curry ¥500	Hamburg Steak Curry Calories : 778 kcal Sodium : 3.9 g	Minced Meat Cutlet Curry Calories : 772 kcal Sodium : 3.7 g	Ham Cutlet Curry Calories : 732 kcal Sodium : 3.7 g	Beef Croquette Curry Calories : 790 kcal Sodium : 4.0 g	Steamed Meat Dumpling Curry Calories : 760 kcal Sodium : 3.9 g	Sunny Side Up Curry Calories : 715 kcal Sodium : 3.4 g	Sausage Curry Calories : 768 kcal Sodium : 3.9 g
Dinner	Main Dish A ¥490	Dinner Closed		Teriyaki Chicken Calories : 358 kcal Sodium : 2.3 g	Cheese Hamburg Steak Calories : 428 kcal Sodium : 2.8 g	Deep-fried Cod with Seaweed Calories : 240 kcal Sodium : 0.7 g	Mom's Homemade Simmered Meat & Root Vegetables in Sweet Soy Calories : 344 kcal Sodium : 2.0 g	Stir-fried Pork with Butter Soy Sauce Calories : 278 kcal Sodium : 1.4 g
	Rice Bowl or Curry ¥500			Ham Cutlet Curry Calories : 732 kcal Sodium : 3.7 g	Three-color Rice Bowl scattered with Ground Chicken, Scrambled Egg, & Spinach Calories : 405 kcal Sodium : 1.3 g	Steamed Meat Dumpling Curry Calories : 760 kcal Sodium : 3.9 g	Pork Cutlet Rice Bowl with Egg Calories : 672 kcal Sodium : 5.2 g	Sausage Curry Calories : 768 kcal Sodium : 3.9 g
Noodle	Udon /Soba ¥330	Udon/Soba Calories : 320 kcal Sodium : 3.9 g	Udon/Soba Calories : 320 kcal Sodium : 3.9 g	Udon/Soba Calories : 320 kcal Sodium : 3.9 g	Udon/Soba Calories : 320 kcal Sodium : 3.9 g	Udon/Soba Calories : 320 kcal Sodium : 3.9 g	Udon/Soba Calories : 320 kcal Sodium : 3.9 g	Udon/Soba Calories : 320 kcal Sodium : 3.9 g
	Ramen ¥500	Tantanmen - Ramen in Spicy Soup with Ground Meat Calories : 625 kcal Sodium : 3.4 g	Tonkotsu Ramen (Pork Bone Broth) Calories : 494 kcal Sodium : 4.4 g	Spicy Garlic Stamina Ramen Calories : 549 kcal Sodium : 3.8 g	Miso Ramen Calories : 486 kcal Sodium : 4.3 g	Shoyu Ramen (Soy Sauce Broth) Calories : 469 kcal Sodium : 3.8 g	Tonkotsu Shoyu Ramen (Pork Bone & Soy Sauce Broth) Calories : 533 kcal Sodium : 3.5 g	Champon Noodles (Rich & Creamy Pork Broth) Calories : 588 kcal Sodium : 4.5 g

Set Meal

800 yen (tax included) = Rice + Miso soup + Main dish + 2 Side dishes
The total value of these items is equivalent to 950 yen!
Enjoy a well-balanced meal at a great price!
You can get a large serving of rice at no extra charge!
(Please request it at the counter.)

【How to Order the Set Meal】

- (1) Request "Set Meal A (or B)" at the counter.
- (2) Choose two side dishes.
- (3) Inform us of your preferred rice size (L, M, S).
- (4) Your set meal (rice, miso soup, main dish, and two side dishes) is ready!
- (5) Proceed to payment.



The menu may change depending on the ingredients supply situations and sales.