

※店舗によりお取り扱いのない商品がございます。

| 品 名                 | 一皿当り<br>（kcal） | 該当なし | 卵 | 小麦 | 乳成分 | 落花生（ピーナッツ） | ソバ | えび | かに | クルマミ | いか | いくら | さけ | さば | 牛肉 | 鶏肉 | 豚肉 | 大豆 | オレンジ | りんご | ゼラチン | バナナ | 山芋 | モモ | ごま | カンシューナッツ | あわび | キウイ |
|---------------------|----------------|------|---|----|-----|------------|----|----|----|------|----|-----|----|----|----|----|----|----|------|-----|------|-----|----|----|----|----------|-----|-----|
| あおりいか               | 82             |      |   |    |     |            |    |    |    |      | ●  |     |    | ●  |    |    |    |    |      |     |      |     |    |    |    |          |     |     |
| 赤貝                  | 78             |      |   | ●  | ▲   |            |    | ▲  | ▲  |      |    |     | ▲  | ●  |    |    |    | ●  |      |     | ▲    |     |    |    |    | ●        |     | ▲   |
| 朝×真鯛                | 103            |      |   | ●  | ▲   |            |    | ▲  | ▲  |      |    |     | ▲  | ●  |    |    |    | ●  |      |     | ▲    |     |    |    |    | ●        |     | ▲   |
| 厚切りたまご              | 150            |      | ● | ●  |     |            |    | ▲  | ▲  |      |    |     |    | ●  |    |    |    | ●  |      |     |      |     |    |    |    |          |     |     |
| 穴子天抹茶塩(一貫)          | 73             |      | ● | ●  | ●   |            |    | ▲  | ▲  | ▲    | ▲  |     | ▲  | ●  | ▲  | ▲  | ▲  | ●  | ▲    | ▲   | ▲    | ▲   | ▲  | ▲  | ▲  | ▲        |     |     |
| 炙り活▲穴子              | 104            |      |   | ●  |     |            |    | ▲  | ▲  |      |    |     | ▲  | ●  |    |    |    | ●  |      |     | ▲    |     |    |    |    |          |     | ▲   |
| 炙りえびチーズ             | 109            |      | ● | ●  | ●   |            |    | ●  |    |      |    |     |    | ●  |    |    |    | ●  |      | ●   |      |     |    |    |    |          |     |     |
| 炙りえんがわ              | 145            |      |   | ●  | ▲   |            |    | ▲  | ▲  |      |    |     | ▲  | ●  |    |    |    | ●  |      |     | ▲    |     |    |    |    |          |     | ▲   |
| 炙り厳選赤えび             | 92             |      |   |    |     |            |    | ●  |    |      |    |     |    | ●  |    |    |    |    |      |     |      |     |    |    |    |          |     |     |
| 炙り五種盛り              | 274            |      |   | ●  | ▲   |            |    | ●  | ▲  |      |    |     | ●  | ●  |    |    |    | ●  |      |     | ▲    |     |    |    |    |          |     | ▲   |
| 炙り三種盛り              | 176            |      |   | ●  | ▲   |            |    | ▲  | ▲  |      |    |     | ●  | ●  |    |    |    | ●  |      | ▲   |      |     |    |    |    |          |     | ▲   |
| 炙りチーズサーモン           | 146            |      | ● | ●  | ●   |            |    |    |    |      |    |     | ●  | ●  |    |    |    | ●  |      | ●   |      |     |    |    |    |          |     |     |
| 炙り生サーモン             | 60             |      |   | ●  | ▲   |            |    | ▲  | ▲  |      |    |     | ●  | ●  |    |    |    | ●  |      | ▲   |      |     |    |    |    |          |     | ▲   |
| 炙り煮穴子一本にぎり(一貫)      | 91             |      |   | ●  |     |            |    | ▲  | ▲  |      |    |     | ▲  | ●  |    |    |    | ●  |      |     |      |     |    |    |    |          |     | ▲   |
| 炙りハーブ鮎にぎり           | 82             |      |   |    |     |            |    |    |    |      |    |     |    | ●  |    |    |    |    |      |     |      |     |    |    |    |          |     |     |
| 炙りびんちょう大とろ          | 95             |      |   |    |     |            |    |    |    |      |    |     |    | ●  |    |    |    |    |      |     |      |     |    |    |    |          |     |     |
| 炙り紋甲いか げそ           | 78             |      |   | ▲  |     |            |    | ▲  | ▲  |      | ●  |     |    | ●  |    |    |    |    |      |     |      |     |    |    |    |          |     |     |
| 炙り焼きはらす             | 173            |      |   | ●  | ●   |            |    | ▲  | ▲  |      |    |     | ●  | ●  |    |    |    | ●  |      | ●   |      |     |    |    |    |          |     | ▲   |
| 甘えび                 | 70             |      |   |    |     |            |    | ●  |    |      |    |     |    | ●  |    |    |    |    |      |     |      |     |    |    |    |          |     |     |
| 【有明海苔】えび天手巻き        | 220            |      | ● | ●  | ●   |            |    | ●  | ▲  | ▲    | ▲  | ▲   | ▲  | ●  | ▲  | ▲  | ▲  | ●  | ▲    | ●   | ▲    | ▲   | ▲  | ▲  | ▲  | ▲        | ▲   |     |
| 【有明海苔】鉄火巻           | 135            |      |   | ●  |     |            |    | ▲  | ▲  |      |    |     |    | ●  |    |    |    | ●  |      |     |      |     |    |    |    |          |     |     |
| 【有明海苔】納豆手巻き         | 98             |      |   | ▲  |     |            |    | ▲  | ▲  |      |    |     |    | ●  |    |    |    | ●  |      |     |      |     |    |    |    |          |     |     |
| 【有明海苔】ミルフィーユ鉄火      | 257            |      |   | ▲  |     |            |    | ▲  | ▲  |      |    |     |    | ●  |    |    |    |    |      |     |      |     |    |    |    |          |     |     |
| 活▲大えび(一貫)           | 45             |      |   |    |     |            |    | ●  |    |      |    |     |    | ●  |    |    |    |    |      |     |      |     |    |    |    |          |     |     |
| うなぎの押し寿司            | 282            |      |   | ●  |     |            |    | ▲  | ▲  |      |    |     | ▲  | ●  |    |    |    | ●  |      |     |      |     |    |    |    |          |     | ▲   |
| えびアボカド              | 139            |      | ● | ●  |     |            |    | ●  |    |      |    |     |    | ●  |    |    |    | ●  |      | ●   |      |     |    |    |    |          |     |     |
| えびマヨ軍艦              | 208            |      | ● | ●  |     |            |    | ●  | ▲  |      |    |     |    | ●  |    |    |    | ●  |      | ●   |      |     |    |    |    |          |     |     |
| えんがわ                | 142            |      |   |    |     |            |    |    |    |      |    |     |    | ●  |    |    |    |    |      |     |      |     |    |    |    |          |     |     |
| オーガニックはまち           | 124            |      |   | ●  | ▲   |            |    | ▲  | ▲  |      |    |     | ▲  | ●  |    |    |    | ●  |      |     | ▲    |     |    |    |    |          |     | ▲   |
| 大切り オーガニックはまち(一貫)   | 62             |      |   | ●  | ▲   |            |    | ▲  | ▲  |      |    |     | ▲  | ●  |    |    |    | ●  |      | ▲   |      |     |    |    |    |          |     | ▲   |
| 大切り 大ばちまぐろ(一貫)      | 49             |      |   | ●  | ▲   |            |    | ▲  | ▲  |      |    |     | ▲  | ●  |    |    |    | ●  |      | ▲   |      |     |    |    |    |          |     | ▲   |
| 大切り サーモン(一貫)        | 63             |      |   |    |     |            |    |    |    |      |    |     | ●  | ●  |    |    |    |    |      |     |      |     |    |    |    |          |     |     |
| 大切り 特選やりいか(一貫)      | 38             |      |   |    |     |            |    |    |    |      | ●  |     |    | ●  |    |    |    |    |      |     |      |     |    |    |    |          |     |     |
| 大粒いくら軍艦             | 110            |      |   | ●  |     |            |    | ▲  | ▲  |      |    | ●   |    |    |    |    |    | ●  |      |     |      |     |    |    |    |          |     |     |
| オニオンサーモン            | 149            |      | ● | ●  |     |            |    |    |    |      |    |     | ●  | ●  |    |    |    | ●  |      | ●   |      |     |    |    |    |          |     |     |
| 貝五種盛り               | 196            |      |   | ●  | ▲   |            |    | ▲  | ▲  |      |    |     | ▲  | ●  |    |    |    | ●  |      |     | ▲    |     |    |    |    |          |     | ▲   |
| 海鮮うに軍艦              | 93             |      |   | ●  |     |            |    | ▲  | ▲  |      | ●  |     |    | ●  |    |    |    | ●  |      |     |      |     |    |    |    |          |     |     |
| 海鮮三種盛り              | 146            |      |   | ●  |     |            |    | ●  | ▲  |      |    | ●   |    | ●  |    |    |    | ●  |      |     |      |     |    |    |    |          |     |     |
| 【鹿児島県産】ひらまさ         | 94             |      |   | ●  | ▲   |            |    |    |    |      |    |     | ▲  | ●  |    |    |    | ●  |      |     | ▲    |     |    |    |    |          |     | ▲   |
| かずのこ一本羽             | 80             |      |   | ●  |     |            |    | ▲  | ▲  |      |    |     |    | ●  |    |    |    | ●  |      |     |      |     |    |    |    |          |     |     |
| かんぴょう巻              | 130            |      |   | ●  |     |            |    | ▲  | ▲  |      |    |     |    | ●  |    |    |    | ●  |      |     |      |     |    |    |    |          |     |     |
| きゅうり巻               | 117            |      |   | ▲  |     |            |    | ▲  | ▲  |      |    |     |    | ●  |    |    |    |    |      |     |      |     |    |    |    |          |     |     |
| 厳選赤えび               | 92             |      |   |    |     |            |    | ●  |    |      |    |     |    | ●  |    |    |    |    |      |     |      |     |    |    |    |          |     |     |
| 【国産】炙りのどぐろ          | 107            |      |   | ●  | ▲   |            |    |    |    |      |    |     | ▲  | ●  |    |    |    | ●  |      |     | ▲    |     |    |    |    |          |     | ▲   |
| 【国産】炙り真いわし ※国産の原料使用 | 113            |      |   | ●  | ▲   |            |    | ▲  | ▲  |      |    |     | ▲  | ●  |    |    |    | ●  |      | ▲   |      |     |    |    |    |          |     | ▲   |
| 【国産】活▲かんぱち          | 99             |      |   | ●  | ▲   |            |    | ▲  | ▲  |      |    |     | ▲  | ●  |    |    |    | ●  |      |     | ▲    |     |    |    |    |          |     | ▲   |
| 【国産】活▲しまあじ          | 100            |      |   | ●  | ▲   |            |    | ▲  | ▲  |      |    |     | ▲  | ●  |    |    |    | ●  |      | ▲   |      |     |    |    |    |          |     | ▲   |
| 【国産】活▲ひらめ           | 82             |      |   | ●  | ▲   |            |    | ▲  | ▲  | ▲    | ▲  | ▲   | ▲  | ●  |    | ●  |    | ●  |      | ▲   |      |     |    |    | ●  |          |     | ▲   |
| 【国産】うに殻盛り           | 42             |      |   |    |     |            |    |    |    |      |    |     |    | ●  |    |    |    |    |      |     |      |     |    |    |    |          |     |     |
| 国産牛 ローストビーフ(一貫)     | 66             |      |   |    |     |            |    |    |    |      |    |     |    | ●  | ●  |    |    |    |      | ●   |      |     |    |    |    |          |     |     |
| 【国産】▲さば ※国産の原料使用    | 142            |      |   | ●  |     |            |    |    |    |      |    |     |    | ●  |    |    |    | ●  |      |     | ●    |     |    |    |    |          |     |     |
| 【国産】生しらす            | 91             |      |   | ▲  |     |            |    | ▲  | ▲  |      | ▲  |     |    | ●  |    |    |    |    |      |     |      |     |    |    |    |          |     |     |
| 【国産】真あじ             | 90             |      |   | ●  | ▲   |            |    | ▲  | ▲  |      |    |     | ▲  | ●  |    |    |    | ●  |      |     | ▲    |     |    |    |    |          |     | ▲   |
| 【国産】真いわし ※国産の原料使用   | 113            |      |   | ●  | ▲   |            |    | ▲  | ▲  |      |    |     | ▲  | ●  |    |    |    | ●  |      | ▲   |      |     |    |    |    |          |     | ▲   |
| 極上ぼたんえび(一貫)         | 86             |      | ▲ | ▲  | ▲   |            |    | ●  | ▲  | ▲    | ▲  | ▲   | ▲  | ●  | ▲  | ▲  | ▲  | ▲  | ▲    | ▲   | ▲    | ▲   | ▲  | ▲  | ▲  | ▲        | ▲   |     |
| こはだ                 | 100            |      |   | ●  | ▲   |            |    | ▲  | ▲  |      |    |     | ▲  | ●  |    |    |    | ●  |      |     | ▲    |     |    |    |    |          |     | ▲   |
| こぼれすぎいくら軍艦          | 162            |      |   | ●  |     |            |    | ▲  | ▲  |      |    | ●   |    | ●  |    |    |    | ●  |      |     |      |     |    |    |    |          |     |     |

快拳!!創設以来より**全食材**

無添蔵  
REVOLVING SUSHI BAR  
MUTEN KURA

●印…アレルギー物質を含むもの  
▲印…アレルギー物質を含む製品と同じラインで製造しているもの

2026  
寿司

[illegible]



快挙!!創設以来より**全食材**から四大添加物を除去。 ●化学調味料 ●合成着色料 ●人工甘味料 ●人工保存料

※特定原材料8種とそれに準じる原材料19種のうち、松茸は全ての商品に含みません。  
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特に重篤な症状の方や過敏な方は、お医者様にご相談の上、最終的にはお客様ご自身でご判断をお願いいたします。  
※データは日々更新しております。リストは常に最新のものをご覧下さいませ。  
※店舗によりお取り扱いのない商品がございます。



関東無添蔵アレルギー・カロリー情報

●印・・・アレルギー物質を含むもの  
▲印・・・アレルギー物質を含む製品と同じラインで製造しているもの

2026年7月9日現在  
サイドメニュー

| 品 名               | 一皿・一杯<br>当り<br>(kcal) | 該<br>当<br>な<br>し | 卵 | 小<br>麦 | 乳<br>成<br>分 | 落<br>花<br>生<br>(ピーナッツ) | ソ<br>バ | え<br>び | か<br>に | ク<br>ル<br>ミ | い<br>か | い<br>く<br>ら | さ<br>け | さ<br>ば | 牛<br>肉 | 鶏<br>肉 | 豚<br>肉 | 大豆 | オ<br>レ<br>ン<br>ジ | りん<br>ご | ゼ<br>ラ<br>チ<br>ン | バナ<br>ナ | 山<br>芋 | モ<br>モ | ご<br>ま | カ<br>シ<br>ー<br>ナ<br>ツ<br>ツ | あ<br>わ<br>び | キ<br>ウ<br>イ |
|-------------------|-----------------------|------------------|---|--------|-------------|------------------------|--------|--------|--------|-------------|--------|-------------|--------|--------|--------|--------|--------|----|------------------|---------|------------------|---------|--------|--------|--------|----------------------------|-------------|-------------|
| あおさの味噌汁           | 51                    |                  |   |        |             |                        |        | ▲      | ▲      |             |        |             |        | ●      |        |        |        | ●  |                  |         |                  |         |        |        |        |                            |             |             |
| 揚げ銀杏              | 35                    |                  | ▲ | ▲      | ▲           |                        |        | ▲      | ▲      | ▲           | ▲      |             | ▲      | ▲      | ▲      | ▲      | ▲      | ▲  | ▲                | ▲       | ▲                | ▲       | ▲      | ▲      | ▲      | ▲                          |             |             |
| あさりの味噌汁           | 42                    |                  |   |        |             |                        |        |        | ▲      |             |        |             |        | ●      |        |        |        | ●  |                  |         |                  |         |        |        |        |                            |             |             |
| あじ骨せんべい           | 245                   |                  | ▲ | ▲      | ▲           |                        |        | ▲      | ▲      | ▲           | ▲      |             | ▲      | ▲      | ▲      | ▲      | ▲      | ▲  | ▲                | ▲       | ▲                | ▲       | ▲      | ▲      | ▲      | ▲                          |             |             |
| 穴子天ぷら             | 234                   |                  | ● | ●      | ●           |                        |        | ▲      | ▲      | ▲           | ▲      |             | ▲      | ●      | ▲      | ▲      | ▲      | ●  | ▲                | ▲       | ●                | ▲       | ▲      | ▲      | ▲      | ▲                          |             |             |
| あなごの一夜干し          | 249                   | ●                |   |        |             |                        |        |        |        |             |        |             |        |        |        |        |        |    |                  |         |                  |         |        |        |        |                            |             |             |
| あら汁               | 163                   |                  |   | ●      | ●           |                        |        | ▲      | ▲      |             |        |             | ●      | ●      |        |        |        | ●  |                  | ●       |                  |         |        |        | ▲      |                            |             |             |
| 【有明海苔】いわし薬味巻      | 107                   |                  |   | ●      | ▲           |                        |        | ▲      | ▲      |             |        |             | ▲      |        |        |        |        | ●  |                  |         | ▲                |         |        |        |        |                            |             | ▲           |
| イカゲソ天ぷら           | 128                   |                  | ● | ●      | ●           |                        |        | ▲      | ▲      | ▲           | ●      |             | ▲      | ▲      | ▲      | ▲      | ▲      | ▲  | ▲                | ▲       | ▲                | ▲       | ▲      | ▲      | ▲      | ▲                          |             |             |
| えび天うどん            | 282                   |                  | ● | ●      | ●           |                        |        | ●      | ▲      | ▲           | ▲      |             | ▲      | ●      | ▲      | ▲      | ▲      | ●  | ▲                | ▲       | ●                | ▲       | ▲      | ▲      | ▲      | ▲                          |             |             |
| えび天うどん(讃岐麺)       | 301                   |                  | ● | ●      | ●           |                        |        | ●      | ▲      | ▲           | ▲      |             | ▲      | ●      | ▲      | ▲      | ▲      | ●  | ▲                | ▲       | ●                | ▲       | ▲      | ▲      | ▲      | ▲                          |             |             |
| えび天ぷら             | 141                   |                  | ● | ●      | ●           |                        |        | ●      | ▲      | ▲           | ▲      |             | ▲      | ●      | ▲      | ▲      | ▲      | ●  | ▲                | ▲       | ●                | ▲       | ▲      | ▲      | ▲      | ▲                          |             |             |
| 【愛媛産】はもの揚げ出汁      | 117                   |                  | ● | ●      | ●           |                        |        | ▲      | ▲      | ▲           | ▲      |             | ▲      | ●      | ▲      | ▲      | ▲      | ●  | ▲                | ▲       | ●                | ▲       | ▲      | ▲      | ▲      | ▲                          |             |             |
| 大判きつねうどん          | 309                   |                  | ▲ | ●      |             |                        |        |        |        |             |        |             |        | ●      |        |        |        | ●  |                  |         | ●                |         |        |        |        |                            |             |             |
| 大判きつねうどん(讃岐麺)     | 332                   |                  | ▲ | ●      |             |                        |        |        |        |             |        |             |        | ●      |        |        |        | ●  |                  |         | ●                |         |        |        |        |                            |             |             |
| 【沖縄県産】もずく天ぷら      | 464                   |                  | ● | ●      | ●           |                        |        | ▲      | ▲      | ▲           | ▲      |             | ▲      | ▲      | ▲      | ▲      | ▲      | ▲  | ▲                | ▲       | ▲                | ▲       | ▲      | ▲      | ▲      | ▲                          |             |             |
| 【沖縄産】もずく酢         | 33                    |                  |   | ●      |             |                        |        |        |        |             |        |             |        |        |        |        |        | ●  |                  |         |                  |         |        |        |        |                            |             |             |
| お子様プレート           | 537                   |                  | ● | ●      | ●           |                        |        | ●      | ▲      | ▲           | ▲      | ●           | ●      | ●      | ▲      | ●      | ▲      | ●  | ▲                | ●       | ▲                | ▲       | ▲      | ▲      | ▲      | ▲                          |             |             |
| 海鮮旨辛チャンジャ和え       | 72                    |                  |   | ●      |             |                        |        | ●      |        |             | ●      |             | ●      | ●      |        |        |        | ●  |                  |         |                  |         |        |        | ●      |                            |             |             |
| くらポテト             | 396                   |                  | ▲ | ●      | ▲           |                        |        | ▲      | ▲      | ▲           | ▲      |             | ▲      | ▲      | ▲      | ▲      | ▲      | ●  | ▲                | ▲       | ▲                | ▲       | ▲      | ▲      | ▲      | ▲                          |             |             |
| クランベリー胡桃和え        | 137                   |                  |   |        |             |                        |        |        |        | ●           |        |             |        |        |        |        |        |    |                  |         |                  |         |        |        |        |                            |             |             |
| こはだ粟漬             | 47                    | ●                |   |        |             |                        |        |        |        |             |        |             |        |        |        |        |        |    |                  |         |                  |         |        |        |        |                            |             |             |
| 五目茶碗蒸し            | 135                   |                  | ● | ●      |             |                        |        | ●      |        |             |        |             |        |        |        | ●      |        | ●  |                  |         |                  |         |        |        |        |                            |             |             |
| 塩昆布きゅうり和え         | 33                    |                  |   | ●      | ●           |                        |        |        |        |             |        |             |        |        |        |        |        | ●  |                  |         |                  |         |        |        | ●      |                            |             |             |
| 自家製 鶏唐揚げ          | 459                   |                  | ● | ●      | ●           |                        |        | ▲      | ▲      | ▲           | ▲      |             | ▲      | ▲      | ▲      | ●      | ▲      | ●  | ▲                | ▲       | ▲                | ▲       | ▲      | ▲      | ▲      | ▲                          |             |             |
| 鯛皮せんべい            | 75                    |                  | ▲ | ▲      | ▲           |                        |        | ▲      | ▲      | ▲           | ▲      |             | ▲      | ▲      | ▲      | ▲      | ▲      | ▲  | ▲                | ▲       | ▲                | ▲       | ▲      | ▲      | ▲      | ▲                          |             |             |
| たこ柔らか煮            | 41                    |                  |   | ●      |             |                        |        |        |        |             |        |             |        |        |        |        |        | ●  |                  |         |                  |         |        |        |        |                            |             |             |
| たちうお南蛮            | 363                   |                  | ▲ | ●      | ▲           |                        |        | ▲      | ▲      | ▲           | ▲      |             | ▲      | ●      | ▲      | ▲      | ▲      | ●  | ▲                |         | ●                | ▲       | ▲      | ▲      | ●      | ▲                          |             |             |
| 漬物盛り合わせ           | 13                    |                  |   | ●      |             |                        |        |        |        |             |        |             |        |        |        |        |        | ●  |                  |         |                  |         |        |        |        |                            |             |             |
| とうもろこしのかき揚げ       | 194                   |                  | ● | ●      | ●           |                        |        | ▲      | ▲      | ▲           | ▲      |             | ▲      | ▲      | ▲      | ▲      | ▲      | ●  | ▲                | ●       | ▲                | ▲       | ▲      | ▲      | ▲      | ▲                          |             |             |
| 特製茶碗蒸し            | 67                    |                  | ● | ●      |             |                        |        |        |        |             |        |             |        |        |        |        |        | ●  |                  |         |                  |         |        |        |        |                            |             |             |
| トマトサラダ            | 14                    |                  |   | ●      |             |                        |        |        |        |             |        |             |        | ●      |        |        |        | ●  |                  | ●       |                  |         |        |        |        |                            |             |             |
| トリュフクリーム茶碗蒸し      | 132                   |                  | ● | ●      | ●           |                        |        |        |        |             | ●      |             |        | ●      |        | ●      |        | ●  |                  |         |                  |         |        |        |        |                            |             |             |
| 【生本わさび】かんぱち お刺身   | 51                    | ●                |   |        |             |                        |        |        |        |             |        |             |        |        |        |        |        |    |                  |         |                  |         |        |        |        |                            |             |             |
| 【生本わさび】刺身3種盛り     | 134                   |                  |   |        |             |                        |        |        |        |             |        |             |        | ●      |        |        |        |    |                  |         |                  |         |        |        |        |                            |             |             |
| 【生本わさび】刺身盛り合わせ    | 197                   |                  |   | ●      |             |                        |        |        |        |             | ●      | ●           | ●      |        |        |        |        | ●  |                  |         |                  |         |        |        |        |                            |             |             |
| 【生本わさび】生サーモン お刺身  | 87                    |                  |   |        |             |                        |        |        |        |             |        |             | ●      |        |        |        |        |    |                  |         |                  |         |        |        |        |                            |             |             |
| 【生本わさび】本まぐろ赤身 お刺身 | 63                    | ●                |   |        |             |                        |        |        |        |             |        |             |        |        |        |        |        |    |                  |         |                  |         |        |        |        |                            |             |             |
| 【生本わさび】真鯛 お刺身     | 65                    | ●                |   |        |             |                        |        |        |        |             |        |             |        |        |        |        |        |    |                  |         |                  |         |        |        |        |                            |             |             |
| なんこつ唐揚げ           | 183                   |                  | ● | ●      | ●           |                        |        | ▲      | ▲      | ▲           | ▲      |             | ▲      | ▲      | ▲      | ●      | ▲      | ●  | ▲                | ▲       | ▲                | ▲       | ▲      | ▲      | ▲      | ▲                          |             |             |
| ネバネバ海鮮和え          | 161                   |                  | ● | ●      |             |                        |        |        |        |             | ●      |             | ●      | ●      |        |        |        | ●  |                  |         | ●                |         |        |        |        |                            |             |             |
| ひつまぶし             | 622                   |                  | ● | ●      |             |                        |        |        |        |             |        |             |        | ●      |        |        |        | ●  |                  |         | ●                |         |        |        |        |                            |             |             |
| 昼御膳 彩             | 525                   |                  | ● | ●      | ●           |                        |        | ●      | ▲      |             | ▲      | ●           | ▲      | ●      | ▲      | ▲      | ▲      | ●  | ▲                | ▲       | ▲                |         | ●      | ▲      | ▲      |                            | ▲           |             |
| 昼御膳 うな重           | 861                   |                  | ● | ●      |             |                        |        |        | ▲      |             |        |             |        | ●      |        |        |        | ●  |                  |         |                  |         |        |        |        |                            |             |             |
| 昼御膳 極             | 1078                  |                  | ● | ●      | ●           |                        |        | ●      | ▲      | ▲           | ●      | ●           | ▲      | ●      | ▲      | ▲      | ▲      | ●  | ▲                | ▲       | ●                | ▲       | ●      | ▲      | ▲      | ▲                          | ▲           |             |
| 昼御膳 蔵             | 485                   |                  | ● | ●      | ●           |                        |        | ●      | ▲      |             | ●      |             | ●      | ●      | ▲      | ▲      | ▲      | ●  | ▲                | ▲       | ▲                |         | ●      | ▲      | ▲      |                            | ▲           |             |
| 昼御膳 とろける穴子重       | 558                   |                  | ● | ●      |             |                        |        |        | ▲      |             |        |             |        | ●      |        |        |        | ●  |                  |         |                  |         |        |        |        |                            |             |             |
| 昼御膳 雅             | 756                   |                  | ● | ●      | ●           |                        |        | ●      | ▲      |             | ●      | ●           | ▲      | ●      | ▲      | ▲      | ▲      | ●  | ▲                | ▲       | ▲                |         | ●      | ▲      | ▲      |                            | ▲           |             |
| 干しするめいかの天ぷら       | 170                   |                  | ● | ●      | ●           |                        |        | ▲      | ▲      | ▲           | ●      |             | ▲      | ▲      | ▲      | ▲      | ▲      | ●  | ▲                | ●       | ▲                | ▲       | ▲      | ▲      | ●      | ▲                          |             |             |
| 【北海道産】十勝枝豆        | 41                    |                  |   |        |             |                        |        |        |        |             |        |             |        |        |        |        |        | ●  |                  |         |                  |         |        |        |        |                            |             |             |
| 北海道名物 イカ飯         | 76                    |                  |   | ●      |             |                        |        |        |        |             | ●      |             |        | ●      |        |        |        | ●  |                  |         |                  |         |        |        |        |                            |             |             |
| 北海道名物 自家製いかの塩辛    | 24                    |                  |   |        |             |                        |        |        |        |             | ●      |             |        |        |        |        |        |    |                  |         |                  |         |        |        |        |                            |             |             |
| 本日のお魚南蛮           | 165                   |                  | ▲ | ●      | ▲           |                        |        | ▲      | ▲      | ▲           | ▲      |             | ●      | ●      | ▲      | ▲      | ▲      | ●  | ▲                | ▲       | ●                | ▲       | ▲      | ▲      | ●      | ▲                          |             |             |
| 蒸しあわび肝ソース         | 41                    |                  | ● | ●      | ●           |                        |        | ▲      | ▲      | ▲           | ▲      |             |        |        |        |        |        | ●  |                  |         |                  |         |        |        | ▲      |                            | ●           |             |
| 無添蔵サラダ            | 100                   |                  | ● | ●      | ▲           |                        |        | ▲      | ▲      | ▲           | ▲      |             | ▲      | ●      | ▲      | ▲      | ▲      | ●  | ▲                | ●       | ●                | ▲       | ▲      | ▲      | ●      | ▲                          |             |             |
| 野菜天ぷら盛り合わせ        | 522                   |                  | ● | ●      | ●           |                        |        | ▲      | ▲      | ▲           | ▲      |             | ▲      | ●      | ▲      | ▲      | ▲      | ●  | ▲                | ▲       | ●                | ▲       | ▲      | ▲      | ▲      | ▲                          |             |             |
| 柚子白菜              | 14                    | ●                |   |        |             |                        |        |        |        |             |        |             |        |        |        |        |        |    |                  |         |                  |         |        |        |        |                            |             |             |
| わら焼きかつおたたき        | 103                   |                  |   | ●      |             |                        |        |        |        |             |        |             |        |        |        | ●      |        | ●  |                  |         |                  |         |        |        |        |                            |             |             |





