

エネルギー(kcal)表示について»  
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| メニュー名<br>Menu Name       | エネルギー<br>(kcal) / 杯<br>Kcal/meal           | 食物アレルギー<br>Food allergens |                               |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
|--------------------------|--|---------------------------|-------------------------------|-----------|-------------|-----------------|---------------|--------------|---|----------------|-------------|-------------------|----------------|-------------|------------|------------|---------------|---------------|--------------|----------------|---------------|-------------------|-------------|-------------|--------------|-----------------|---------------|----------------|------------------------------|--|
|                          |  | 該当なし<br>N / A             | 特定原材料<br>Allergenic materials |           |             |                 |               |              | 特定原材料に準ずるもの<br>Potentially allergenic materials |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
|                          |  |                           | 卵<br>Egg                      | 乳<br>Milk | 小麦<br>Wheat | そば<br>Buckwheat | 落花生<br>Peanut | えび<br>Shrimp | かに<br>Crab                                      | あわび<br>Abalone | いか<br>Squid | いくら<br>Salmon roe | オレンジ<br>Orange | キウイ<br>Kiwi | 牛肉<br>Beef | 豚肉<br>Pork | 鶏肉<br>Chicken | くるみ<br>Walnut | さけ<br>Salmon | さば<br>Mackerel | 大豆<br>Soybean | まつたけ<br>Matsutake | もも<br>Peach | やまごも<br>Yam | りんご<br>Apple | ゼラチン<br>Gelatin | バナナ<br>Banana | 1) ね<br>Sesame | カン<br>ーナ<br>ッツ<br>cashew nut |  |
| #グラスワイン赤                 | Glass Wine (Red)                           | 102                       | ●                             |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
| #グラスワイン白                 | Glass Wine (white)                         | 102                       | ●                             |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
| #ミニカラフェワイン赤              | Mini carafe Wine (Red)                     | 168                       | ●                             |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
| #ミニカラフェワイン白              | Mini carafe Wine (white)                   | 168                       | ●                             |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
| #デキャンタワイン赤               | Decanter Wine (Red)                        | 329                       | ●                             |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
| #デキャンタワイン白               | Decanter Wine (white)                      | 329                       | ●                             |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
| #ザ・ニューソーワ クリア珈琲          | The New Sour Clear Coffee                  | 86                        | ●                             |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
| #ザ・ニューソーワ 生ライム洋酒ソーワ      | The New Sour Fresh Lime Liqueur Sour       | 88                        | ●                             |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
| #ザ・ニューソーワ 生グレープフルーツ洋酒ソーワ | The New Sour Fresh Grapefruit Liqueur Sour | 102                       | ●                             |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
| #ザ・ニューソーワ 生オレンジ洋酒ソーワ     | The New Sour Fresh Orange Liqueur Sour     | 95                        |                               |           |             |                 |               |              |   |                | ●           |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
| #こだわり喫茶酒場のレモンソーワ         | Discerning CAFFE & BAR' s Lemon Sour       | 75                        | ●                             |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
| #プロント本気のレモンソーワ           | PRONTO's Earnest Lemon Sour                | 116                       | ●                             |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
| #特製塩レモンソーワ               | Special Salty Lemon Sour                   | 185                       | ●                             |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
| #プロントのハイボール              | PRONTO'S Highball                          | 109                       | ●                             |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
| #だるまハイボール                | DARUMA Highball                            | 71                        | ●                             |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
| #角ハイボール                  | Kaku Highball                              | 73                        | ●                             |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
| #ジムビームハイボール              | Jim Beam Highball                          | 72                        | ●                             |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
| #メガ角ハイボール                | Mega Kaku Highball                         | 144                       | ●                             |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
| #メガジムビームハイボール            | Mega Jim Beam Highball                     | 107                       | ●                             |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
| #あの時のチョコバナナミルク           | -  | 160                       |                               | ●         |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 | ●             |                |                              |  |
| #大人のバナナミルク               | -  | 185                       |                               | ●         |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 | ●             |                |                              |  |
| #クリームソーダ(メロン)            | Cream Soda (Melon)                         | 219                       |                               | ●         |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
| #クリームソーダソーワ(メロン)         | Cream Soda Sour (Melon)                    | 227                       |                               | ●         |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
| #クリームソーダ(いちご)            | Cream Soda (Strawberry)                    | 207                       |                               | ●         |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
| #クリームソーダソーワ(いちご)         | Cream Soda Sour (Strawberry)               | 223                       |                               | ●         |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |
| #クリームソーダ(ブルーハワイ)         | Cream Soda (Blue Hawaii)                   | 203                       |                               | ●         |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                              |  |

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|-----------------------------|---|---------------------------|-------------------------------|-----------|-------------|-----------------|---------------|--------------|------------|----------------|-------------|-------------------|---|-------------|------------|------------|---------------|---------------|--------------|----------------|---------------|-------------------|-------------|-------------|--------------|-----------------|---------------|-----------------|-------------------------|
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| #クリームソーダサワー(ブルーハワイ)         | Cream Soda Sour (Blue Hawaii)             | 215                       |                               | ●         |             |                 |               |              |            |                |             |                   |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #レモン香るワインサワー 赤              | -   | 70                        | ●                             |           |             |                 |               |              |            |                |             |                   |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #レモン香るワインサワー 白              | -   | 70                        | ●                             |           |             |                 |               |              |            |                |             |                   |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #トマトハイ                      | Tomato Highball                           | 101                       | ●                             |           |             |                 |               |              |            |                |             |                   |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #バイスサワー                     | Vice Sour (Plum vinegar & Perilla flavor) | 110                       | ●                             |           |             |                 |               |              |            |                |             |                   |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #まだ流行っていない翠ジンソーダ            | Ahead of the trend SUI Gin Soda           | 67                        | ●                             |           |             |                 |               |              |            |                |             |                   |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #烏龍ハイ                       | Oolong Tea Highball                       | 61                        | ●                             |           |             |                 |               |              |            |                |             |                   |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #大隅(麦)                      | The Osumi Barley Shochu                   | 83                        | ●                             |           |             |                 |               |              |            |                |             |                   |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #大隅(芋)                      | The Osumi Potato Shochu                   | 83                        | ●                             |           |             |                 |               |              |            |                |             |                   |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #ザ・プレミアム・モルツ〈香る〉エール<br>パイント | The Premium Malt's Ale Beer Pint          | 200                       | ●                             |           |             |                 |               |              |            |                |             |                   |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #ザ・プレミアム・モルツ〈香る〉エール<br>グラス  | The Premium Malt's Beer Glass             | 120                       | ●                             |           |             |                 |               |              |            |                |             |                   |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #ザ・プレミアム・モルツ〈香る〉エール<br>ジョッキ | The Premium Malt's Beer Jug               | 131                       | ●                             |           |             |                 |               |              |            |                |             |                   |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #ジンフィズ                      | Gin Fizz                                  | 112                       | ●                             |           |             |                 |               |              |            |                |             |                   |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #ピーチフィズ                     | Peach Fizz                                | 88                        | ●                             |           |             |                 |               |              |            |                |             |                   |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #翠ジントニック                    | Gin and tonic                             | 99                        |                               |           |             |                 |               |              |            |                |             |                   |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #モスコミュール                    | Moscow Mule                               | 111                       |                               |           |             |                 |               |              |            |                |             |                   |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #シャンディガフ                    | Shandy Gaff                               | 132                       | ●                             |           |             |                 |               |              |            |                |             |                   |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #カシスオレンジ                    | Cassis and orange                         | 155                       |                               |           |             |                 |               |              |            |                |             | ●                 |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #カシスウーロン                    | Cassis and Oolong tea                     | 84                        | ●                             |           |             |                 |               |              |            |                |             |                   |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #オールフリー                     | All-Free                                  | 0                         | ●                             |           |             |                 |               |              |            |                |             |                   |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #ブラッドオレンジジュース               | Blood Orange Juice                        | 108                       |                               |           |             |                 |               |              |            |                |             | ●                 |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #ウーロン茶                      | Oolong tea                                | 0                         | ●                             |           |             |                 |               |              |            |                |             |                   |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #ジンジャーエール                   | Ginger Ale                                | 72                        | ●                             |           |             |                 |               |              |            |                |             |                   |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #ホットコーヒー                    | Hot Coffee                                | 7                         | ●                             |           |             |                 |               |              |            |                |             |                   |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #ホットティー                     | Hot Tea                                   | 0                         | ●                             |           |             |                 |               |              |            |                |             |                   |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |
| #アイスコーヒー                    | Iced Coffee                               | 5                         | ●                             |           |             |                 |               |              |            |                |             |                   |   |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                 |                         |

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| #アイステイー<br>Iced Tea | 2                                | ●                         |                               |           |             |                 |               |              |            |   |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                        |  |
| #だるまの水割り〜奇跡の13回転半〜  | 71                               | ●                         |                               |           |             |                 |               |              |            |   |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                        |  |

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食物アレルギー物質表示について  
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| メニュー名<br>Menu Name    | エネルギー<br>(kcal) / 杯<br>Kcal / meal  | 食物アレルギー<br>Food allergens |                               |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                                |
|-----------------------|-------------------------------------|---------------------------|-------------------------------|-----------|-------------|-----------------|---------------|--------------|---|----------------|-------------|-------------------|----------------|-------------|------------|------------|---------------|---------------|--------------|----------------|---------------|-------------------|-------------|-------------|--------------|-----------------|---------------|----------------|--------------------------------|
|                       |                                     | 該当なし<br>N / A             | 特定原材料<br>Allergenic materials |           |             |                 |               |              | 特定原材料に準ずるもの<br>Potentially allergenic materials |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                                |
|                       |                                     |                           | 卵<br>Eggs                     | 乳<br>Milk | 小麦<br>Wheat | そば<br>Buckwheat | 落花生<br>Peanut | えび<br>Shrimp | かに<br>Crab                                      | あわび<br>Abalone | いか<br>Squid | いくら<br>Salmon roe | オレンジ<br>Orange | キウイ<br>Kiwi | 牛肉<br>Beef | 豚肉<br>Pork | 鶏肉<br>Chicken | くるみ<br>Walnut | さけ<br>Salmon | さば<br>Mackerel | 大豆<br>Soybean | まつたけ<br>Matsutake | もも<br>Peach | やまいも<br>Yam | りんご<br>Apple | ゼラチン<br>Gelatin | バナナ<br>Banana | 1) ね<br>Sesame | カン<br>シュー<br>ナッツ<br>cashew nut |
| #お通し(塩茹で落花生)          | -                                   | 92                        |                               |           |             | ●               |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                                |
| #お通し(焼とば)             | -                                   | 32                        |                               |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               | ●            |                |               |                   |             |             |              |                 |               |                |                                |
| #お通し(パッパラチップス)        | -                                   | 42                        |                               | ●         | ●           |                 |               |              |   |                |             |                   |                |             | ●          |            |               |               |              | ●              |               |                   |             |             |              |                 |               |                |                                |
| #チューリップ唐揚げ プレーン(1本)   | Tulip-shaped Fried Chicken Plain(1) | 82                        |                               | ●         | ●           |                 |               |              |   |                |             |                   |                |             | ●          |            |               |               |              | ●              |               |                   |             |             |              |                 |               |                |                                |
| #チューリップ唐揚げ 危険なりの塩(1本) | -                                   | 82                        |                               | ●         | ●           |                 |               |              |   |                |             |                   |                |             | ●          |            |               |               |              | ●              |               |                   |             |             |              |                 |               |                |                                |
| #チューリップ唐揚げ ザク辛(1本)    | -                                   | 95                        |                               | ●         | ●           |                 |               | ●            |   |                |             |                   |                |             | ●          |            |               |               |              | ●              |               |                   |             |             |              |                 |               |                |                                |
| #キッサカバの赤ナポリタン         | Red Spaghetti Napolitan             | 822                       |                               | ●         | ●           | ●               |               |              |   |                |             |                   |                |             | ●          | ●          |               |               |              | ●              |               |                   |             |             |              |                 |               |                |                                |
| #キッサカバの白ナポリタン         | White Spaghetti Napolitan           | 1053                      |                               | ●         | ●           | ●               |               |              |   |                |             |                   |                |             | ●          | ●          |               |               |              | ●              |               |                   |             |             |              |                 |               |                |                                |
| #喫茶酒場の揚げ玉子サンド         | Fried Rolled Omelet Sandwich        | 924                       |                               | ●         | ●           | ●               |               |              |   |                |             |                   |                |             |            |            |               |               |              | ●              |               |                   |             | ●           | ●            |                 |               |                |                                |
| #喫茶酒場のカツサンド           | Cutlet Sandwich                     | 820                       |                               | ●         | ●           | ●               |               |              |   |                |             |                   |                |             | ●          |            |               |               |              | ●              |               |                   |             | ●           |              |                 |               |                |                                |
| #ミックスナッツ              | Mixed nuts                          | 273                       |                               |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               | ●             |              | ●              |               |                   |             |             |              |                 |               |                | ●                              |
| #パッパラチップス (コンソメ)      | -                                   | 126                       |                               |           | ●           | ●               |               |              |   |                |             |                   |                |             | ●          |            |               |               |              | ●              |               |                   |             |             |              |                 |               |                |                                |
| #ベビーチーズ               | -                                   | 150                       |                               |           | ●           |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                                |
| #丸ごと椎茸チップス            | -                                   | 92                        | ●                             |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |                                |
| #うずらの味玉               | -                                   | 78                        |                               | ●         | ●           |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                | ●             |                   |             |             |              |                 |               |                |                                |
| #森バタやっこ               | -                                   | 334                       |                               | ●         | ●           | ●               |               |              |   |                |             |                   |                |             |            |            |               |               |              | ●              |               |                   |             | ●           | ●            |                 |               |                |                                |
| #炎上しめ鯖                | Broiled Vinegared Mackerel          | 209                       |                               |           | ●           |                 |               |              |   |                |             |                   |                |             |            |            |               |               | ●            | ●              |               |                   |             |             |              |                 |               |                |                                |
| #よだれ鶏                 | -                                   | 262                       |                               | ●         | ●           |                 |               |              |   |                |             | ●                 |                |             | ●          |            |               |               |              | ●              |               |                   |             | ●           |              |                 |               |                | ●                              |
| #豆もやしの赤ナムル            | -                                   | 99                        |                               |           | ●           |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              | ●              |               |                   |             | ●           |              |                 |               |                | ●                              |
| #いその家のポテサラ            | -                                   | 187                       |                               | ●         | ●           | ●               |               |              |   |                |             |                   |                |             | ●          | ●          |               |               |              | ●              |               |                   |             | ●           | ●            |                 |               |                |                                |
| #茄子の煮びたし              | -                                   | 107                       |                               |           | ●           |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              | ●              |               |                   |             |             |              |                 |               |                | ●                              |
| かぶの浅漬け                | -                                   | 48                        |                               |           | ●           | ●               |               |              |   |                |             |                   |                |             |            |            |               |               |              | ●              |               |                   |             |             |              |                 |               |                |                                |
| #枝豆                   | Edamame                             | 155                       |                               |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                | ●             |                   |             |             |              |                 |               |                |                                |
| #冷やしトマト               | Chilled Tomato                      | 136                       |                               | ●         |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                | ●             |                   |             | ●           |              |                 |               |                |                                |
| #もつ煮込み                | -                                   | 280                       |                               | ●         | ●           | ●               |               |              |   |                |             |                   |                |             | ●          |            |               |               |              |                | ●             |                   |             |             |              |                 |               |                | ●                              |
| #おかんが作るハムエッグ          | -                                   | 293                       |                               | ●         | ●           |                 |               |              |   |                |             |                   |                |             | ●          |            |               |               |              |                | ●             |                   |             |             |              |                 |               |                |                                |
| #王道の厚揚げ               | -                                   | 95                        |                               |           | ●           |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                | ●             |                   |             |             |              |                 |               |                | ●                              |

エネルギー(kcal)表示について»  
・仕入先情報及び食品標準成分表に基づく計算値です。  
・店内での調理商品は、若干の誤差が生じる場合があります。ご了承ください。  
・エネルギーは、ソース・トッピング等のすべてを含んだ値です。

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| メニュー名<br>Menu Name   | エネルギー<br>(kcal) / 杯<br>Kcal/meal                 | 食物アレルギー<br>Food allergens |                               |           |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |
|----------------------|--|---------------------------|-------------------------------|-----------|-------------|-----------------|---------------|--------------|---|----------------|-------------|-------------------|----------------|-------------|------------|------------|---------------|---------------|--------------|----------------|---------------|-------------------|-------------|-------------|--------------|-----------------|---------------|----------------|
|                      |  | 該当なし<br>N/A               | 特定原材料<br>Allergenic materials |           |             |                 |               |              | 特定原材料に準ずるもの<br>Potentially allergenic materials |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |
|                      |  |                           | 卵<br>Egg                      | 乳<br>Milk | 小麦<br>Wheat | そば<br>Buckwheat | 落花生<br>Peanut | えび<br>Shrimp | かに<br>Crab                                      | あわび<br>Abalone | いか<br>Squid | いくら<br>Salmon roe | オレンジ<br>Orange | キウイ<br>Kiwi | 牛肉<br>Beef | 豚肉<br>Pork | 鶏肉<br>Chicken | くるみ<br>Walnut | さけ<br>Salmon | さば<br>Mackerel | 大豆<br>Soybean | まつたけ<br>Matsutake | もも<br>Peach | やまいも<br>Yam | りんご<br>Apple | ゼラチン<br>Gelatin | バナナ<br>Banana | 1) 柿<br>Sesame |
| #煮込み豆腐               | -  |                           |                               | ●         | ●           |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              | ●              |               |                   |             |             |              |                 |               | ●              |
| #和豚シウマイ(1ヶ)          | Steamed Japanese Pork Dumplings (1 piece)        | 87                        |                               |           | ●           |                 |               |              |   |                |             |                   |                |             | ●          |            |               |               |              | ●              |               |                   |             |             |              |                 |               |                |
| #厚焼き玉子焼き             | Japanese Rolled Thick Omelet                     | 435                       | ●                             | ●         |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               | ●            |                |               |                   |             |             | ●            |                 |               |                |
| #海老グラタンとガーリックトースト    | Shrimp Gratin with Garlic Toast                  | 635                       |                               | ●         | ●           |                 |               | ●            |   |                |             |                   |                |             |            |            |               |               |              | ●              |               |                   |             |             |              |                 |               |                |
| #タコさんウインナー10匹        | Octopus-shaped Sausages (10)                     | 308                       | ●                             | ●         |             |                 |               |              |   |                |             |                   |                | ●           | ●          | ●          |               |               |              | ●              |               |                   |             |             | ●            |                 |               |                |
| #タコさんウインナー20匹        | Octopus-shaped Sausages (20)                     | 575                       | ●                             | ●         |             |                 |               |              |   |                |             |                   |                | ●           | ●          | ●          |               |               |              | ●              |               |                   |             |             | ●            |                 |               |                |
| #ノリノリちくわの磯辺揚げ        | -  | 240                       | ●                             | ●         |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              | ●              |               |                   |             |             | ●            |                 |               |                |
| #極厚切りハムカツ            | Extra Thick-cut Ham Cutlet                       | 288                       | ●                             | ●         |             |                 |               |              |   |                |             |                   |                |             | ●          | ●          |               |               |              | ●              |               |                   |             |             | ●            |                 |               |                |
| #アジフライと紅タルタル         | Deep-fried Horse Mackerel with Pink Tartar Sauce | 349                       | ●                             | ●         | ●           |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              | ●              |               |                   |             |             | ●            | ●               |               |                |
| #つまみに最適なタイプのフライドポテト  | The Best French Fries for Alcohol Snacks         | 484                       | ●                             | ●         |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              | ●              |               |                   |             |             | ●            |                 |               |                |
| #クリスピーなマルゲリータピザ      | -  | 451                       |                               | ●         | ●           |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              | ●              |               |                   |             |             |              |                 |               |                |
| #金持ちぼんぼんの生ハムピザ       | -  | 645                       | ●                             | ●         | ●           |                 |               |              |   |                |             |                   |                |             | ●          |            |               |               |              | ●              |               |                   |             |             | ●            |                 |               |                |
| #ガリトマスバゲティ           | -  | 453                       |                               | ●         | ●           |                 |               |              |   |                |             |                   |                |             | ●          | ●          |               |               |              | ●              |               |                   |             |             |              |                 |               |                |
| #やさしい和スバゲティ          | -  | 340                       | ●                             | ●         |             |                 |               |              |   |                |             |                   |                |             | ●          | ●          |               |               |              | ●              |               |                   |             |             |              |                 |               |                |
| #かなり固めのクラシックプリン      | Fairly Hard Classic Pudding                      | 305                       | ●                             | ●         |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              | ●              |               |                   |             |             | ●            |                 |               |                |
| #食べるととまらないタヒンパニライアイス | -  | 204                       |                               | ●         |             |                 |               |              |   |                |             |                   |                |             |            |            |               |               |              |                |               |                   |             |             |              |                 |               |                |