

WEEKLY MENU

Dish	Mon Nov 25	Tue Nov 26	Wed Nov 27	Thu Nov 28	Fri Nov 29	Sat Nov 30	Sun Dec 1
Lunch	Main Dish A Spanish Omelet ¥490 <small>Calories : 241 kcal Sodium : 1.2 g</small>	Stamina Stir-fried Beef <small>Calories : 234 kcal Sodium : 2.3 g</small>	Minced Meat Cutlet & Skewered Deep-Fried Pork <small>Calories : 376 kcal Sodium : 1.2 g</small>	Grilled Chicken with Pizza Sauce <small>Calories : 315 kcal Sodium : 1.2 g</small>	Simmered Beef & Tofu <small>Calories : 516 kcal Sodium : 3.0 g</small>	Gabuuma - Munchy Delicious Ham Cutlet <small>Calories : 267 kcal Sodium : 1.5 g</small>	Teriyaki Chicken <small>Calories : 386 kcal Sodium : 2.1 g</small>
	Main Dish B Breaded Deep Fried Cod ¥490 <small>Calories : 269 kcal Sodium : 1.9 g</small>	Simmered Mackerel with Pickled Plum <small>Calories : 202 kcal Sodium : 2.7 g</small>	Grilled Beltfish with Bread Crumbs <small>Calories : 362 kcal Sodium : 1.4 g</small>	Red-fleshed Fish Simmered with Grated Radish <small>Calories : 257 kcal Sodium : 2.3 g</small>	Grilled White-fleshed Fish with Miso & Butter <small>Calories : 176 kcal Sodium : 2.8 g</small>	Simmered Flounder <small>Calories : 118 kcal Sodium : 1.8 g</small>	Deep Fried White-fleshed Fish & Cream Croquette <small>Calories : 534 kcal Sodium : 1.5 g</small>
	Bowl Beef Sukiyaki Bowl ¥500 <small>Calories : 590 kcal Sodium : 3.2 g</small>	Pork Mayonnaise Bowl <small>Calories : 677 kcal Sodium : 1.1 g</small>	Chicken & Egg Bowl <small>Calories : 733 kcal Sodium : 3.5 g</small>	Omelet with Rice <small>Calories : 597 kcal Sodium : 1.5 g</small>	Mapo Tofu Bowl <small>Calories : 583 kcal Sodium : 1.2 g</small>	Pork Bowl <small>Calories : 669 kcal Sodium : 1.0 g</small>	Deep Fried White-fleshed Fish Bowl <small>Calories : 748 kcal Sodium : 1.7 g</small>
	Curry Vegetable Croquette Curry ¥500 <small>Calories : 826 kcal Sodium : 5.6 g</small>	Ham Cutlet Curry <small>Calories : 822 kcal Sodium : 5.6 g</small>	Omelet Curry <small>Calories : 747 kcal Sodium : 5.2 g</small>	Pork Cutlet Curry <small>Calories : 902 kcal Sodium : 5.3 g</small>	Sausage Curry <small>Calories : 842 kcal Sodium : 5.9 g</small>	Chicken Cutlet Curry <small>Calories : 846 kcal Sodium : 5.3 g</small>	Vegetable Croquette Curry <small>Calories : 927 kcal Sodium : 7.2 g</small>
Dinner	Main Dish A Grilled Chicken with Barbeque Sauce ¥490 <small>Calories : 292 kcal Sodium : 1.5 g</small>	Pork Cutlet <small>Calories : 333 kcal Sodium : 1.5 g</small>	Simmered White-fleshed Fish with Ginger <small>Calories : 117 kcal Sodium : 1.5 g</small>	Deep Fried Cod Japanese Karaage style <small>Calories : 167 kcal Sodium : 0.9 g</small>	Stir-fried Beef with Sweet & Spicy Sauce <small>Calories : 189 kcal Sodium : 0.8 g</small>	Deep Fried Shrimp & White-fleshed Fish <small>Calories : 419 kcal Sodium : 1.4 g</small>	Grilled Spanish Mackerel with Salt <small>Calories : 190 kcal Sodium : 1.0 g</small>
	Bowl or Curry Vegetable Croquette Curry ¥500 <small>Calories : 826 kcal Sodium : 5.6 g</small>	Pork Mayonnaise Bowl <small>Calories : 677 kcal Sodium : 1.1 g</small>	Omelet Curry <small>Calories : 747 kcal Sodium : 5.2 g</small>	Omelet with Rice <small>Calories : 597 kcal Sodium : 1.5 g</small>	Sausage Curry <small>Calories : 842 kcal Sodium : 5.9 g</small>	Pork Bowl <small>Calories : 669 kcal Sodium : 1.0 g</small>	Vegetable Croquette Curry <small>Calories : 927 kcal Sodium : 7.2 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 Tantanmen - Ramen in Spicy Soup with Ground Meat ¥500 <small>Calories : 639 kcal Sodium : 4.0 g</small>	Tonkotsu Ramen (Pork Bone Broth) <small>Calories : 518 kcal Sodium : 5.1 g</small>	Stamina Ramen <small>Calories : 629 kcal Sodium : 4.7 g</small>	Miso Ramen <small>Calories : 533 kcal Sodium : 5.5 g</small>	Shoyu Ramen (Soy Sauce Broth) <small>Calories : 464 kcal Sodium : 5.0 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>

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

