

| Weekly Menu |                                                                                |            |  |  |  |                                                                                          |            |  |  |  |                                                                                                      |                                                                            |  |  |  |                                                                                                |            |  |  |  |                                                                                                           |            |                                                            |  |  |                                                                                           |            |                                                             |  |  |  |  |
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|             |                                                                                | 8月25日 Mon. |  |  |  |                                                                                          | 8月26日 Tue. |  |  |  |                                                                                                      | 8月27日 Wed.                                                                 |  |  |  |                                                                                                | 8月28日 Thu. |  |  |  |                                                                                                           | 8月29日 Fri. |                                                            |  |  |                                                                                           | 8月30日 Sat. |                                                             |  |  |  |  |
| 定食 A        | 鶏の照り焼き                                                                         |            |  |  |  | 海老と玉子の中華炒め                                                                               |            |  |  |  | チョリソーと玉子、京がんもと練物の煮物                                                                                  |                                                                            |  |  |  | ご当地 【大分】鶏天                                                                                     |            |  |  |  | 卵と野菜のビーフン炒め                                                                                               |            |                                                            |  |  | 牛肉じゃが                                                                                     |            |                                                             |  |  |  |  |
|             | Chicken teriyaki ¥510<br>723kcal 28.6g 20.9g 108.2g 1.7g                       |            |  |  |  | Stir-fried shrimp & scramble egg ¥510<br>593kcal 18.8g 8.5g 114.1g 3.5g                  |            |  |  |  | Simmered fried tofu & boiled egg ¥510<br>745kcal 23.9g 23.0g 112.6g 4.1g                             |                                                                            |  |  |  | Chicken tempura with spicy ponzu sause ¥510<br>797kcal 34.6g 15.9g 127.5g 3.0g                 |            |  |  |  | Stir-fried rice vermicelli with chicken, vegetables, scramble egg ¥510<br>756kcal 20.6g 19.6g 126.6g 2.1g |            |                                                            |  |  | Simmered beef & potato ¥510<br>681kcal 15.0g 13.3g 130.0g 2.5g                            |            |                                                             |  |  |  |  |
| 定食 B        | 豚バラスタミナ丼                                                                       |            |  |  |  | 【日乃屋 神田店監修】ビーフカレー                                                                        |            |  |  |  | 二色そばろ丼                                                                                               |                                                                            |  |  |  | デカ盛りハンバーグ丼                                                                                     |            |  |  |  | 鶏の唐揚げ                                                                                                     |            |                                                            |  |  | チキンソースカツ丼                                                                                 |            |                                                             |  |  |  |  |
|             | Stir-fried vegetable & gible ¥540<br>836kcal 20.5g 32.6g 119.6g 2.6g           |            |  |  |  | 0 ¥540<br>686kcal 13.2g 14.3g 129.7g 3.4g                                                |            |  |  |  | Chicken teriyaki & scrambled egg on the rice ¥540<br>660kcal 22.5g 14.4g 112.6g 3.4g                 |                                                                            |  |  |  | Stewed Hamburg steak on the rice ¥540<br>821kcal 23.8g 27.8g 122.7g 5.0g                       |            |  |  |  | chicen ¥540<br>869kcal 29.9g 29.5g 124.4g 2.1g                                                            |            |                                                            |  |  | Chicken cutlet on rice with sweet and salty sauce ¥540<br>697kcal 17.8g 13.2g 130.1g 2.4g |            |                                                             |  |  |  |  |
| 小鉢 A        | ほうれん草胡麻和え                                                                      |            |  |  |  | ミニサラダ                                                                                    |            |  |  |  | チョコレートムース風デザート                                                                                       |                                                                            |  |  |  | もやしとわかめ中華サラダ                                                                                   |            |  |  |  | ほうれん草と白滝のお浸し                                                                                              |            |                                                            |  |  | 大根の田楽                                                                                     |            |                                                             |  |  |  |  |
|             | Parboiled spinach dressed with sesame sauce ¥100<br>30kcal 1.4g 1.1g 3.9g 0.7g |            |  |  |  | mini salad ¥100<br>24kcal 0.9g 0.2g 5.3g 0.7g                                            |            |  |  |  | 0 ¥100<br>105kcal 2.0g 5.2g 12.9g 0.2g                                                               |                                                                            |  |  |  | Bean sprouts & wakame seaweed dressed with Chinese dressing ¥100<br>48kcal 1.0g 3.7g 2.9g 0.6g |            |  |  |  | Boiled spinach & konjac noodles with soy-sauce ¥100<br>9kcal 0.9g 0.1g 1.4g 0.6g                          |            |                                                            |  |  | Simmered chikuwa surimi with sweet miso sauce ¥100<br>60kcal 1.4g 0.7g 12.3g 1.8g         |            |                                                             |  |  |  |  |
| 小鉢 B        | ピリ辛こんにゃく                                                                       |            |  |  |  | アサリと大根のわさび和え                                                                             |            |  |  |  | オクラおろし和え                                                                                             |                                                                            |  |  |  | スパゲッティーサラダ                                                                                     |            |  |  |  | 切干大根                                                                                                      |            |                                                            |  |  | おくらとワカメの酢の物                                                                               |            |                                                             |  |  |  |  |
|             | Simmered konnyaku jerry ¥100<br>33kcal 0.6g 1.9g 4.1g 0.9g                     |            |  |  |  | Boiled clam & Chinese pickle dressed with spicy sauce ¥100<br>35kcal 1.7g 2.0g 2.6g 0.8g |            |  |  |  | Boiled okra & grated daikon radish ¥100<br>10kcal 0.3g 0.1g 2.4g 0.0g                                |                                                                            |  |  |  | Spaghetti salad ¥100<br>89kcal 1.4g 5.4g 8.6g 1.1g                                             |            |  |  |  | Simmered dried daikon & deep-fried surimi ¥100<br>69kcal 1.6g 2.6g 10.2g 0.8g                             |            |                                                            |  |  | Boiled okra & wakame seaweed with vinegar sauce ¥100<br>32kcal 0.6g 0.1g 8.1g 0.8g        |            |                                                             |  |  |  |  |
| 小鉢 C        | 栗かぼちゃの含め煮                                                                      |            |  |  |  | ひじきと白滝の煮付け                                                                               |            |  |  |  | 高野豆腐                                                                                                 |                                                                            |  |  |  | 温泉玉子                                                                                           |            |  |  |  | ウイナーと野菜のフレンチ和え                                                                                            |            |                                                            |  |  | なす煮                                                                                       |            |                                                             |  |  |  |  |
|             | Simmered pumpkin ¥100<br>56kcal 0.7g 0.1g 13.6g 0.6g                           |            |  |  |  | Braised hijiki seaweed & striped konnyak ¥100<br>50kcal 1.4g 3.0g 4.8g 0.7g              |            |  |  |  | Stewed stir-fried dried tofu pork & vegetables with tomato sauce ¥100<br>38kcal 3.9g 2.5g 0.3g 0.1g  |                                                                            |  |  |  | Poached egg ¥100<br>78kcal 6.0g 4.8g 1.1g 0.7g                                                 |            |  |  |  | Sauteed wienerwurst & vegetables ¥100<br>50kcal 2.0g 3.4g 3.0g 0.6g                                       |            |                                                            |  |  | Braised hijiki seaweed & striped konnyak ¥100<br>70kcal 0.5g 6.0g 3.4g 0.6g               |            |                                                             |  |  |  |  |
| 日替り 麺       | 【当店オリジナル】煮干醤油とんこつラーメン                                                          |            |  |  |  | 麻辣湯麺(マラータンメン)水餃子入り                                                                       |            |  |  |  | 明太子とんこつラーメン                                                                                          |                                                                            |  |  |  | 痺れる四川風ジャージャー麺                                                                                  |            |  |  |  | 【リクエスト】野菜たっぷり豚骨ラーメン                                                                                       |            |                                                            |  |  | スタミナラーメン                                                                                  |            |                                                             |  |  |  |  |
|             | Chinese noodles in sardine based soup ¥400<br>511kcal 22.0g 12.4g 73.7g 7.7g   |            |  |  |  | Chinese noodles in spicy soup with ayoza dumpling ¥400<br>512kcal 18.9g 10.0g 82.8g 7.7g |            |  |  |  | Chinese noodles in pork broth with vegetables & spicy cod roe ¥400<br>518kcal 24.5g 11.1g 75.9g 8.2g |                                                                            |  |  |  | sichuan zhajiang noodles ¥400<br>560kcal 19.8g 16.9g 78.9g 4.2g                                |            |  |  |  | Chinese noodles in pork broth with vegetables ¥400<br>510kcal 22.1g 9.6g 80.6g 6.9g                       |            |                                                            |  |  | Chinese noodles with pork, vegetables in spicy soup ¥400<br>459kcal 19.7g 6.8g 76.3g 7.0g |            |                                                             |  |  |  |  |
| 週替り カレー     | ビーフカレー                                                                         |            |  |  |  |                                                                                          |            |  |  |  |                                                                                                      |                                                                            |  |  |  |                                                                                                |            |  |  |  |                                                                                                           |            |                                                            |  |  |                                                                                           |            |                                                             |  |  |  |  |
|             | Beef curry with rice ¥400<br>607kcal 12.1g 9.9g 120.9g 2.2g                    |            |  |  |  |                                                                                          |            |  |  |  |                                                                                                      |                                                                            |  |  |  |                                                                                                |            |  |  |  |                                                                                                           |            |                                                            |  |  |                                                                                           |            |                                                             |  |  |  |  |
| 常設          | おにぎり(のりたま)                                                                     |            |  |  |  |                                                                                          |            |  |  |  |                                                                                                      | いなり(2個)                                                                    |  |  |  |                                                                                                |            |  |  |  |                                                                                                           |            | かけうどん                                                      |  |  |                                                                                           |            | かけそば                                                        |  |  |  |  |
|             | Rice ball with seasoned Japanese basil ¥150<br>268kcal 4.8g 1.4g 61.1g 0.3g    |            |  |  |  |                                                                                          |            |  |  |  |                                                                                                      | Sushi rice wrapped in fried bean card ¥150<br>260kcal 5.4g 5.0g 46.7g 1.5g |  |  |  |                                                                                                |            |  |  |  |                                                                                                           |            | udon noodles in broth ¥250<br>364kcal 9.8g 1.8g 73.3g 4.2g |  |  |                                                                                           |            | soba noodles in broth ¥250<br>318kcal 11.8g 1.8g 61.0g 4.2g |  |  |  |  |

\* 表示価格は税込です。 \* 食材の都合により、メニューを変更させていただく場合がございます。あらかじめご了承くださいませ。

\* 栄養価表示：エネルギー/たんぱく質/脂質/炭水化物/食塩相当量



| Weekly Menu |                                                                                              |  |  |  |  |                                                                                               |  |  |  |  |                                                                                              |  |  |  |  |                                                                                                      |  |  |  |                                                                          |                                                                                                |  |  |  |                                                                                       |                                                                                                    |  |  |  |  |
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|             | 9月1日 Mon.                                                                                    |  |  |  |  | 9月2日 Tue.                                                                                     |  |  |  |  | 9月3日 Wed.                                                                                    |  |  |  |  | 9月4日 Thu.                                                                                            |  |  |  |                                                                          | 9月5日 Fri.                                                                                      |  |  |  |                                                                                       | 9月6日 Sat.                                                                                          |  |  |  |  |
| 定食 A        | 麻婆茄子                                                                                         |  |  |  |  | 鯖のごま照りと焼売                                                                                     |  |  |  |  | キャベツ入りメンチカツ                                                                                  |  |  |  |  | 赤い麻婆豆腐                                                                                               |  |  |  |                                                                          | 鯖の香草焼き トマトソース                                                                                  |  |  |  |                                                                                       | 鶏団子と根菜と五目巾着の煮物                                                                                     |  |  |  |  |
|             | Spicy Sichuan eggplant ¥510<br>708kcal 14.0g 20.5g 121.0g 4.0g                               |  |  |  |  | <Combo> Mackerel teriyaki & shaomai dumplings ¥510<br>735kcal 23.2g 18.0g 120.1g 1.7g         |  |  |  |  | Ground pork & cabbage cutlet ¥510<br>819kcal 20.6g 24.9g 131.3g 3.1g                         |  |  |  |  | Sichuan spicy tofu ¥510<br>691kcal 24.5g 16.6g 114.2g 4.0g                                           |  |  |  |                                                                          | Grilled mackerel ¥510<br>785kcal 24.5g 24.7g 114.9g 2.3g                                       |  |  |  |                                                                                       | Simmered stuffed fried tofu & root vegetables ¥510<br>602kcal 15.9g 7.3g 121.6g 2.7g               |  |  |  |  |
| 定食 B        | 元気もりもり 鰻丼                                                                                    |  |  |  |  | 有頭エビフライとハンバーグ                                                                                 |  |  |  |  | 豚ロースのしょうが焼き                                                                                  |  |  |  |  | 和風おろしハンバーグ                                                                                           |  |  |  |                                                                          | 銀座ローマイヤ ローストビーフ丼(60g)                                                                          |  |  |  |                                                                                       | イカとチクワの天丼 温玉添え                                                                                     |  |  |  |  |
|             | Eel teriyaki on the rice with clear soup ¥670<br>652kcal 23.8g 15.8g 108.1g 2.8g             |  |  |  |  | Deep-fried shrimps & demiglace sauce croquette ¥540<br>791kcal 21.3g 27.0g 119.1g 1.9g        |  |  |  |  | Ginger pork ¥540<br>736kcal 28.4g 23.1g 104.0g 1.5g                                          |  |  |  |  | Hamburg steak Japanese style ¥540<br>666kcal 22.5g 11.2g 122.5g 3.7g                                 |  |  |  |                                                                          | Roast beef on the rice ¥670<br>552kcal 18.7g 8.0g 105.1g 2.2g                                  |  |  |  |                                                                                       | Squid & seasonal vegetable tempura bowl ¥540<br>770kcal 25.7g 16.6g 127.4g 2.7g                    |  |  |  |  |
| 小鉢 A        | ピリ辛こんにゃく                                                                                     |  |  |  |  | 冷奴                                                                                            |  |  |  |  | 白玉ぜんざい                                                                                       |  |  |  |  | ブロッコリーのゴマ和え                                                                                          |  |  |  |                                                                          | おくらとみつ葉のわさび和え                                                                                  |  |  |  |                                                                                       | きんぴらごぼう                                                                                            |  |  |  |  |
|             | Simmered konnyaku jerry ¥100<br>33kcal 0.6g 1.9g 4.1g 0.9g                                   |  |  |  |  | Cold serve tofu with soy sauce ¥100<br>33kcal 3.1g 1.7g 1.7g 0.0g                             |  |  |  |  | Sweet black bean paste with rice dumpling ( Cold serve) ¥100<br>188kcal 3.2g 3.9g 35.7g 0.1g |  |  |  |  | Broccoli dressed with sesame sauce ¥100<br>30kcal 1.4g 0.9g 4.4g 0.5g                                |  |  |  |                                                                          | Japanese parsley, okra dressed with grated daikon soy-sauce ¥100<br>24kcal 0.7g 1.3g 3.1g 0.5g |  |  |  |                                                                                       | Braised burdock & carrot with soy based spicy sauce ¥100<br>55kcal 0.7g 2.8g 7.5g 0.5g             |  |  |  |  |
| 小鉢 B        | エビと胡瓜の酢物                                                                                     |  |  |  |  | なす煮                                                                                           |  |  |  |  | 切干大根                                                                                         |  |  |  |  | ひじき煮物                                                                                                |  |  |  |                                                                          | ミニサラダ                                                                                          |  |  |  |                                                                                       | ほうれん草のおかか和え                                                                                        |  |  |  |  |
|             | Cucumber, onion & seaweed dressed with miso vinegar sauce ¥100<br>14kcal 1.6g 0.1g 1.9g 0.5g |  |  |  |  | Deep-fried egg plant & paprika with soy sauce ¥100<br>70kcal 0.7g 5.4g 4.6g 1.5g              |  |  |  |  | Simmered dried daikon & deep-fried surimi ¥100<br>104kcal 1.8g 3.9g 15.9g 1.5g               |  |  |  |  | Simmered hijiki seaweed & soy beans ¥100<br>35kcal 1.7g 1.6g 4.5g 0.8g                               |  |  |  |                                                                          | mini salad ¥100<br>24kcal 0.9g 0.2g 5.3g 0.7g                                                  |  |  |  |                                                                                       | Boiled spinach & bean curd with shaved dried bonito ¥100<br>33kcal 2.7g 1.6g 1.8g 0.5g             |  |  |  |  |
| 小鉢 C        | ほうれん草のお浸し                                                                                    |  |  |  |  | もずく酢                                                                                          |  |  |  |  | 粉ふき芋の田楽味噌かけ                                                                                  |  |  |  |  | ごぼうのポテトサラダ                                                                                           |  |  |  |                                                                          | しらすおろし                                                                                         |  |  |  |                                                                                       | 白菜キムチ                                                                                              |  |  |  |  |
|             | Boiled spinach with soy-sauce ¥100<br>12kcal 1.3g 0.1g 1.8g 0.8g                             |  |  |  |  | Seaweed fine thread like marinated with vinegar sauce ¥100<br>12kcal 0.2g 0.0g 3.1g 0.5g      |  |  |  |  | Boiled potato with minced chicken miso sauce ¥100<br>76kcal 1.3g 2.2g 13.0g 0.7g             |  |  |  |  | salad ¥100<br>126kcal 0.7g 10.3g 7.8g 0.5g                                                           |  |  |  |                                                                          | Baby dried sardine & grated daikon radish ¥100<br>13kcal 1.3g 0.1g 1.4g 0.3g                   |  |  |  |                                                                                       | Cold served tofu with Korean pickles ¥100<br>9kcal 0.8g 0.0g 1.9g 1.0g                             |  |  |  |  |
| 日替り 麺       | とんこつラーメン※焦がしニンニク油入り                                                                          |  |  |  |  | 山盛りもやしラーメン                                                                                    |  |  |  |  | 四川担々麺                                                                                        |  |  |  |  | 【当店オリジナル】油そば                                                                                         |  |  |  |                                                                          | 高菜とんこつラーメン                                                                                     |  |  |  |                                                                                       | 台湾辛味ラーメン                                                                                           |  |  |  |  |
|             | Chinese noodles in pork based thick soup ¥400<br>539kcal 20.5g 15.0g 76.8g 7.4g              |  |  |  |  | Chinese noodles with bean sprouts & minced pork in soup ¥400<br>453kcal 18.6g 7.2g 74.2g 6.1g |  |  |  |  | Chinese noodles with spicy sesame soup ¥400<br>676kcal 23.4g 29.6g 76.8g 6.2g                |  |  |  |  | Spicy Chinese noodles in clear soup with sliced pork and leek ¥400<br>684kcal 21.1g 31.7g 73.4g 3.5g |  |  |  |                                                                          | Chinese noodles in pork broth with takana leaf ¥400<br>567kcal 21.9g 15.7g 80.6g 8.7g          |  |  |  |                                                                                       | Chinese noodles in spicy soup with pork, bean sprouts & leek ¥400<br>475kcal 19.6g 9.6g 73.2g 5.4g |  |  |  |  |
| 週替り カレー     | タイ風グリーンカレー                                                                                   |  |  |  |  |                                                                                               |  |  |  |  |                                                                                              |  |  |  |  |                                                                                                      |  |  |  | Green curry with rice Thai style ¥400<br>586kcal 15.7g 14.0g 102.6g 1.7g |                                                                                                |  |  |  |  |                                                                                                    |  |  |  |  |
| 常設          | おにぎり(のりたま)                                                                                   |  |  |  |  | いなり(2個)                                                                                       |  |  |  |  | かけうどん                                                                                        |  |  |  |  | かけそば                                                                                                 |  |  |  |                                                                          |                                                                                                |  |  |  |                                                                                       |                                                                                                    |  |  |  |  |
|             | Rice ball with seasoned Japanese basil ¥150<br>268kcal 4.8g 1.4g 61.1g 0.3g                  |  |  |  |  | Sushi rice wrapped in fried bean card ¥150<br>260kcal 5.4g 5.0g 46.7g 1.5g                    |  |  |  |  | udon noodles in broth ¥250<br>364kcal 9.8g 1.8g 73.3g 4.2g                                   |  |  |  |  | soba noodles in broth ¥250<br>318kcal 11.8g 1.8g 61.0g 4.2g                                          |  |  |  |                                                                          |                                                                                                |  |  |  |                                                                                       |                                                                                                    |  |  |  |  |