

| <div><div><h1>Weekly Menu</h1></div></div> |                                                        |  |  |  |                                 |                                                            |  |  |  |                                 |                                                 |                              |         |                                       |                                 |                                                            |  |  |  |                                 |                                                                   |  |  |                              |                                 |                                                               |                       |  |  |                                 |  |  |  |  |  |                               |      |  |      |                       |  |  |  |  |  |  |  |  |  |  |  |
|----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|--|--|--|---------------------------------|------------------------------------------------------------|--|--|--|---------------------------------|-------------------------------------------------|------------------------------|---------|---------------------------------------|---------------------------------|------------------------------------------------------------|--|--|--|---------------------------------|-------------------------------------------------------------------|--|--|------------------------------|---------------------------------|---------------------------------------------------------------|-----------------------|--|--|---------------------------------|--|--|--|--|--|-------------------------------|------|--|------|-----------------------|--|--|--|--|--|--|--|--|--|--|--|
| 1月26日 Mon.                                                                                                                 |                                                        |  |  |  | 1月27日 Tue.                      |                                                            |  |  |  | 1月28日 Wed.                      |                                                 |                              |         |                                       | 1月29日 Thu.                      |                                                            |  |  |  | 1月30日 Fri.                      |                                                                   |  |  |                              | 1月31日 Sat.                      |                                                               |                       |  |  |                                 |  |  |  |  |  |                               |      |  |      |                       |  |  |  |  |  |  |  |  |  |  |  |
| 定食 A                                                                                                                       | 豚キムチ炒め                                                 |  |  |  | ¥510                            | アジフライとチキンカツ                                                |  |  |  | ¥510                            | チョリソーと玉子と練り物の煮                                  |                              |         |                                       | ¥510                            | カレー麻婆豆腐                                                    |  |  |  | ¥510                            | 卵と野菜のビーフン炒め                                                       |  |  |                              | ¥510                            | チキンソテーモランボンジャンソース                                             |                       |  |  | ¥510                            |  |  |  |  |  |                               |      |  |      |                       |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                                                            | Stir-fried pork & kimchi with Korean sauce on the rice |  |  |  | 673kcal 15.4g 17.7g 117.9g 3.2g | Deep-fried breaded horse mackerel                          |  |  |  | 749kcal 18.4g 23.6g 119.6g 1.2g | Simmered deep fried bean curd cake & vegetables |                              |         |                                       | 726kcal 23.7g 23.0g 108.0g 3.4g | Stir-fried tofu with spicy ground beef sauce               |  |  |  | 668kcal 22.4g 17.8g 108.3g 2.0g | Stir-fried rice vermicelli with chicken, vegetables, scramble egg |  |  |                              | 747kcal 19.8g 19.0g 126.6g 2.1g | Grilled basil chicken with tomato sauce                       |                       |  |  | 732kcal 28.9g 20.1g 112.2g 2.4g |  |  |  |  |  |                               |      |  |      |                       |  |  |  |  |  |  |  |  |  |  |  |
| 定食 B                                                                                                                       | シーフードミックスフライ                                           |  |  |  | ¥540                            | ハンバーグステーキ テリヤキソース                                          |  |  |  | ¥540                            | やわらかヒレカツ                                        |                              |         |                                       | ¥540                            | 鶏唐マヨ温玉丼                                                    |  |  |  | ¥540                            | 【中村屋監修】欧風カレー                                                      |  |  |                              | ¥540                            | 海老カツ                                                          |                       |  |  | ¥540                            |  |  |  |  |  |                               |      |  |      |                       |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                                                            | Fried shrimp, horse mackerel & squid cutlet            |  |  |  | 775kcal 22.0g 23.3g 122.5g 2.2g | Hamburg steak with demiglace sauce                         |  |  |  | 668kcal 22.3g 11.2g 123.3g 3.1g | Pork filet cutlet                               |                              |         |                                       | 699kcal 23.3g 12.8g 125.8g 2.1g | Fried chicken on the rice                                  |  |  |  | 891kcal 29.6g 34.4g 117.4g 2.6g | European curry                                                    |  |  |                              | 692kcal 19.4g 17.3g 117.7g 2.5g | Shrimp cutlet                                                 |                       |  |  | 735kcal 15.2g 20.8g 124.8g 2.5g |  |  |  |  |  |                               |      |  |      |                       |  |  |  |  |  |  |  |  |  |  |  |
| 小鉢 A                                                                                                                       | 五目巾着                                                   |  |  |  | ¥100                            | 小松菜のなめこ和え                                                  |  |  |  | ¥100                            | オレンジムース風デザート                                    |                              |         |                                       | ¥100                            | ひじき煮                                                       |  |  |  | ¥100                            | ミニサラダ                                                             |  |  |                              | ¥100                            | ナス煮                                                           |                       |  |  | ¥100                            |  |  |  |  |  |                               |      |  |      |                       |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                                                            | Simmered deep-fried bean curd cake & vegetables        |  |  |  | 63kcal 2.0g 2.7g 7.7g 1.2g      | Marinated mustard plant, enoki mushrooms with daikon sauce |  |  |  | 7kcal 0.6g 0.1g 1.3g 0.0g       | 0                                               |                              |         |                                       | 88kcal 1.8g 5.0g 8.9g 0.3g      | Braised hijiki seaweed & striped konnyak                   |  |  |  | 42kcal 1.7g 1.6g 5.6g 0.9g      | salad                                                             |  |  |                              | 24kcal 0.9g 0.2g 5.3g 0.7g      | Deep-fried eggplant & surimi dressed with Chinese spicy sauce |                       |  |  | 81kcal 1.1g 4.5g 9.0g 2.7g      |  |  |  |  |  |                               |      |  |      |                       |  |  |  |  |  |  |  |  |  |  |  |
| 小鉢 B                                                                                                                       | おくらのみぞれ和え                                              |  |  |  | ¥100                            | ポテト明太子風味                                                   |  |  |  | ¥100                            | 菜の花のお浸し                                         |                              |         |                                       | ¥100                            | きんぴらごぼう                                                    |  |  |  | ¥100                            | がんもの煮物                                                            |  |  |                              | ¥100                            | 田楽味噌 大根とコンニャク                                                 |                       |  |  | ¥100                            |  |  |  |  |  |                               |      |  |      |                       |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                                                            | Boiled okra dressed with grated daikon                 |  |  |  | 17kcal 0.8g 0.0g 4.1g 0.8g      | 0                                                          |  |  |  | 65kcal 0.7g 3.7g 7.4g 0.3g      | Canola flower seasoned with soy sauce           |                              |         |                                       | 14kcal 1.9g 0.0g 1.9g 0.3g      | Braised burdock & carrot with soy based spicy sauce        |  |  |  | 48kcal 0.6g 1.4g 8.2g 0.4g      | Simmered deep-fried bean curd cake & vegetables                   |  |  |                              | 49kcal 2.1g 1.4g 6.7g 2.0g      | Simmered chikuwa surimi with sweet miso sauce                 |                       |  |  | 31kcal 0.7g 0.4g 6.7g 0.9g      |  |  |  |  |  |                               |      |  |      |                       |  |  |  |  |  |  |  |  |  |  |  |
| 小鉢 C                                                                                                                       | こんにゃくきんぴら                                              |  |  |  | ¥100                            | 手作り豆腐                                                      |  |  |  | ¥100                            | 肉団子の甘酢煮                                         |                              |         |                                       | ¥100                            | アサリとザーサイのピリ辛和え                                             |  |  |  | ¥100                            | 冷製玉子豆腐                                                            |  |  |                              | ¥100                            | 高菜冷奴                                                          |                       |  |  | ¥100                            |  |  |  |  |  |                               |      |  |      |                       |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                                                            | 0                                                      |  |  |  | 37kcal 0.4g 1.6g 4.7g 0.6g      | Cold serve home made black sesame tofu                     |  |  |  | 28kcal 2.1g 1.1g 2.2g 0.0g      | Chicken meat ball with sweet & sour sauce       |                              |         |                                       | 106kcal 4.3g 4.3g 12.2g 1.0g    | Boiled clam & Chinese pickle dressed with spicy sauce      |  |  |  | 38kcal 2.0g 2.0g 3.2g 0.8g      | 0                                                                 |  |  |                              | 33kcal 2.5g 1.8g 0.9g 1.1g      | Cold served tofu with takana pickles                          |                       |  |  | 40kcal 3.1g 2.2g 2.2g 0.5g      |  |  |  |  |  |                               |      |  |      |                       |  |  |  |  |  |  |  |  |  |  |  |
| 日替り 麺                                                                                                                      | 四川汁なし担々麺                                               |  |  |  | ¥400                            | とんこつチャーシュー麺                                                |  |  |  | ¥400                            | 【当店オリジナル】白湯チゲラーメン                               |                              |         |                                       | ¥400                            | 味噌バターコーンらーめん                                               |  |  |  | ¥400                            | 豚バラ辛味噌葱ラーメン                                                       |  |  |                              | ¥400                            | 味玉とんこつラーメン                                                    |                       |  |  | ¥400                            |  |  |  |  |  |                               |      |  |      |                       |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                                                            | Chinese noodles in spicy sesame soup with around pork  |  |  |  | 695kcal 21.9g 33.2g 74.1g 4.6g  | Chinese noodles in thick pork broth                        |  |  |  | 519kcal 20.3g 14.4g 72.5g 8.0g  | 0                                               |                              |         |                                       | 466kcal 24.4g 6.2g 74.3g 8.4g   | Chinese noodles in soup with corn, wakame seaweed & butter |  |  |  | 548kcal 18.4g 14.6g 82.4g 7.9g  | Chinese noodles in soup with braised pork & spicv leek            |  |  |                              | 530kcal 19.7g 13.1g 80.0g 8.5g  | Chinese noodles with pork, boiled egg in soup                 |                       |  |  | 491kcal 21.7g 10.3g 72.2g 8.1g  |  |  |  |  |  |                               |      |  |      |                       |  |  |  |  |  |  |  |  |  |  |  |
| 週替り カレー                                                                                                                    | タイ風グリーンカレー                                             |  |  |  |                                 |                                                            |  |  |  |                                 |                                                 |                              |         |                                       |                                 |                                                            |  |  |  |                                 |                                                                   |  |  |                              |                                 |                                                               |                       |  |  |                                 |  |  |  |  |  |                               |      |  |      |                       |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                                                            | Curry with rice                                        |  |  |  |                                 |                                                            |  |  |  |                                 |                                                 |                              | ¥400    |                                       |                                 |                                                            |  |  |  |                                 |                                                                   |  |  |                              |                                 |                                                               |                       |  |  |                                 |  |  |  |  |  |                               |      |  |      |                       |  |  |  |  |  |  |  |  |  |  |  |
| 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    | Sushi rice wrapped in fried bean card |                                 |                                                            |  |  |  |                                 |                                                                   |  |  |                              |                                 | ¥150                                                          | udon noodles in broth |  |  |                                 |  |  |  |  |  |                               |      |  | ¥250 | soba noodles in broth |  |  |  |  |  |  |  |  |  |  |  |
| 268kcal 4.8g 1.4g 61.1g 0.3g                                                                                               |                                                        |  |  |  |                                 |                                                            |  |  |  |                                 |                                                 | 260kcal 5.4g 5.0g 46.7g 1.5g |         |                                       |                                 |                                                            |  |  |  |                                 |                                                                   |  |  | 364kcal 9.8g 1.8g 73.3g 4.2g |                                 |                                                               |                       |  |  |                                 |  |  |  |  |  | 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 |                                                                    |        |        |         |       |                                                       |        |        |         |       |                                                                      |        |        |         |       |                                                               |        |        |         |       |                                                          |        |        |         |       |                                                                |        |        |         |       |
|-------------|--------------------------------------------------------------------|--------|--------|---------|-------|-------------------------------------------------------|--------|--------|---------|-------|----------------------------------------------------------------------|--------|--------|---------|-------|---------------------------------------------------------------|--------|--------|---------|-------|----------------------------------------------------------|--------|--------|---------|-------|----------------------------------------------------------------|--------|--------|---------|-------|
|             | 2月2日 Mon.                                                          |        |        |         |       | 2月3日 Tue.                                             |        |        |         |       | 2月4日 Wed.                                                            |        |        |         |       | 2月5日 Thu.                                                     |        |        |         |       | 2月6日 Fri.                                                |        |        |         |       | 2月7日 Sat.                                                      |        |        |         |       |
| 定食 A        | 麻婆春雨                                                               |        |        |         |       | 茄子味噌炒めと餃子                                             |        |        |         |       | 親子炒り玉子                                                               |        |        |         |       | ハムカツ                                                          |        |        |         |       | 豚しゃぶと野菜のゴマソース                                            |        |        |         |       | 鶏肉の胡麻風味焼き                                                      |        |        |         |       |
|             | Bean starch vermicelli in mapo sauce ¥510                          |        |        |         |       | 0 ¥510                                                |        |        |         |       | Stir-fried chicken, vegetables & scrambled egg with amber sauce ¥510 |        |        |         |       | Ham cutlet ¥510                                               |        |        |         |       | Boiled sliced pork and fresh salad with ponzu sauce ¥510 |        |        |         |       | Grilled sesame chicken with terivaki sauce ¥510                |        |        |         |       |
|             | 668kcal                                                            | 12.3 g | 8.1 g  | 142.2 g | 2.6 g | 776kcal                                               | 15.3 g | 26.1 g | 123.2 g | 3.8 g | 666kcal                                                              | 24.3 g | 13.5 g | 114.3 g | 3.3 g | 723kcal                                                       | 17.9 g | 15.2 g | 131.5 g | 2.2 g | 739kcal                                                  | 16.6 g | 28.1 g | 109.4 g | 1.2 g | 730kcal                                                        | 29.0 g | 20.6 g | 110.8 g | 2.1 g |
| 定食 B        | 【ゴーゴーカレー監修】金沢カレー                                                   |        |        |         |       | 豚しょうが焼き丼                                              |        |        |         |       | 白身魚(鱈)のソースカツ丼                                                        |        |        |         |       | ご当地 【宮崎】霧島黒豚ハンバーグ                                             |        |        |         |       | 四川麻婆豆腐                                                   |        |        |         |       | 豚肉の焼肉炒め                                                        |        |        |         |       |
|             | 0 ¥540                                                             |        |        |         |       | Ginger pork ¥540                                      |        |        |         |       | Grilled fish with tomato sauce ¥540                                  |        |        |         |       | Pork Hamburg steak with grated daikon radish ponzu sauce ¥540 |        |        |         |       | Stir-fried tofu with spicy ground beef sauce ¥540        |        |        |         |       | Ginger pork ¥540                                               |        |        |         |       |
|             | 658kcal                                                            | 13.4 g | 13.3 g | 123.9 g | 3.6 g | 803kcal                                               | 19.8 g | 32.3 g | 112.4 g | 2.4 g | 640kcal                                                              | 24.1 g | 3.8 g  | 129.9 g | 5.1 g | 707kcal                                                       | 26.6 g | 18.3 g | 113.9 g | 2.2 g | 692kcal                                                  | 24.7 g | 20.1 g | 107.0 g | 2.3 g | 678kcal                                                        | 24.9 g | 16.2 g | 112.8 g | 1.4 g |
| 小鉢 A        | 竹輪とわかめの和風和え                                                        |        |        |         |       | ほうれん草のピーナッツ和え                                         |        |        |         |       | ブルーベリームース風デザート                                                       |        |        |         |       | 小松菜とひじきのナムル                                                   |        |        |         |       | ポテトの明太ソース                                                |        |        |         |       | キムチ冷奴                                                          |        |        |         |       |
|             | Surimi & cabbage dressed with miso mayonnaise ¥100                 |        |        |         |       | 0 ¥100                                                |        |        |         |       | 0 ¥100                                                               |        |        |         |       | 0 ¥100                                                        |        |        |         |       | Poteto seasoned with cod-roe sauce ¥100                  |        |        |         |       | Cold serve tofu with sesame sauce ¥100                         |        |        |         |       |
|             | 92kcal                                                             | 1.5 g  | 7.8 g  | 3.6 g   | 0.7 g | 22kcal                                                | 1.3 g  | 1.1 g  | 2.1 g   | 0.4 g | 87kcal                                                               | 1.8 g  | 5.0 g  | 8.8 g   | 0.2 g | 15kcal                                                        | 0.8 g  | 0.5 g  | 2.1 g   | 0.4 g | 57kcal                                                   | 0.6 g  | 3.2 g  | 6.4 g   | 0.2 g | 41kcal                                                         | 3.8 g  | 2.4 g  | 1.3 g   | 0.3 g |
| 小鉢 B        | ポテトの胡麻マヨ和え                                                         |        |        |         |       | 冷奴                                                    |        |        |         |       | 青梗菜ともやしの中華和え                                                         |        |        |         |       | ピリ辛こんにゃく                                                      |        |        |         |       | おくらとえのきのお浸し                                              |        |        |         |       | 肉団子のうま煮                                                        |        |        |         |       |
|             | Potato with sesame mayonnaise sauce ¥100                           |        |        |         |       | Cold serve tofu with sesame sauce ¥100                |        |        |         |       | Chinese cabbage seasoned with Chinese sauce ¥100                     |        |        |         |       | Simmered konnyaku jerry ¥100                                  |        |        |         |       | Boiled okra & enoki mushroom with soy-sauce ¥100         |        |        |         |       | Deep-fried spring roll, meatballs with sweet & sour sauce ¥100 |        |        |         |       |
|             | 80kcal                                                             | 0.8 g  | 5.2 g  | 7.9 g   | 0.3 g | 42kcal                                                | 3.8 g  | 2.4 g  | 1.4 g   | 0.0 g | 26kcal                                                               | 0.8 g  | 1.8 g  | 1.8 g   | 0.3 g | 33kcal                                                        | 0.5 g  | 1.9 g  | 4.0 g   | 0.9 g | 13kcal                                                   | 0.7 g  | 0.0 g  | 3.1 g   | 0.1 g | 117kcal                                                        | 3.8 g  | 3.3 g  | 18.9 g  | 0.3 g |
| 小鉢 C        | 切り昆布の子和え                                                           |        |        |         |       | 厚揚げ煮                                                  |        |        |         |       | 切り干し大根の煮物                                                            |        |        |         |       | 茄子煮                                                           |        |        |         |       | 温泉玉子                                                     |        |        |         |       | ひじきと蒸し鶏のわさびマヨ和え                                                |        |        |         |       |
|             | Kombu seaweed & Stir-fried bamboo shoot & fried tofu & carrot ¥100 |        |        |         |       | Simmered fried tofu with with egg sauce ¥100          |        |        |         |       | Simmered dried daikon & deep-fried surimi ¥100                       |        |        |         |       | Deep-fried eggplant dressed with Korean sauce ¥100            |        |        |         |       | Poached egg ¥100                                         |        |        |         |       | Hijiki seaweed & steamed chicken with wasabi mavonnaise ¥100   |        |        |         |       |
|             | 25kcal                                                             | 1.3 g  | 0.5 g  | 3.7 g   | 0.7 g | 70kcal                                                | 3.7 g  | 3.5 g  | 5.9 g   | 0.9 g | 81kcal                                                               | 1.6 g  | 3.9 g  | 10.2 g  | 0.8 g | 63kcal                                                        | 0.4 g  | 6.0 g  | 1.7 g   | 0.0 g | 77kcal                                                   | 6.0 g  | 4.8 g  | 1.0 g   | 0.7 g | 68kcal                                                         | 1.8 g  | 5.7 g  | 3.1 g   | 0.7 g |
| 日替り 麺       | 熊本 とんこつラーメン                                                        |        |        |         |       | 帆立バター味噌らーめん                                           |        |        |         |       | 【当店オリジナル】濃厚煮干ラーメン                                                    |        |        |         |       | ご当地 徳島中華そば                                                    |        |        |         |       | チャーシュー麺                                                  |        |        |         |       | 醤油とんこつラーメン                                                     |        |        |         |       |
|             | Chinese noodles in pork based thick soup ¥400                      |        |        |         |       | Chinese noodles in miso based soup Sannoro style ¥400 |        |        |         |       | Chinese noodles in dried sardine based soup ¥400                     |        |        |         |       | Chinese noodles in thick pork broth ¥400                      |        |        |         |       | Chinese noodles with Chinese braised pork in soup ¥400   |        |        |         |       | Chinese noodles in soup ¥400                                   |        |        |         |       |
|             | 576kcal                                                            | 20.3 g | 20.1 g | 73.8 g  | 7.7 g | 532kcal                                               | 19.6 g | 14.4 g | 76.2 g  | 8.2 g | 527kcal                                                              | 19.0 g | 16.2 g | 71.9 g  | 6.9 g | 539kcal                                                       | 21.9 g | 14.8 g | 75.1 g  | 8.3 g | 505kcal                                                  | 20.2 g | 13.1 g | 72.0 g  | 6.5 g | 504kcal                                                        | 18.1 g | 13.8 g | 72.7 g  | 8.0 g |
| 週替り カレー     | ポークカレー                                                             |        |        |         |       |                                                       |        |        |         |       |                                                                      |        |        |         |       |                                                               |        |        |         |       |                                                          |        |        |         |       |                                                                |        |        |         |       |
|             | Pork curry with rice ¥400                                          |        |        |         |       |                                                       |        |        |         |       |                                                                      |        |        |         |       |                                                               |        |        |         |       |                                                          |        |        |         |       |                                                                |        |        |         |       |
|             | 557kcal 10.8 g 10.3 g 110.6 g 2.6 g                                |        |        |         |       |                                                       |        |        |         |       |                                                                      |        |        |         |       |                                                               |        |        |         |       |                                                          |        |        |         |       |                                                                |        |        |         |       |
| 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                        |        |        |         |       | Sushi rice wrapped in fried bean card ¥150            |        |        |         |       | udon noodles in broth ¥250                                           |        |        |         |       | soba noodles in broth ¥250                                    |        |        |         |       |                                                          |        |        |         |       |                                                                |        |        |         |       |
|             | 268kcal                                                            | 4.8 g  | 1.4 g  | 61.1 g  | 0.3 g | 260kcal                                               | 5.4 g  | 5.0 g  | 46.7 g  | 1.5 g | 364kcal                                                              | 9.8 g  | 1.8 g  | 73.3 g  | 4.2 g |                                                               |        |        |         |       | 318kcal                                                  | 11.8 g | 1.8 g  | 61.0 g  | 4.2 g |                                                                |        |        |         |       |

\* 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