



WEEKLY MENU



Dish	Mon Nov 18	Tue Nov 19	Wed Nov 20	Thu Nov 21	Fri Nov 22	Sat Nov 23	Sun Nov 24
Lunch	Main Dish A Simmered Beef & Burdock with Ginger ¥490 <small>Calories : 243 kcal Sodium : 1.3 g</small>	Hui Guo Rou - Twice-cooked Pork <small>Calories : 329 kcal Sodium : 1.6 g</small>	Deep Fried Chicken (Karaage) <small>Calories : 346 kcal Sodium : 1.7 g</small>	Stir-fried Pork with Garlic & Pepper <small>Calories : 325 kcal Sodium : 1.9 g</small>	Simmered Chicken with Egg <small>Calories : 340 kcal Sodium : 1.8 g</small>	Pork Cutlet with Grated Radish <small>Calories : 292 kcal Sodium : 1.3 g</small>	Ginger-flavored Pork <small>Calories : 322 kcal Sodium : 1.8 g</small>
	Main Dish B Grilled Mackerel with Teriyaki Sauce ¥490 <small>Calories : 216 kcal Sodium : 1.6 g</small>	Deep Fried Horse Mackerel <small>Calories : 261 kcal Sodium : 1.4 g</small>	Grilled Cod with Sake Lees <small>Calories : 224 kcal Sodium : 1.8 g</small>	Flounder Sauté Simmered in Tomato Sauce <small>Calories : 235 kcal Sodium : 2.3 g</small>	Salmon Meunière <small>Calories : 255 kcal Sodium : 1.8 g</small>	Simmered White-fleshed Fish <small>Calories : 222 kcal Sodium : 1.3 g</small>	Flounder Tempura <small>Calories : 244 kcal Sodium : 1.7 g</small>
	Bowl Stamina Pork Bowl ¥500 <small>Calories : 661 kcal Sodium : 2.8 g</small>	Bibimbap Bowl - Korean Mixed Rice <small>Calories : 623 kcal Sodium : 2.1 g</small>	Meat, Seafood & Vegetable Bowl with Starchy Sauce <small>Calories : 442 kcal Sodium : 2.3 g</small>	Fried White-fleshed Fish Bowl <small>Calories : 748 kcal Sodium : 2.7 g</small>	Hayashi Rice - Japanese-style Hashed Beef with Rice <small>Calories : 796 kcal Sodium : 2.6 g</small>	Sobameshi - Fried Noodles & Rice <small>Calories : 428 kcal Sodium : 2.6 g</small>	Yakitori - Grilled Chicken Bowl <small>Calories : 634 kcal Sodium : 2.9 g</small>
	Curry Sunny Side Up Curry ¥500 <small>Calories : 812 kcal Sodium : 5.5 g</small>	Sausage Curry <small>Calories : 842 kcal Sodium : 5.9 g</small>	Hamburg Steak Curry <small>Calories : 843 kcal Sodium : 5.9 g</small>	Omelet Curry <small>Calories : 761 kcal Sodium : 5.2 g</small>	Deep Fried Vegetables (without Batter) Curry <small>Calories : 716 kcal Sodium : 5.2 g</small>	Beef Croquette Curry <small>Calories : 890 kcal Sodium : 6.0 g</small>	Deep Fried Chicken Breast Tender Curry <small>Calories : 830 kcal Sodium : 5.7 g</small>
Dinner	Main Dish A Spanish Omelet ¥490 <small>Calories : 251 kcal Sodium : 1.6 g</small>	Simmered Hamburg Steak <small>Calories : 360 kcal Sodium : 2.4 g</small>	Simmered Rockfish <small>Calories : 127 kcal Sodium : 2.2 g</small>	Babaocai- Stir-fried Vegetables with Meat & Seafood <small>Calories : 273 kcal Sodium : 2.2 g</small>	Diced Steak <small>Calories : 526 kcal Sodium : 1.9 g</small>	Simmered Mackerel with Ginger <small>Calories : 223 kcal Sodium : 2.2 g</small>	Minced Meat Cutlet <small>Calories : 391 kcal Sodium : 2.2 g</small>
	Bowl or Curry Stamina Pork Bowl ¥500 <small>Calories : 661 kcal Sodium : 1.8 g</small>	Sausage Curry <small>Calories : 842 kcal Sodium : 5.9 g</small>	Meat, Seafood & Vegetable Bowl with Starchy Sauce <small>Calories : 442 kcal Sodium : 1.8 g</small>	Omelet Curry <small>Calories : 761 kcal Sodium : 5.2 g</small>	Hayashi Rice - Japanese-style Hashed Beef with Rice <small>Calories : 796 kcal Sodium : 2.6 g</small>	Beef Croquette Curry <small>Calories : 890 kcal Sodium : 6.0 g</small>	Yakitori - Grilled Chicken Bowl <small>Calories : 634 kcal Sodium : 2.9 g</small>
Noodle	Udon/Soba Udon/Soba ¥330 <small>Calories : 320 kcal Sodium : 3.9 g</small>	Udon/Soba <small>Calories : 320 kcal Sodium : 3.9 g</small>	Udon/Soba <small>Calories : 320 kcal Sodium : 3.9 g</small>	Udon/Soba <small>Calories : 320 kcal Sodium : 3.9 g</small>	Udon/Soba <small>Calories : 320 kcal Sodium : 3.9 g</small>	Udon/Soba <small>Calories : 320 kcal Sodium : 3.9 g</small>	Udon/Soba <small>Calories : 320 kcal Sodium : 3.9 g</small>
	Ramen Tonkotsu Ramen (Pork Bone Broth) ¥500 <small>Calories : 518 kcal Sodium : 4.1 g</small>	Stamina Ramen <small>Calories : 629 kcal Sodium : 4.7 g</small>	Event Menu Spicy Fish Eggs Cream Pasta with Shrimp & Squid <small>Calories : 980 kcal Sodium : 2.4 g</small>	Shoyu Ramen (Soy Sauce Broth) <small>Calories : 464 kcal Sodium : 4.0 g</small>	Tonkotsu Shoyu Ramen (Pork Bone & Soy Sauce Broth) <small>Calories : 549 kcal Sodium : 3.7 g</small>	Shio Ramen (Salt Broth) <small>Calories : 491 kcal Sodium : 2.6 g</small>	Chanpon Noodles - Mixed with Vegetables and Seafood <small>Calories : 554 kcal Sodium : 3.9 g</small>

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 at the counter.)



*The photo is an image.

【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



仕入れの関係により献立を変更することがあります。