

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.
A 8% service charge will be added to the total amount of your bill. Tipping is not needed.

単品 A la carte

玄米ドリア
Brown rice casserole・・・840円
non-dairy rice milk is used

七分つきご飯のドリア 840円
70% polished rice casserole・
non-dairy rice milk is used

スパゲッティーグラタン
Spaghetti au gratin・・・・・・840円
non-dairy rice milk is used

野菜グラタン
Vegetables au gratin・・・・・・840円
non-dairy rice milk is used

マカロニグラタン
Macaroni au gratin・・・・・・840円
non-dairy rice milk is used

コープーハンバーグ
Seitan hamburger・・・・・・840円
(wheat gluten)

雑穀ハンバーグ
Multi-grain hamburger・・・・840円

とうふハンバーグ
Tofu hamburger・・・・・・840円

雑穀フライ・・・・840円
Deep-fried multi-grain dumplings

とうふステーキ
Tofu steak・・・・・・730円

コープーフライ
Deep-fried seitan・・・・・・840円
(wheat gluten dumplings)

野菜天井 890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・・・・・・730円

七分つきご飯のチャーハン
Fried 70% polished rice・・・・730円

和風スパゲッティ
Spaghetti a la japonaise・・・730円

にゅうめん
Noodles in soup・・・・・・730円
(thin noodles called somen are used,
served warm)

野菜炒め
Stir-fried vegetables・・・・・・630円

揚げだし豆腐
Tofu tempura in broth・・・・・・630円

発芽玄米の雑炊
Brown Rice soup・・・・・・630円

七分つきご飯の雑炊
70% polished Rice soup・・・・630円

麩の中華風フライ
Deep-fried fu (wheat gluten) Chinese style,
fried with bread crumbs. 520円

麩の中華風唐揚げ 520円

Deep-fried fu (wheat gluten) Chinese
style, fried without bread crumbs.

サラダとうふの冷奴
Chilled tofu・・・・520円

大根サラダ・・・・520円
Daikon (Japanese radish) salad

砂糖を使わないデザート
Desserts・・・・500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・・420円
(Green salad with very thin French
fries)

イセヒカリ幻のおにぎり
Organic rice balls・・・210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

ごはんセット
Rice with miso soup & pickles.
(choice of brown rice or 70% polished
rice).....370円
Children's portion.....260円

お子様ランチ
Children's Luncheon Special.
.....840円

ヘルシーセット
Chef's Special
set menu, smaller portion.
(choice of brown rice or 70% polished
rice)1000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)1500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)1550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)2000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.....3150円

お飲みもの

Beverages

酒
Sake (hot / chilled) 一合
.....630円

りんごジュース
Apple juice.....320円
(100% juice)

みかんジュース
orange juice.....320円
(100% juice)

たんぽぽコーヒー
Dandelion coffee.....320円

穀物コーヒー
Multi-grain coffee.....320円