

WEEKLY MENU

Dish		Mon Apr 14	Tue Apr 15	Wed Apr 16	Thu Apr 17	Fri Apr 18	Sat Apr 19	Sun Apr 20	
Lunch	Main Dish A ¥490	Grilled Chicken with Pizza Sauce	Hui Guo Rou - Twice-cooked Pork	Stir-fried Pork with Black Pepper	Deep Fried Chicken (Karaage)	Grilled Pork Ginger	Tandoori Chicken	Gabuuma - Munchy Delicious Ham Cutlet	
		Calories : 402 kcal Sodium : 1.1 g	Calories : 315 kcal Sodium : 1.5 g	Calories : 281 kcal Sodium : 1.1 g	Calories : 340 kcal Sodium : 1.4 g	Calories : 310 kcal Sodium : 1.4 g	Calories : 357 kcal Sodium : 1.3 g	Calories : 311 kcal Sodium : 1.5 g	
	Main Dish B ¥490	Deep Fried Cod with Seaweed	Simmered Flounder in Sweetened Soy Sauce	Deep Fried Shrimp & White-fleshed Fish	Grilled Mackerel with Teriyaki Sauce	Deep Fried Spanish Mackerel	Deep Fried Horse Mackerel & Squid	Simmered Mackerel with Miso	
		Calories : 276 kcal Sodium : 1.4 g	Calories : 155 kcal Sodium : 3.5 g	Calories : 476 kcal Sodium : 1.4 g	Calories : 267 kcal Sodium : 2.1 g	Calories : 256 kcal Sodium : 2.1 g	Calories : 309 kcal Sodium : 1.1 g	Calories : 229 kcal Sodium : 2.9 g	
	Bowl ¥500	Sobameshi - Fried Noodles & Rice	Pork Cutlet Bowl	Yakitori - Grilled Chicken Bowl	Meat, Seafood, & Vegetable Bowl with Starchy Sauce	Beef Bowl with Grated Yam	Pork Bowl with Garlic & Butter	Sauce on Shrimp Cutlet Bowl	
		Calories : 428 kcal Sodium : 1.6 g	Calories : 796 kcal Sodium : 1.8 g	Calories : 744 kcal Sodium : 2.7 g	Calories : 612 kcal Sodium : 1.8 g	Calories : 578 kcal Sodium : 3.1 g	Calories : 693 kcal Sodium : 2.1 g	Calories : 603 kcal Sodium : 1.1 g	
	Curry ¥500	Beef Croquette Curry	Deep Fried Chicken Breast Tender Curry	Soft-boiled Egg Curry	Minced Meat Cutlet Curry	Deep Fried White-flesh Fish Curry	Hamburg Steak Curry	Sausage Curry	
		Calories : 790 kcal Sodium : 4.0 g	Calories : 730 kcal Sodium : 3.7 g	Calories : 720 kcal Sodium : 3.4 g	Calories : 742 kcal Sodium : 3.8 g	Calories : 823 kcal Sodium : 3.7 g	Calories : 778 kcal Sodium : 3.9 g	Calories : 768 kcal Sodium : 3.9 g	
	Dinner	Main Dish A ¥490	Stir-fried Beef with Oyster Sauce	Grilled Chicken with Lemon Pepper Seasoning	Deep Fried Red-fleshed Fish	Simmered Spanish Mackerel with Miso	Chicken with Sweet Vinegar Sauce	Minced Meat Cutlet	Stewed Meat & Potatoes
			Calories : 208 kcal Sodium : 1.4 g	Calories : 374 kcal Sodium : 1.4 g	Calories : 216 kcal Sodium : 2.0 g	Calories : 179 kcal Sodium : 2.2 g	Calories : 349 kcal Sodium : 2.1 g	Calories : 303 kcal Sodium : 2.6 g	Calories : 347 kcal Sodium : 1.1 g
		Bowl or Curry ¥500	Sobameshi - Fried Noodles & Rice	Deep Fried Chicken Breast Tender Curry	Yakitori - Grilled Chicken Bowl	Minced Meat Cutlet Curry	Beef Bowl with Grated Yam	Hamburg Steak Curry	Sauce on Shrimp Cutlet Bowl
			Calories : 428 kcal Sodium : 1.6 g	Calories : 730 kcal Sodium : 3.7 g	Calories : 744 kcal Sodium : 2.7 g	Calories : 742 kcal Sodium : 3.8 g	Calories : 578 kcal Sodium : 3.1 g	Calories : 778 kcal Sodium : 3.9 g	Calories : 603 kcal Sodium : 1.1 g
	Noodle	Udon /Soba ¥330	Udon/Soba	Udon/Soba	Udon/Soba	Udon/Soba	Udon/Soba	Udon/Soba	Udon/Soba
			Calories : 320 kcal Sodium : 3.9 g	Calories : 320 kcal Sodium : 3.9 g	Calories : 320 kcal Sodium : 3.9 g	Calories : 320 kcal Sodium : 3.9 g	Calories : 320 kcal Sodium : 3.9 g	Calories : 320 kcal Sodium : 3.9 g	Calories : 320 kcal Sodium : 3.9 g
		Ramen ¥500	Shoyu Ramen (Soy Sauce Broth)	Tonkotsu Shoyu Ramen (Pork Bone & Soy Sauce Broth)	Shio Ramen (Salt Broth)	Chanpon Noodles - Mixed with Vegetables & Seafood	Tantanmen - Ramen in Spicy Soup with Ground Meat	Tonkotsu Ramen (Pork Bone Broth)	Spicy Stamina Ramen
			Calories : 460 kcal Sodium : 3.8 g	Calories : 528 kcal Sodium : 3.5 g	Calories : 488 kcal Sodium : 2.6 g	Calories : 587 kcal Sodium : 4.5 g	Calories : 625 kcal Sodium : 3.4 g	Calories : 485 kcal Sodium : 4.4 g	Calories : 548 kcal Sodium : 3.8 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 situation.