

銀のさら カロリー・アレルギー情報 一覧表

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(東海)

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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がございますので、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ギー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。
※切玉子を含む商品は、切玉子を含めてカロリーを計算しています。

銀のさら メニュー一覧

| 商品名 | カロリー (Kcal) | アレルギー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------|-------------|-------|---|----|----|-----|-----|----|-----|----|------|----|-----|----|-----|----|----|----|----|----|------|----|------|-----|-----|------|----|---------|----------|-------|--|--|--|--|--|--|
| | | 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 | 魚卵 (魚介類) | アーモンド | | | | | | |
| 雅 (みやび) 5人前 | 4201 | ● | ● | | | | | ● | ● | | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 雅 (みやび) 4人前 | 3361 | ● | ● | | | | | ● | ● | | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 雅 (みやび) 3人前 | 2521 | ● | ● | | | | | ● | ● | | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 雅 (みやび) 2人前 | 1681 | ● | ● | | | | | ● | ● | | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 雅 (みやび) 1人前 | 840 | ● | ● | | | | | ● | ● | | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 響 (ひびき) 5人前 | 3832 | ● | ● | | | | | ● | ● | | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 響 (ひびき) 4人前 | 3066 | ● | ● | | | | | ● | ● | | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 響 (ひびき) 3人前 | 2299 | ● | ● | | | | | ● | ● | | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 響 (ひびき) 2人前 | 1533 | ● | ● | | | | | ● | ● | | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 響 (ひびき) 1人前 | 766 | ● | ● | | | | | ● | ● | | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 相模 (さがみ) 5人前 | 3108 | | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 相模 (さがみ) 4人前 | 2486 | | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 相模 (さがみ) 3人前 | 1865 | | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 相模 (さがみ) 2人前 | 1243 | | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 相模 (さがみ) 1人前 | 622 | | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 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 | 3077 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | ● | | | | | | | | |
| 加賀 (かが) 4人前 | 2461 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | ● | | | | | | | | |
| 加賀 (かが) 3人前 | 1846 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | ● | | | | | | | | |
| 加賀 (かが) 2人前 | 1231 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | ● | | | | | | | | |
| 加賀 (かが) 1人前 | 615 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | ● | | | | | | | | |
| 信濃 (しなの) 5人前 | 2866 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 信濃 (しなの) 4人前 | 2357 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 信濃 (しなの) 3人前 | 1847 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 信濃 (しなの) 2人前 | 1179 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 信濃 (しなの) 1人前 | 589 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 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 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 相模5人前+海鮮巻セット | 3781 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 相模4人前+海鮮巻セット | 3161 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 相模3人前+海鮮巻セット | 2541 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 相模2人前+海鮮巻セット | 1919 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 加賀5人前+海鮮巻セット | 3719 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 加賀4人前+海鮮巻セット | 3136 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 加賀3人前+海鮮巻セット | 2522 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 加賀2人前+海鮮巻セット | 1907 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 信濃5人前+海鮮巻セット | 3542 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 信濃4人前+海鮮巻セット | 3032 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 信濃3人前+海鮮巻セット | 2523 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 信濃2人前+海鮮巻セット | 1855 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | | | | | | | | | |
| 宴5人前+海鮮巻セット | 4578 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | ● | | | | | | | | |
| 宴4人前+海鮮巻セット | 3903 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | ● | | | | | | | | |
| 宴3人前+海鮮巻セット | 3228 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | ● | | | | | | | | |
| 宴2人前+海鮮巻セット | 2290 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | ● | | | | | | | | |
| 響5人前+海鮮巻セット | 4517 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | ● | | | | | | | | |
| 響4人前+海鮮巻セット | 3751 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | ● | | | | | | | | |
| 響3人前+海鮮巻セット | 2984 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | ● | | | | | | | | |
| 響2人前+海鮮巻セット | 2218 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | ● | | | | | | | | |
| 雅5人前+海鮮巻セット | 4887 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | ● | | | | | | | | |
| 雅4人前+海鮮巻セット | 4046 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | ● | | | | | | | | |
| 雅3人前+海鮮巻セット | 3206 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | ● | | | | | | | | |
| 雅2人前+海鮮巻セット | 2366 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | ● | | | | | | | | |
| 唯 (ゆい) 5人前+海鮮巻セット | 4145 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | ● | | | | | | | | |
| 唯 (ゆい) 4人前+海鮮巻セット | 3452 | ● | ● | | | | | ● | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | ● | | | ● | | | | | | | | |

| | 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 | 魚卵 (魚介類) | アーモンド | | |
| ランチ | 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+みそ汁 | 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+みそ汁 | 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+みそ汁 | 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+みそ汁 | 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+みそ汁 | 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 (1袋) | 8 | | ● | ● | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | | |
| | 刺身盛り | 247 | | | ● | | | | ● | | ● | | | | | | | ● | ● | | | | | | | | | | | | | | |
| | 刺身盛り (上) | 354 | | | ● | | | | | | ● | | | | | | | ● | ● | | | | | | | | | | | | | | |
| | 刺身盛り (特上) | 720 | | | ● | | | | ● | ● | ● | | | | | | | ● | ● | ● | | | | | | | | | | | | | |
| ミルクチョコレート アイスクリーム | 166 | | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| 濃厚バスクチーズケーキ | 158 | ● | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| クレームブリュレ (カラメルソース付) | 240 | ● | ● | ● | | | | | | | | | | | | | | ● | | | | | | | | | | ● | | | | | |
| わらびもち (黒みつ付) | 196 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| 期間限定メニュー <5人前~1人前> | 栴(ひいらぎ)5人前 | 4165 | ● | ● | | | | | ● | ● | | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | |
| | 栴(ひいらぎ)4人前 | 3332 | ● | ● | | | | | ● | ● | | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | |
| | 栴(ひいらぎ)3人前 | 2499 | ● | ● | | | | | ● | ● | | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | |
| | 栴(ひいらぎ)2人前 | 1666 | ● | ● | | | | | ● | ● | | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | |
| | 栴(ひいらぎ)1人前 | 833 | ● | ● | | | | | ● | ● | | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | |
| | さざんか 5人前 | 2816 | | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | |
| | さざんか 4人前 | 2253 | | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | |
| | さざんか 3人前 | 1690 | | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | |
| | さざんか 2人前 | 1127 | | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | |
| | さざんか 1人前 | 563 | | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | |
| | カニいくら重 | 637 | | ● | | | | | | ● | | | | | | | ● | ● | ● | | | | | | | | | | | | | | |
| | カニづくし | 197 | | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | | |
| | 本ズワイガニ軍艦 | 45 | | | | | | | | | ● | | | | | | | ● | ● | | | | | | | | | | | | | | |
| | 生本ズワイガニ | 53 | | | | | | | | | ● | | | | | | | ● | ● | | | | | | | | | | | | | | |
| 年末年始限定メニュー 5人前~3人前はガリ30g、 2人前はガリ20g、 1.5~1人前はガリ10gを含む 「寿」は付属のパウムクーヘンのカ リアレルゲン情報を含む | 寿 (ことぶき) 5人前 | 5417 | ● | ● | ● | | | ● | ● | ● | | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | |
| | 寿 (ことぶき) 3人前 | 3645 | ● | ● | ● | | | ● | ● | ● | | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | |
| | 吟 (ぎん) 6人前 | 4275 | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | |
| | 吟 (ぎん) 5人前 | 3588 | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | |
| | 吟 (ぎん) 4人前 | 2901 | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | |
| | 吟 (ぎん) 3人前 | 2214 | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | |
| | 吟 (ぎん) 2人前 | 1476 | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | |
| | 吟 (ぎん) 1人前 | 738 | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | |
| | ちびっこ握り | 679 | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | |