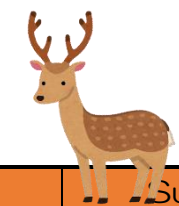




# WEEKLY MENU



Dish	Mon Nov 11	Tue Nov 12	Wed Nov 13	Thu Nov 14	Fri Nov 15	Sat Nov 16	Sun Nov 17
Lunch	<b>Main Dish A</b> <b>¥490</b> Calories : 292 kcal Sodium : 1.3 g	<b>Grilled Chicken with Barbeque Sauce</b> Calories : 234 kcal Sodium : 1.8 g	<b>Bulgogi - Korean Grilled Beef</b> Calories : 315 kcal Sodium : 1.5 g	<b>Stir-fried Pork with Salt-flavored Sauce</b> Calories : 383 kcal Sodium : 2.1 g	<b>Yóu lín jī - Fried Chicken with Sweet and Sour Sauce</b> Calories : 362 kcal Sodium : 1.9 g	<b>Stir-fried Pork in Kimchi Style</b> Calories : 322 kcal Sodium : 3.1 g	<b>Grilled Chicken with Lemon Pepper Seasoning</b> Calories : 297 kcal Sodium : 1.1 g
	<b>Main Dish B</b> <b>¥490</b> Calories : 192 kcal Sodium : 1.8 g	<b>Simmered Red-fleshed Fish with Ginger</b> Calories : 198 kcal Sodium : 1.8 g	<b>Deep Fried Horse Mackerel &amp; Squid</b> Calories : 322 kcal Sodium : 1.8 g	<b>Grilled Mackerel with Sesame &amp; Soy Sauce</b> Calories : 278 kcal Sodium : 2.7 g	<b>Grilled Spanish Mackerel with Butter &amp; Soy Sauce</b> Calories : 257 kcal Sodium : 1.7 g	<b>Simmered Flounder</b> Calories : 151 kcal Sodium : 1.5 g	<b>Deep Fried Mackerel</b> Calories : 229 kcal Sodium : 1.3 g
	<b>Bowl</b> <b>¥500</b> Calories : 509 kcal Sodium : 0.9 g	<b>Mixed Vegetable and Seafood Tempura Bowl</b> Calories : 693 kcal Sodium : 2.1 g	<b>Chicken and Egg Bowl</b> Calories : 745 kcal Sodium : 2.6 g	<b>Hayashi Rice - Japanese-style Hashed Beef with Rice</b> Calories : 590 kcal Sodium : 1.5 g	<b>Katsu-meshi - Pork Cutlet on Rice</b> Calories : 788 kcal Sodium : 2.4 g	<b>Sauce on Tuna Cutlet Bowl</b> Calories : 624 kcal Sodium : 2.2 g	<b>Pork Bowl</b> Calories : 647 kcal Sodium : 2.2 g
	<b>Curry</b> <b>¥500</b> Calories : 822 kcal Sodium : 5.6 g	<b>Ham Cutlet Curry</b> Calories : 902 kcal Sodium : 5.3 g	<b>Vegetable Croquette Curry</b> Calories : 826 kcal Sodium : 5.6 g	<b>Hamburg Steak Curry</b> Calories : 843 kcal Sodium : 5.9 g	<b>Minced Meat Cutlet Curry</b> Calories : 862 kcal Sodium : 5.9 g	<b>Beef Croquette Curry</b> Calories : 890 kcal Sodium : 6.0 g	<b>Deep Fried Vegetables (without Batter) Curry</b> Calories : 805 kcal Sodium : 6.8 g
Dinner	<b>Main Dish A</b> <b>¥490</b> Calories : 330 kcal Sodium : 1.3 g	<b>Foil Grilled Pork &amp; Vegetables</b> Calories : 306 kcal Sodium : 1.4 g	<b>Simmered Chicken in Kanazawa-style</b> Calories : 188 kcal Sodium : 1.9 g	<b>Stir-fried Pork with Spicy Sauce</b> Calories : 315 kcal Sodium : 2.0 g	<b>Simmered Spanish Mackerel with Miso</b> Calories : 198 kcal Sodium : 1.5 g	<b>Stewed Meat &amp; Potatoes</b> Calories : 363 kcal Sodium : 1.8 g	<b>Sweet and Sour Flavored Pork</b> Calories : 305 kcal Sodium : 1.5 g
	<b>Bowl or Curry</b> <b>¥500</b> Calories : 822 kcal Sodium : 5.6 g	<b>Ham Cutlet Curry</b> Calories : 693 kcal Sodium : 2.1 g	<b>Vegetable Croquette Curry</b> Calories : 826 kcal Sodium : 5.6 g	<b>Omelet with Rice</b> Calories : 590 kcal Sodium : 1.5 g	<b>Minced Meat Cutlet Curry</b> Calories : 862 kcal Sodium : 5.9 g	<b>Sauce on Tuna Cutlet Bowl</b> Calories : 624 kcal Sodium : 2.2 g	<b>Deep Fried Vegetables (without Batter) Curry</b> Calories : 805 kcal Sodium : 6.8 g
Noodle	<b>Udon/Soba</b> <b>¥330</b> Calories : 320 kcal Sodium : 3.9 g	<b>Udon/Soba</b> Calories : 320 kcal Sodium : 3.9 g	<b>Udon/Soba</b> Calories : 320 kcal Sodium : 3.9 g	<b>Udon/Soba</b> Calories : 320 kcal Sodium : 3.9 g	<b>Udon/Soba</b> Calories : 320 kcal Sodium : 3.9 g	<b>Udon/Soba</b> Calories : 320 kcal Sodium : 3.9 g	<b>Udon/Soba</b> Calories : 320 kcal Sodium : 3.9 g
	<b>Ramen</b> <b>¥500</b> Calories : 629 kcal Sodium : 6.7 g	<b>Stamina Ramen</b> Calories : 533 kcal Sodium : 7.5 g	<b>Shoyu Ramen (Soy Sauce Broth)</b> Calories : 464 kcal Sodium : 5.0 g	<b>Tonkotsu Shoyu Ramen (Pork Bone and Soy Sauce Broth)</b> Calories : 549 kcal Sodium : 3.7 g	<b>Shio Ramen (Salt Broth)</b> Calories : 491 kcal Sodium : 2.6 g	<b>Chanpon Noodles - Mixed with Vegetables and Seafood</b> Calories : 554 kcal Sodium : 6.9 g	<b>Tantanmen - Ramen in Spicy Soup with Ground Meat</b> Calories : 639 kcal Sodium : 4.0 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 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。