# 銀のさら　カロリー・アレルゲン情報　一覧表

更新日　2019年2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、そば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 | 対象人数 | 数 | 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 | キウイフルーツ | 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 |
| 桶〈5人前～1人前〉<br>5人前～3人前はガリ30gを含む<br>2人前はガリ20gを含む<br>1.5人前～1人前はガリ10gを含む | 相模（さがみ） | 5人前 | 50 | 3,212 | | | ● | | | | ● | ● | ● | | | | | | ● | | ● | ● | | | | | ● | | | | |
| | | 4人前 | 40 | 2,571 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 3人前 | 30 | 1,930 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2人前 | 20 | 1,287 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1人前 | 10 | 643 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 加賀（かが） | 5人前 | 50 | 3,006 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 4人前 | 40 | 2,406 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 3人前 | 30 | 1,806 | ● | | ● | | | | | ● | ● | | | | | | ● | | ● | ● | | | | | ● | | | | |
| | | 2人前 | 20 | 1,204 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1人前 | 10 | 602 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 雅（みやび） | 5人前 | 50 | 3,389 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 4人前 | 40 | 2,713 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 3人前 | 30 | 2,036 | ● | | ● | | | | | ● | ● | | | | | | ● | | ● | ● | | | | | ● | | | | |
| | | 2人前 | 20 | 1,358 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1人前 | 10 | 679 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 瑞穂（みずほ） | 5人前 | 45 | 3,261 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 4人前 | 36 | 2,610 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 3人前 | 27 | 1,960 | ● | | ● | | | | ● | ● | ● | | | | | | ● | | ● | ● | | | | | ● | | | | |
| | | 2人前 | 18 | 1,306 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1人前 | 9 | 653 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 宴（うたげ） | 5人前 | 49 | 3,903 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 4人前 | 40 | 3,228 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 3人前 | 31 | 2,553 | ● | | ● | | | | ● | ● | ● | | | | | | ● | | ● | ● | | | | | ● | | ● | | |
| | | 2人前 | 20 | 1,615 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1人前 | 10 | 808 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 信濃（しなの） | 5人前 | 44 | 2,861 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 4人前 | 36 | 2,354 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 3人前 | 28 | 1,847 | ● | | ● | | | | ● | | ● | | | | | | ● | | ● | | | | | | | | | | |
| | | 2人前 | 18 | 1,178 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1人前 | 9 | 589 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 月（つき） | 5人前 | 50 | 2,933 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 4人前 | 40 | 2,347 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 3人前 | 30 | 1,762 | ● | | ● | | | | | | ● | | | | | | ● | | ● | | | | | ● | | | ● | | |
| | | 2人前 | 20 | 1,175 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1人前 | 10 | 587 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 桶〈1人前〉<br>ガリ10gを含む | 山代（やましろ） | 1人前 | 11 | 803 | ● | | ● | | | | | | ● | | | | | | ● | | ● | | | | | ● | | | ● | | |
| | 佐渡（さど） | 1人前 | 12 | 793 | ● | | ● | | | | | | ● | | | | | | ● | | ● | | | | | ● | | | ● | | |
| | 極（きわみ） | 1人前 | 12 | 736 | ● | | ● | | | | | | ● | | | | | | ● | | ● | | | | | ● | | | ● | | |
| | 匠（たくみ） | 1人前 | 10 | 711 | ● | | ● | | | | | | ● | | | | | | ● | | ● | | | | | ● | | | ● | | |
| | お子様にぎり | 1人前 | 7 | 538 | ● | | ● | | | | | | ● | | | | | | ● | | ● | | | | | ● | | | ● | | |
| づくし・単品桶<br>ガリ10gを含む | トロづくし | 1人前 | ― | 657 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | マグロ3貫盛り | 1人前 | ― | 253 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | トロ鉄火巻3本 | 1人前 | ― | 782 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | 貝づくし | 1人前 | ― | 151 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | 助六 | 1人前 | ― | 707 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | 一本あなご | ― | 1 | 157 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | ● | | |
| | いなり8コ | 1人前 | ― | 946 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | |
| 寿司丼<br>ガリ10gを含む | ばらちらし | 1人前 | ― | 790 | ● | | ● | | | | ● | ● | | | | | | | ● | | ● | ● | | | | | ● | | | | |
| | トロ鉄火丼 | 1人前 | ― | 719 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | 特選ちらし | 1人前 | ― | 771 | ● | | ● | | | | ● | ● | ● | | | | | | ● | | ● | ● | | | | | ● | | | | |
| | ネギトロ丼 | 1人前 | ― | 806 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | 鮭いくら丼 | 1人前 | ― | 833 | ● | | ● | | | | | ● | | | | | | | ● | | ● | ● | | | | | ● | | | | |
| | 極上ちらし | 1人前 | ― | 870 | ● | | ● | | | | ● | ● | ● | | | | | | ● | | ● | ● | | | | | ● | | | | |
| ランチ<br>ガリ10gを含む<br>（サイドメニューの数値は含まれておりません） | ランチ華ちらし | 1人前 | ― | 547 | ● | | ● | | | | ● | ● | | | | | | | ● | | ● | ● | | | | | ● | | | | |
| | ランチ上ちらし | 1人前 | ― | 566 | ● | | ● | | | | ● | ● | ● | | | | | | ● | | ● | ● | | | | | ● | | | | |
| | ランチ温玉づけ丼 | 1人前 | ― | 634 | ● | | ● | | | | ● | | | | | | | | ● | | ● | | | | | | | | | | |
| | 特選ランチ握り | 1人前 | 8 | 481 | | | ● | | | | ● | ● | ● | | | | | | ● | ● | ● | ● | | | | | ● | | | | |
| | 握りA | 1人前 | 8 | 588 | ● | | ● | | | | ● | ● | ● | | | | | | ● | | ● | ● | | | | | ● | | | | |
| | 握りB | 1人前 | 8 | 500 | | | ● | | | | ● | | ● | | | | | | ● | | ● | | | | | | | | ● | | |

| | 商品名 | 対象人数 | 数 | 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 | キウイフルーツ | 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 |
| サイドメニュー | おだまき蒸し<br>〈うどん入り特大茶碗蒸し〉 | 1食 | － | 151 | ● | | ● | | | | | | ● | | ● | | | | | | ● | ● | | | | | | | | | | |
| | 海鮮茶碗蒸し | 1食 | － | 106 | ● | | ● | | | | | ● | ● | | ● | | | | | | ● | ● | | | | | ● | | | | | |
| | 茶碗蒸し | 1食 | － | 78 | ● | | ● | | | | | | ● | | | | | | | | ● | ● | | | | | | | | | | |
| | 竜田揚げ 5コ<br>〈おろしポン酢付〉 | 1食 | － | 286 | | | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | | | |
| | 竜田揚げ 5コ<br>〈タルタルソース付〉 | 1食 | － | 408 | ● | | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | | | |
| | 竜田揚げ 10コ<br>〈おろしポン酢付〉 | 1食 | － | 572 | | | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | | | |
| | 竜田揚げ 10コ<br>〈タルタルソース付〉 | 1食 | － | 816 | ● | | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | | | |
| | 手羽先(甘辛) 2本 | 1食 | － | 325 | | ● | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | ● | | |
| | 手羽先(甘辛) 4本 | 1食 | － | 651 | | ● | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | ● | | |
| | ぶっかけうどん<br>〈つゆ付〉 | 1食 | － | 223 | | | ● | | | | | | | | | | | | | ● | ● | | | | | | | | | | | |
| | お茶 | 1本 | － | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | カップみそ汁(あさり) | 1食 | － | 75 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | カップ赤だし(あさり) | 1食 | － | 82 | | | ● | | | | | | | | | | | | | ● | ● | | | | | | | | | | | |
| | お吸い物 | 1食 | － | 8 | | ● | ● | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | 刺身盛り | － | － | 205 | | | | | | | ● | | ● | | | | | | | | | | | | | | | | | | | |
| | 刺身盛り(上) | － | － | 256 | | | | | | | | | ● | | | | | | ● | | | | | | | | | | | | | |
| | フォンダンショコラ | 1食 | － | 398 | ● | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | わらびもち | 1食 | － | 196 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | ベリーストロベリーアイス | 1食 | － | 148 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| お好み寿司<br>握り<br>ガリを含めない | いなり | － | 1 | 118 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | イカ | － | 1 | 46 | | | | | | | ● | | | | | | | | | | ● | | | | | | | | | | | |
| | あなご | － | 1 | 59 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | 玉子 | － | 1 | 90 | ● | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | 北海道トロしめさば | － | 1 | 86 | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | |
| | 炙り北海道トロしめさば | － | 1 | 70 | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | |
| | こはだ | － | 1 | 57 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | 北海道タコ(梅肉のせ) | － | 1 | 46 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | エビ | － | 1 | 50 | | | | | | | | | ● | | | | | | | | ● | | | | | | | | | | | |
| | ネギトロ | － | 1 | 67 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | エビマヨ | － | 1 | 61 | ● | | ● | | | | | | ● | | | | | | | | ● | | | | | | | | | | | |
| | マグロ | － | 1 | 57 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | づけマグロ | － | 1 | 63 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | ● | | |
| | 甘エビ | － | 1 | 48 | | | | | | | | | ● | | | | | | | | ● | | | | | | | | | | | |
| | 江戸前玉子 | － | 1 | 13 | ● | | ● | | | | | | | | | | | | | | ● | | | | | ● | | | | | | |
| | サーモン | － | 1 | 79 | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | | |
| | 炙りサーモン | － | 1 | 79 | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | | |
| | ハマチ | － | 1 | 95 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | 生エビ | － | 1 | 47 | | | | | | | | | ● | | | | | | | | ● | | | | | | | | | | | |
| | 北海道ホタテ | － | 1 | 52 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | ツブ貝 | － | 1 | 47 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | エンガワ | － | 1 | 79 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | 炙りエンガワ | － | 1 | 79 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | 上あなご | － | 1 | 58 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | 炙り上あなご | － | 1 | 58 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | 鮭イクラ | － | 1 | 59 | | | ● | | | | | ● | | | | | | | ● | | ● | ● | | | | | ● | | | | | |
| | 熟成金目鯛 | － | 1 | 58 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | 生車エビ | － | 1 | 50 | | | | | | | | | ● | | | | | | | | ● | | | | | | | | | | | |
| | 煮はまぐり | － | 1 | 68 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | 赤貝 | － | 1 | 49 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | イクラ | － | 1 | 60 | | | ● | | | | | ● | | | | | | | | | ● | ● | | | | | ● | | | | | |
| | 中トロ | － | 1 | 97 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | 炙り中トロ | － | 1 | 97 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | 炙りのどぐろ<br>(もみじおろし・青ネギのせ) | － | 1 | 54 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | ウニ | － | 1 | 49 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | 大ズワイガニ | － | 1 | 52 | | | | | | | | | | | ● | | | | | | ● | | | | | | | | | | | |
| | 大トロ | － | 1 | 87 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| お好み寿司<br>細巻<br>ガリを含めない | かっぱ巻 | 1本 | － | 159 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | かんぴょう巻 | 1本 | － | 175 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | 納豆巻 | 1本 | － | 192 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | イカしそ巻 | 1本 | － | 171 | | | | | | | ● | | | | | | | | | | ● | | | | | | | | | | | |
| | あなごキュウリ巻 | 1本 | － | 198 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | 鉄火巻 | 1本 | － | 189 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | ネギトロ巻 | 1本 | － | 208 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | トロたく巻 | 1本 | － | 194 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | トロ鉄火巻 | 1本 | － | 260 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |

| | 商品名 | 対象人数 | 数 | 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 | キウイフルーツ | 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 |
| お好み寿司<br>手巻<br>ガリを含めない | 納豆手巻 | 1本 | － | 106 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | 鉄火手巻 | 1本 | － | 98 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | ネギトロ手巻 | 1本 | － | 119 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | イクラ手巻 | 1本 | － | 100 | | | ● | | | | | ● | | | | | | | | | ● | ● | | | | | ● | | | | | |
| | あなごキュウリ手巻 | 1本 | － | 95 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | トロ鉄火手巻 | 1本 | － | 139 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |

※お好み寿司の握り・細巻・手巻のカロリーアレルゲン表には、ガリを含めておりません。

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | しゃり 21g | | 1 | 38 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | ガリ 10g | | － | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ガリ 20g | | － | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ガリ 30g | | － | 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | おしょうゆ | 1袋 | － | 9 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 期間限定メニュー<br><br>5人前～3人前は<br>ガリ30gを含む<br>2人前はガリ20gを含む<br>1人前はガリ10gを含む | 躍 | 5人前 | 55 | 3,890 | ● | | ● | | | | | ● | ● | | | | | | ● | | ● | ● | | | | | ● | | | | | |
| | | 4人前 | 44 | 3,113 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 3人前 | 33 | 2,337 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2人前 | 22 | 1,558 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1人前 | 11 | 779 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 舞 | 5人前 | 50 | 3,696 | ● | | ● | | | | ● | ● | ● | | | | | | ● | | ● | ● | | | | | ● | | | | | |
| | | 4人前 | 40 | 2,958 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 3人前 | 30 | 2,220 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2人前 | 20 | 1,480 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1人前 | 10 | 740 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | エビづくし | － | 8 | 422 | | | ● | | | | | | ● | | | | | | | | ● | | | | | | | | | | | |
| | 大生エビ | － | 1 | 56 | | | | | | | | | ● | | | | | | | | ● | | | | | | | | | | | |
| | 炙り大エビ | － | 1 | 57 | | | ● | | | | | | ● | | | | | | | | ● | | | | | | | | | | | |