# 銀のさら　カロリー・アレルゲン情報 一覧表

**更新日　2023年12月1日**
（東日本）

**※お問い合わせ先**
**【お客様相談室】フリーダイヤル**
**0120-594-096**

①カロリー情報は、原則として検査機関で分析した数値です。(一部の食材については、五訂日本食品標準成分表による計算値です。)
　また、店舗でひとつひとつ手作りしているため、実際の商品では数値に誤差が出る場合もございますので、あくまでも『目安』として表示しております。
②アレルギー情報は、商品の原材料についてのものです。
　ただし、工場での食材製造時や店舗での調理時に多くの食材を扱いますので、他の食材が付着・混入する可能性があり、絶対的なものではありません。
下記表の ●印は原材料としてアレルゲンが含まれるものを表します。
※『銀のさら』『釜寅』『すし上等！』店舗では卵、乳、小麦、えび、かにを含む商品を調理しています。
※ネタの交換をご希望された場合は、カロリー情報・アレルギー情報は変わります。
※ご購入の際は、専門医とご相談のうえ、お客様ご自身が最終的にご判断下さい。
※切玉子を含む桶商品は、切玉子を含めてカロリーを計算しています。
※しゃり、ガリ、おしょうゆにつきましては、最終頁をご覧下さい。

## 銀のさら　メニュー一覧

| | 商品名 | カロリー（Kcal） | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | 卵 | 乳 | 小麦 | そば | 落花生 | あわび | いか | いくら | えび | オレンジ | かに | キウイ | 牛肉 | くるみ | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | バナナ | ゼラチン | ゴマ | カシューナッツ | 魚醤（魚介類） | アーモンド |
| 桶<br>＜5人前～1人前＞<br><br>5人前～3人前はガリ30g、<br>2人前はガリ20g、<br>1.5～1人前はガリ10gを含む | 雅（みやび）5人前 | 3707 | ● | | ● | | | ● | | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 雅（みやび）4人前 | 2967 | ● | | ● | | | ● | | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 雅（みやび）3人前 | 2226 | ● | | ● | | | ● | | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 雅（みやび）2人前 | 1484 | ● | | ● | | | ● | | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 雅（みやび）1人前 | 742 | ● | | ● | | | ● | | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 扇（おうぎ）5人前 | 3813 | ● | | ● | | | ● | | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 扇（おうぎ）4人前 | 3051 | ● | | ● | | | ● | | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 扇（おうぎ）3人前 | 2290 | ● | | ● | | | ● | | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 扇（おうぎ）2人前 | 1527 | ● | | ● | | | ● | | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 扇（おうぎ）1人前 | 763 | ● | | ● | | | ● | | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 相模（さがみ）5人前 | 3129 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 相模（さがみ）4人前 | 2504 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 相模（さがみ）3人前 | 1879 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 相模（さがみ）2人前 | 1253 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 相模（さがみ）1人前 | 626 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 宴（うたげ）5人前 | 3902 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | ● | | | | |
| | 宴（うたげ）4人前 | 3227 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | ● | | | | |
| | 宴（うたげ）3人前 | 2552 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | ● | | | | |
| | 宴（うたげ）2人前 | 1614 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | ● | | | | |
| | 宴（うたげ）1人前 | 807 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | ● | | | | |
| | 加賀（かが）5人前 | 3093 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 加賀（かが）4人前 | 2476 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 加賀（かが）3人前 | 1858 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 加賀（かが）2人前 | 1239 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 加賀（かが）1人前 | 619 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 信濃（しなの）5人前 | 2932 | ● | | ● | | | | ● | | ● | | ● | | | | ● | ● | ● | | | | | | | | | | | | | |
| | 信濃（しなの）4人前 | 2423 | ● | | ● | | | | ● | | ● | | ● | | | | ● | ● | ● | | | | | | | | | | | | | |
| | 信濃（しなの）3人前 | 1913 | ● | | ● | | | | ● | | ● | | ● | | | | ● | ● | ● | | | | | | | | | | | | | |
| | 信濃（しなの）2人前 | 1212 | ● | | ● | | | | ● | | ● | | ● | | | | ● | ● | ● | | | | | | | | | | | | | |
| | 信濃（しなの）1人前 | 606 | ● | | ● | | | | ● | | ● | | ● | | | | ● | ● | ● | | | | | | | | | | | | | |
| | 唯（ゆい）5人前 | 3469 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 唯（ゆい）4人前 | 2776 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 唯（ゆい）3人前 | 2083 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 唯（ゆい）2人前 | 1389 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 唯（ゆい）1人前 | 694 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| 桶＜1人前＞<br>ガリ10gを含む | 極（きわみ） | 746 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 匠（たくみ） | 675 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 山代（やましろ） | 871 | ● | | ● | | | | | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 薩摩（さつま） | 619 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 和（なごみ） | 602 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 佐渡（さど） | 735 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | お子様にぎり | 540 | ● | | ● | | | | | | ● | | ● | | | | ● | ● | ● | | | | | | | | | | | | | |
| づくし・単品桶<br>ガリ10gを含む | 人気細巻3本（ネギ有） | 552 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | 人気細巻3本（ネギ無） | 552 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | トロづくし | 629 | | | ● | | | | | | ● | | ● | | | | | | ● | | | | | | | | | | | | | |
| | 助六 | 772 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | トロ鉄火巻3本 | 792 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | いなり8コ | 944 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | マグロ3貫盛り | 253 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | ウニ・イクラ4貫盛り | 218 | | | ● | | | | | ● | ● | | ● | | | | | ● | ● | ● | | | | | ● | | | | | | | |
| | ハマチ3貫 | 497 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | ハマチ・真鯛4貫盛り | 284 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | 貝づくし | 152 | | | | | | | | | | | ● | | | | | | ● | | | | | | | | | | | | | |
| すし重<br>ガリ10gを含む | 海鮮ばらちらし | 780 | ● | | ● | | | | ● | ● | ● | | | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 温玉ネギトロ重 | 801 | ● | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | トロ鉄火重 | 810 | ● | | ● | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | |
| | 鮭いくら重 | 853 | ● | | ● | | | | | ● | | | | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 特上ちらし | 831 | ● | | ● | | | | ● | ● | ● | | | | | | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | 胡麻だれマグロ重 | 721 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | ● | | | | |
| うな重 | うな重（上） | 910 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | うな重（特上） | 1085 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |

| | 商品名 | カロリー（Kcal） | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | | | 卵 | 乳 | 小麦 | そば | 落花生 | あわび | いか | いくら | えび | オレンジ | かに | キウイ | 牛肉 | くるみ | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | バナナ | ゼラチン | ゴマ | カシューナッツ | 魚醤（魚介類） | アーモンド | | | | | | |
| お好み寿司<br>（握り）<br>ガリを含めない | いなり（1コ） | 117 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 真イカ（1貫） | 49 | | | | | | | ● | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 煮あなご（1貫） | 60 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 玉子（1貫） | 88 | ● | | ● | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | |
| | こはだ（1貫） | 54 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | エビ（1貫） | 50 | | | | | | | | | ● | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | ネギトロ（1貫） | 58 | | | | | | | | | ● | | ● | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | エビマヨ（1貫） | 61 | ● | | ● | | | | | | ● | | ● | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 甘エビ（1貫） | 48 | | | | | | | | | ● | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | マグロ（1貫） | 63 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | づけマグロ（1貫） | 62 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | ● | | | | | | | | | |
| | ビンチョウマグロ（1貫） | 58 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | サーモン（1貫） | 91 | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | | | | | | | | | |
| | 炙りサーモン（1貫） | 91 | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | | | | | | | | | |
| | 生エビ（1貫） | 47 | | | | | | | | | ● | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | エンガワ（1貫） | 65 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 炙りエンガワ（1貫） | 65 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | ホタテ（1貫） | 51 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | ツブ貝（1貫） | 47 | | | | | | | | | | | ● | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | うなぎ（1貫） | 81 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 鮭イクラ（1貫） | 59 | | | ● | | | | | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | トロサーモン（1貫） | 79 | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | | | | | | | | | |
| | 炙りトロサーモン（1貫） | 79 | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | | | | | | | | | |
| | ハマチ（1貫） | 82 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 金目鯛（1貫） | 58 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 生車エビ（1貫） | 50 | | | | | | | | | ● | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 中トロ軍艦（1貫） | 67 | | | | | | | | | ● | | ● | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | イクラ（1貫） | 60 | | | ● | | | | | ● | ● | | ● | | | | | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | 富山白エビ | 45 | | | | | | | | | ● | | ● | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 炙りのどぐろ（1貫） | 55 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 中トロ（1貫） | 97 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 炙り中トロ（1貫） | 97 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 大トロ（1貫） | 87 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 蝦夷アワビ（1貫） | 56 | | | | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | ウニ（1貫） | 49 | | | | | | | | | ● | | ● | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 一本あなご | 182 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | ● | | | | | | | | | |
| | さより（1貫） | 48 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 真鯛（1貫） | 59 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | しめさば（1貫） | 72 | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | |
| | 炙りしめさば（1貫） | 72 | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | |
| | 納豆軍艦（ネギ有） | 58 | | | | | | | | | ● | | ● | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 納豆軍艦（ネギ無） | 58 | | | | | | | | | ● | | ● | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 殻付き本ズワイガニ（1貫） | 52 | | | | | | | | | | | ● | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 赤貝（1貫） | 52 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | しらうお（1貫） | 46 | | | ● | | | | | | ● | | ● | | | | | | ● | | | | | | | | | | | | | | | | | | |
| お好み寿司<br>（細巻）（太巻）（手巻）<br>ガリを含めない | かっぱ巻 | 157 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 梅しそキュウリ巻 | 176 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | かんぴょう巻 | 206 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 納豆巻（ネギ有） | 195 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 納豆巻（ネギ無） | 195 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | お新香巻 | 185 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | イカしそ巻 | 179 | | | | | | | ● | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | あなごキュウリ巻 | 198 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 鉄火巻 | 190 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | ネギトロ巻 | 181 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | トロたく巻 | 175 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | トロ鉄火巻 | 261 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 梅しそキュウリ手巻 | 87 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 納豆手巻（ネギ有） | 109 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 納豆手巻（ネギ無） | 109 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 玉子手巻 | 129 | ● | | ● | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | |
| | イカ納豆手巻（ネギ有） | 105 | | | | | | | ● | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | カ納豆手巻（ネギ無） | 105 | | | | | | | ● | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 梅納豆手巻（ネギ有） | 113 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 梅納豆手巻（ネギ無） | 113 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 鉄火手巻 | 98 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | ネギトロ手巻 | 104 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | サーモン手巻 | 120 | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | | | | | | | | | |
| | 金目鯛手巻 | 99 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | イクラ手巻 | 100 | | | ● | | | | | ● | | | | | | | | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | トロ鉄火手巻（ネギ有） | 139 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | トロ鉄火手巻（ネギ無） | 139 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | ハマチしそ巻 | 940 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 鯛しそ巻 | 202 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |

| | 商品名 | カロリー（Kcal） | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | 卵 | 乳 | 小麦 | そば | 落花生 | あわび | いか | いくら | えび | オレンジ | かに | キウイ | 牛肉 | くるみ | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | バナナ | ゼラチン | ゴマ | カシューナッツ | 魚醤（魚介類） | アーモンド | | | | | | |
| ランチ<br>ガリ10gを含む | 特選ランチ握り | 505 | ● | | ● | | | | ● | ● | ● | | | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | ランチ握りセットA＋うどん | 836 | ● | | ● | | | | ● | ● | ● | | | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | ランチ握りセットA＋赤だし | 695 | ● | | ● | | | | ● | ● | ● | | | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | ランチ握りセットA＋お茶 | 613 | ● | | ● | | | | ● | ● | ● | | | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | ランチ握りセットB＋うどん | 726 | | | ● | | | | ● | | ● | | | | | | ● | ● | ● | | | | | | | | | ● | | | | | | | | | |
| | ランチ握りセットB＋赤だし | 584 | | | ● | | | | ● | | ● | | | | | | ● | ● | ● | | | | | | | | | ● | | | | | | | | | |
| | ランチ握りセットB＋お茶 | 503 | | | ● | | | | ● | | ● | | | | | | ● | | ● | | | | | | | | | ● | | | | | | | | | |
| | ランチ上ちらしセット＋うどん | 797 | ● | | ● | | | | ● | ● | ● | | | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | ランチ上ちらしセット＋赤だし | 655 | ● | | ● | | | | ● | ● | ● | | | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | ランチ上ちらしセット＋お茶 | 574 | ● | | ● | | | | ● | ● | ● | | | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | ランチ華ちらしセット＋うどん | 776 | ● | | ● | | | | ● | ● | | | | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | ランチ華ちらしセット＋赤だし | 634 | ● | | ● | | | | ● | ● | | | | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | ランチ華ちらしセット＋お茶 | 553 | ● | | ● | | | | ● | ● | | | | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | ランチ温玉づけ丼セット＋うどん | 836 | ● | | ● | | | | ● | | | | | | | | ● | ● | ● | | | | | | | | | ● | | | | | | | | | |
| | ランチ温玉づけ丼セット＋赤だし | 695 | ● | | ● | | | | ● | | | | | | | | ● | ● | ● | | | | | | | | | ● | | | | | | | | | |
| | ランチ温玉づけ丼セット＋お茶 | 613 | ● | | ● | | | | ● | | | | | | | | ● | | ● | | | | | | | | | ● | | | | | | | | | |
| サイドメニュー | 竜田揚げ（5コ）（ポン酢） | 286 | ● | ● | ● | | | | | | | | | | | | | ● | ● | ● | | | | | | | | | | | | | | | | | |
| | 竜田揚げ（5コ）（タルタル） | 402 | ● | ● | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | |
| | 竜田揚げ（10コ）（ポン酢） | 572 | ● | ● | ● | | | | | | | | | | | | | ● | ● | ● | | | | | | | | | | | | | | | | | |
| | 竜田揚げ（10コ）（タルタル） | 668 | ● | ● | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | |
| | 手羽先4本 | 173 | ● | | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | ● | | | | | | | | | |
| | 手羽先2本 | 87 | ● | | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | ● | | | | | | | | | |
| | カップ赤だし（あさり） | 82 | | | ● | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | |
| | カップみそ汁（あさり） | 75 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | |
| | 茶碗蒸し | 72 | ● | ● | ● | | | | | | ● | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | |
| | 海鮮茶碗蒸し | 136 | ● | ● | ● | | | | | | ● | | ● | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 枝豆 | 264 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | ぶっかけうどん | 222 | | | ● | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | |
| | 温玉ぶっかけうどん | 312 | ● | | ● | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | |
| | お茶（1本） | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | お吸い物 | 8 | | ● | ● | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | |
| | クレームブリュレ | 240 | ● | ● | ● | | | | | | | | | | | | | | ● | | | | | | | | | ● | | | | | | | | | |
| | わらびもち | 196 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 刺身盛り | 247 | | | ● | | | | ● | | ● | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 刺身盛り（上） | 354 | | | ● | | | | | | ● | | ● | | | | ● | | ● | | | | | | | | | | | | | | | | | | |
| | 刺身盛り（特上） | 720 | | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | 濃厚バスクチーズケーキ | 158 | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ミルクチョコレート　アイス | 166 | | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| 期間限定メニュー<br>＜5人前～1人前＞<br><br>5人前～3人前はガリ30g、<br>2人前はガリ20g、<br>1.5～1人前はガリ10gを含む | 柊（ひいらぎ）5人前 | 3658 | | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | 柊（ひいらぎ）4人前 | 2927 | | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | 柊（ひいらぎ）3人前 | 2197 | | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | 柊（ひいらぎ）2人前 | 1464 | | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | 柊（ひいらぎ）1人前 | 732 | | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | さざんか5人前 | 2963 | | | ● | | | | | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | さざんか4人前 | 2372 | | | ● | | | | | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | さざんか3人前 | 1780 | | | ● | | | | | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | さざんか2人前 | 1187 | | | ● | | | | | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | さざんか1人前 | 593 | | | ● | | | | | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | カニづくし | 196 | | | | | | | | | ● | | ● | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | カニいくら重 | 652 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 生本ズワイガニ | 51 | | | | | | | | | | | ● | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 本ズワイガニ軍艦 | 45 | | | | | | | | | ● | | ● | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 本ズワイガニ | 45 | | | ● | | | | | | | | ● | | | | | | ● | | | | | | | | | | | | | | | | | | |
| 年末年始限定メニュー<br>5人前～3人前はガリ30g、<br>2人前はガリ20g、<br>1.5～1人前はガリ10gを含む<br>「寿」は付属のバウムクーヘンのカロリーアレルゲン情報を含む | 寿（ことぶき）5人前 | 5012 | ● | ● | ● | | | ● | ● | ● | ● | | ● | | | | ● | ● | ● | ● | ● | | | | ● | | | | | | | | | | | | |
| | 寿（ことぶき）3人前 | 3402 | ● | ● | ● | | | ● | ● | ● | ● | | ● | | | | ● | ● | ● | ● | ● | | | | ● | | | | | | | | | | | | |
| | 吟（ぎん）6人前 | 3857 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | ● | | | | ● | | | | | | | | | | | | |
| | 吟（ぎん）5人前 | 3215 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | ● | | | | ● | | | | | | | | | | | | |
| | 吟（ぎん）4人前 | 2573 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | ● | | | | ● | | | | | | | | | | | | |
| | 吟（ぎん）3人前 | 1931 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | ● | | | | ● | | | | | | | | | | | | |
| | 吟（ぎん）2人前 | 1287 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | ● | | | | ● | | | | | | | | | | | | |
| | 吟（ぎん）1人前 | 644 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | ● | | | | ● | | | | | | | | | | | | |
| | ちびっこ握り | 482 | ● | | ● | | | | | ● | ● | | | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | 喜（よろこび）1人前 | 548 | | | ● | | | | | | ● | | ● | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 刺身盛り（限定） | 618 | | | ● | | | | ● | ● | ● | | ● | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 幸（さち）6人前 | 3491 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | 幸（さち）5人前 | 2910 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | 幸（さち）4人前 | 2329 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | 幸（さち）3人前 | 1748 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | 幸（さち）2人前 | 1166 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | 幸（さち）1人前 | 583 | ● | | ● | | | | ● | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |
| | 福（ふく）6人前 | 3347 | | | ● | | | | ● | ● | ● | | ● | | | | ● | | ● | ● | | | | | ● | | | | | | | | | | | | |
| | 福（ふく）5人前 | 2790 | | | ● | | | | ● | ● | ● | | ● | | | | ● | | ● | ● | | | | | ● | | | | | | | | | | | | |
| | 福（ふく）4人前 | 2233 | | | ● | | | | ● | ● | ● | | ● | | | | ● | | ● | ● | | | | | ● | | | | | | | | | | | | |
| | 福（ふく）3人前 | 1676 | | | ● | | | | ● | ● | ● | | ● | | | | ● | | ● | ● | | | | | ● | | | | | | | | | | | | |
| | 福（ふく）2人前 | 1118 | | | ● | | | | ● | ● | ● | | ● | | | | ● | | ● | ● | | | | | ● | | | | | | | | | | | | |
| | 福（ふく）1人前 | 559 | | | ● | | | | ● | ● | ● | | ● | | | | ● | | ● | ● | | | | | ● | | | | | | | | | | | | |
| SP商品 | 炙り赤魚 | 50 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 炙りカワハギ | 47 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | 詩（うた）1人前 | 601 | | | ● | | | | | ● | ● | | ● | | | | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | |

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| | しゃり　21g | 38 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | ガリ　10g | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ガリ　20g | 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ガリ　30g | 11 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | おしょうゆ | 9 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |