

None of our dishes contain any white sugar, animal products ( meat, fish, egg and dairy ) or chemical additives. Everything we serve is suitable even to strict vegetarians. We also use purified water in our cooking.

☆ Our English is limited. Kindly indicate your order by pointing.

☆ Sorry, we do not accept credit cards.

☆ Tipping is not needed.

## 単品 A la carte JPY(円)

玄米ドリア  
Brown rice casserole.....950円  
non-dairy rice milk is used

野菜グラタン  
Vegetables au gratin .....950円  
non-dairy rice milk is used

雑穀ハンバーグ  
Multi-grain hamburger...950円

雑穀フライ.....950円  
Deep-fried multi-grain dumplings

とうふステーキ  
Tofu steak .....800円

野菜かき揚げ天井 980円  
Rice topped with vegetable tempura  
(choice of brown rice or 70% polished rice)

玄米のチャーハン  
Fried brown rice .....800円

和風スパゲッティ  
Spaghetti a la japonaise ...800円

にゅうめん  
Noodles in soup .....800円  
(thin noodles called somen are used ,  
served warm)

野菜炒め  
Stir-fried vegetables.....700円

揚げだし豆腐  
Tofu tempura in broth.....700円

麩の中華風フライ  
Deep-fried fu (wheat gluten) Chinese style,  
fried with bread crumbs. 570円

麩の中華風唐揚げ 570円  
Deep-fried fu (wheat gluten) Chinese  
style, fried without bread crumbs.

サラダとうふの冷奴  
Chilled tofu.....570円

大根サラダ .....570円  
Daikon (Japanese radish) salad

砂糖を使わないデザート  
Desserts.....550円  
Our homemade natural desserts vary  
from day to day. Please ask what we  
are serving today. They are all made  
with rice syrup, no white sugar.

パリパリジャガイモサラダ  
Crunchy potato salad...460円  
(Green salad with very thin French  
fries)

イセヒカリ幻のおにぎり  
Organic rice balls ...230円  
(choice of brown rice or 70% polished  
rice)

ひじき煮 .....250円  
Hijiki (seaweed)

切干大根 .....250円  
Dried daikon (Japanese radish))

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## 定食 Set Meals JPY(円)

ごはんセット  
Rice with miso soup & pickles.  
(choice of brown rice or 70% polished rice).....400円

Children's portion.....280円

お子様ランチ  
Children's Luncheon Special.  
.....900円

ヘルシーセット  
Chef's Special  
set menu, smaller portion.  
(choice of brown rice or 70% polished rice) .....1,100円

ヘルシーセット デザートつき  
Chef's Special  
set menu, smaller portion.  
+  
Three kinds of desserts.  
(choice of brown rice or 70% polished rice) .....1,650円

ヘルシーセット ミニデザート 穀物珈琲つき  
Chef's Special  
set menu, smaller portion.  
+  
Two kinds of desserts.  
+  
Multi-grain coffee.  
(choice of brown rice or 70% polished rice) .....1,700円

大きなヘルシーなセット  
Chef's Special  
set menu, regular portion.  
+  
Two kinds of desserts.  
+  
Multi-grain coffee.  
(choice of brown rice or 70% polished rice) .....2,200円

## コースメニュー Course Meals

マクロビオティックコース  
Full course meal.....3,500円

## お飲みもの Beverages

酒  
Sake(hot / chilled) 一合  
.....690円

りんごジュース  
Apple juice.....350円  
(100% juice)

みかんジュース  
orange juice.....350円  
(100% juice)

たんぽぽコーヒー  
Dandelion coffee.....350円

穀物コーヒー  
Multi-grain coffee.....350円