

栄養分析値・アレルギー情報(2020年7月14日)

注1) 栄養成分についてはエネルギー、たんぱく質、脂質、炭水化物、食塩相当量を掲載しております。

注2) アレルギー情報については食品衛生法に基づき、以下の品目を掲載しております。

〈特定原材料 7品目〉

卵、乳、小麦、えび、かに、そば、落花生

〈特定原材料に準ずるもの 20品目〉

あわび、いか、いくら、オレンジ、カシューナッツ、キウイフルーツ、牛肉、くるみ、ごま(※)、さけ、さば、大豆、鶏肉、バナナ、豚肉、まつたけ、もも、やまいも、りんご、ゼラチン

※一覧にて「(●)」と記載のある「ごま」については、店舗で使用している漬物によって含む場合と含まない場合がございます。

店舗ごとの詳細については従業員へお問い合わせください。

※特定原材料に準ずるものとして「アーモンド」が追加されましたが、情報収集中のため、商品情報には掲載していません。

ご覧になる際にご注意いただきたい事項

【栄養成分について】

- ・ 栄養成分は食材の日本食品標準成分表の数値もしくは検査機関の分析値を元に計算した値です。調理条件等により変化する場合がございますので、あくまでお食事の際の目安としてご参照ください。
- ・ 原材料の変更により内容が変更になる場合がございます。ご利用の際は都度最新の情報をご確認いただきますようお願いいたします。
- ・ 一部店舗では一覧にないメニューの販売や使用食材が異なる場合がございます。詳細はご利用店舗の従業員へお問い合わせください。

【アレルギー情報について】

- ・ 調理器具、食器類、揚げ油は同一のものを使用しており、本来メニューに含まれないアレルギー物質が意図せず混入する場合がございます。
- ・ アレルギー物質に対する感受性には大きな個人差がございます。過敏な方、症状が重篤な方は特にご注意いただき、ご注文にあたってはお客様による最終的なご判断をお願いいたします。
- ・ 店舗の揚げ油及び炒め油は「大豆」を含むものを使用しております。
- ・ 原材料の変更により内容が変更になる場合がございます。ご利用の際は都度最新の情報をご確認いただきますようお願いいたします。
- ・ 一部店舗では一覧にないメニューの販売や使用食材が異なる場合がございます。詳細はご利用店舗の従業員へお問い合わせください。

| メニュー名 | エネルギー (kcal) | たんぱく質 (g) | 脂質 (g) | 炭水化物 (g) | 食塩相当量 (g) | 卵 | 乳 | 小麦 | えび | かに | そば | 落花生 | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | | | |
|---------------------------|-----------------|--------------|-----------|-------------|--------------|---|---|----|----|----|----|-----|-----|----|-----|------|---------|---------|----|-----|-----|----|----|----|----|-----|----|------|----|------|-----|------|---|--|--|
| 軽食 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 彩り野菜のペペロンチーノ | 530 | 14.8 | 9.6 | 75.8 | 3.4 | ● | ● | ● | | | | | | | | | | | ● | | | | | ● | ● | | ● | | | | | | | | |
| ごろごろお肉のミートソース | 514 | 29.1 | 15.2 | 65.4 | 3.4 | | ● | ● | | | | | | | | | | ● | | | | | | ● | ● | | ● | | | | | | ● | | |
| 明太スパゲティ | 368 | 15.2 | 8.4 | 58.3 | 3.0 | | | ● | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | |
| カルボナーラ | 632 | 22.2 | 31.2 | 64.3 | 3.6 | ● | ● | ● | | | | | | | | | | | ● | | | | | ● | | ● | | | | | | | | | |
| 北海道ポテトと明太子のほくほくピザ | 673 | 22.9 | 31.5 | 72.3 | 4.8 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | ● | | | | |
| チーズたっぷりベーコンピザ | 581 | 25.9 | 26.4 | 57.7 | 3.7 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | |
| チキンドリア | 706 | 30.4 | 32.1 | 71.2 | 3.1 | ● | ● | ● | | | | | | | | | | | ● | | | | | ● | ● | | ● | | | | | | ● | | |
| やわらかお肉の焼きカレードリア | 774 | 24.0 | 37.8 | 79.6 | 3.9 | ● | ● | ● | | | | | | | | | | | ● | | | | | ● | ● | | ● | | | | | | ● | | |
| ベーコン&ペンネグラタン | 569 | 16.8 | 34.7 | 47.3 | 2.2 | ● | ● | ● | | | | | | | | | | | ● | | | | | ● | | ● | | | | | | | | | |
| プライムサイコロステーキのカフェご飯 | 739 | 36.8 | 36.6 | 56.9 | 3.0 | ● | ● | ● | | | | | | | | | | | ● | | | | | ● | ● | | ● | | | | | | ● | | |
| ビーフシチューオムライス(サラダ・スープバー付) | 933 | 36.1 | 46.7 | 90.0 | 5.4 | ● | ● | ● | | | | | | | | | | | ● | | ● | | | ● | ● | | ● | | | | | | | | |
| ビーフシチューチーズインハンバーグ | 942 | 40.7 | 64.2 | 44.6 | 4.5 | ● | ● | ● | | | | | | | | | | | ● | | | | | ● | ● | | ● | | | | | | | | |
| 豆乳仕立てのkok旨野菜ちゃんぽん | 594 | 29.7 | 22.7 | 69.1 | 7.5 | ● | | ● | | | | | | | | | | | | | ● | | | ● | ● | | ● | | | | | | | | |
| 野菜ちゃんぽん | 517 | 23.9 | 17.7 | 66.4 | 7.5 | ● | | ● | | | | | | | | | | | | | ● | | | ● | ● | | ● | | | | | | | | |
| ビーフカレー | 759 | 14.8 | 25.0 | 113.0 | 3.9 | | ● | ● | | | | | | | | | | | ● | | (●) | | | ● | ● | | ● | | | | | ● | ● | | |
| とんかつビーフカレー | 1,160 | 29.4 | 52.0 | 137.8 | 4.8 | ● | ● | ● | | | | | | | | | | | ● | | (●) | | | ● | ● | | ● | | | | | ● | ● | | |
| イタリアンチェリーモッツァとトマトのサラダ | 186 | 7.7 | 12.3 | 12.2 | 1.4 | | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| シャキシャキ水菜のお豆腐サラダ | 206 | 11.4 | 11.9 | 15.0 | 1.5 | | | ● | | | | | | | | | | | ● | | | | | ● | ● | | ● | | | | | | | | |
| 和風サラダ | 305 | 11.0 | 16.8 | 28.2 | 2.4 | ● | ● | ● | | | | | | | | | | | ● | | | | | ● | ● | | ● | | | | | | | | |
| シーザーサラダ | 264 | 3.9 | 21.9 | 13.4 | 2.2 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | |
| 定食 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 彩り野菜と若鶏の黒酢あんかけ定食 | 957 | 28.2 | 31.5 | 117.7 | 6.0 | ● | | ● | | ● | | | | | | | | | | | (●) | | ● | ● | ● | | | | | | | | | | |
| 彩り野菜と若鶏の黒酢あんかけ定食(おかずのみ) | 593 | 20.6 | 29.5 | 42.1 | 3.6 | ● | | ● | | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | | | |
| かつとじ定食 | 917 | 30.4 | 34.9 | 116.4 | 6.1 | ● | ● | ● | | | | | | | | | | | | | (●) | | ● | ● | | ● | | | | | | ● | | | |
| かつとじ定食(おかずのみ) | 553 | 22.7 | 32.9 | 40.9 | 3.7 | ● | ● | ● | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | ● | | | |
| 国産鯖の塩焼き定食 | 705 | 35.2 | 21.6 | 83.2 | 4.9 | | | ● | | | | | | | | | | | | | (●) | | ● | ● | | | | | | | | | | | |
| 国産鯖の塩焼き定食(おかずのみ) | 341 | 27.5 | 19.6 | 7.7 | 2.5 | | | ● | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | |
| 2種盛り唐揚げ定食 塩&ピリ辛ジャン | 1,045 | 33.6 | 51.5 | 107.9 | 6.8 | ● | | ● | | | | | | | | | | | ● | | (●) | | ● | ● | ● | | ● | | | | | ● | | | |
| 2種盛り唐揚げ定食 塩&ピリ辛ジャン(おかずのみ) | 681 | 25.9 | 49.5 | 32.4 | 4.4 | ● | | ● | | | | | | | | | | | ● | | | | ● | ● | | ● | | | | | ● | | | | |

| メニュー名 | エネルギー | たんぱく質 | 脂質 | 炭水化物 | 食塩相当量 | 卵 | 乳 | 小麦 | えび | かに | そば | 落花生 | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | | |
|-------------------------|--------|-------|------|-------|-------|---|---|----|----|----|----|-----|-----|----|-----|------|---------|---------|----|-----|-----|----|----|----|----|-----|----|------|----|------|-----|------|---|---|
| | (kcal) | (g) | (g) | (g) | (g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚肉とキャベツのポン酢かけ定食 | 458 | 22.5 | 17.4 | 53.5 | 5.7 | | | ● | | | | | | | | | | | | | (●) | | ● | ● | | | ● | | | | | | | |
| 豚肉とキャベツのポン酢かけ定食(おかずのみ) | 258 | 17.7 | 15.9 | 13.8 | 3.3 | | | ● | | | | | | | | | | | | | | | | ● | | | ● | | | | | | | |
| チキン南蛮定食 | 1,211 | 39.9 | 63.3 | 116.9 | 8.4 | ● | ● | ● | | | | | | | | | | | ● | | (●) | | ● | ● | ● | | ● | | | | ● | ● | | |
| チキン南蛮定食(おかずのみ) | 847 | 32.3 | 61.3 | 41.3 | 6.1 | ● | ● | ● | | | | | | | | | | | ● | | | | ● | ● | | ● | | | | | ● | ● | | |
| プライムサイコロステーキ御膳 | 1,066 | 35.0 | 44.8 | 121.7 | 7.4 | ● | | ● | ● | | | | | | | | | | ● | | (●) | | ● | ● | ● | | | | | | | | | |
| 若鶏の唐揚げ定食 | 856 | 33.3 | 31.6 | 107.0 | 6.1 | ● | | ● | | | | | | | | | | | ● | | (●) | | ● | ● | ● | | ● | | | | | | | |
| 若鶏の唐揚げ定食(おかずのみ) | 492 | 25.6 | 29.6 | 31.5 | 3.7 | ● | | ● | | | | | | | | | | | ● | | | | ● | ● | | ● | | | | | | | | |
| とり天定食 | 738 | 31.0 | 15.2 | 116.8 | 6.2 | ● | | ● | | | | | | | | | | | ● | | (●) | | ● | ● | ● | | ● | | | | | | | |
| とり天定食(おかずのみ) | 374 | 23.4 | 13.2 | 41.2 | 3.8 | ● | | ● | | | | | | | | | | | ● | | | | ● | ● | | ● | | | | | | | | |
| にんにく醤油の揚げ鶏鉄板定食 | 1,096 | 41.2 | 46.9 | 109.6 | 7.9 | ● | ● | ● | | | | | | | | | | | | | (●) | | ● | ● | ● | | | | | | | | ● | |
| にんにく醤油の揚げ鶏鉄板定食(おかずのみ) | 732 | 33.6 | 44.9 | 34.1 | 5.5 | ● | ● | ● | | | | | | | | | | | | | | | | ● | ● | | | | | | | | ● | |
| ローズかつ定食 | 863 | 23.7 | 32.0 | 117.6 | 6.3 | ● | ● | ● | | | | | | | | | | | ● | | (●) | | ● | ● | ● | | ● | | | | | ● | | |
| ローズかつ定食(おかずのみ) | 499 | 16.1 | 30.0 | 42.1 | 3.9 | ● | ● | ● | | | | | | | | | | | ● | | | | ● | ● | | ● | | | | | | ● | | |
| バラエティフライ定食 | 1,187 | 34.7 | 56.0 | 133.2 | 7.9 | ● | ● | ● | ● | | | | | | | | | | ● | | (●) | | ● | ● | ● | | ● | | | | | ● | | |
| バラエティフライ定食(おかずのみ) | 823 | 27.0 | 54.0 | 57.7 | 5.5 | ● | ● | ● | ● | | | | | | | | | | ● | | | | | ● | ● | | ● | | | | | ● | | |
| ふわふわ玉子とじうどんと鶏そぼろご飯定食 | 822 | 34.7 | 17.8 | 123.2 | 5.6 | ● | | ● | | | | | | | | | | | | | | | ● | ● | ● | | | | | | | | | |
| ふわふわ玉子とじうどん | 393 | 19.9 | 12.4 | 46.0 | 4.4 | ● | | ● | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | |
| たっぶり玉子の鮭雑炊 | 476 | 26.0 | 13.4 | 58.1 | 4.8 | ● | | ● | | | | | | | | | | | | | (●) | ● | ● | ● | | | | | | | | | | |
| アツアツすたみな豚丼定食 | 1,520 | 68.7 | 84.0 | 111.6 | 7.4 | ● | | ● | ● | | | | | | | | | ● | | (●) | | ● | ● | ● | | ● | | | | | | | | |
| すたみな豚丼 | 1,129 | 59.3 | 56.9 | 90.4 | 5.3 | ● | | ● | | | | | | | | | | | | | (●) | | ● | ● | | ● | | | | | | | | |
| ねぎト口丼 | 546 | 24.2 | 9.6 | 86.7 | 3.1 | | | ● | | | | | | | | | | | | | (●) | | ● | ● | | | | | | | | | | |
| グリル | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| プレミアムハンバーグ | 514 | 32.9 | 31.4 | 24.5 | 2.3 | ● | ● | ● | | | | | | | | | | ● | | | | | | ● | ● | | ● | | | | | ● | ● | |
| プライムサイコロペッパーステーキ | 532 | 33.6 | 29.8 | 25.0 | 3.4 | | | ● | | | | | | | | | | ● | | | | | | ● | ● | | ● | | | | | | | |
| プレミアムハンバーグ&プライムサイコロステーキ | 678 | 42.4 | 39.0 | 33.1 | 4.6 | ● | ● | ● | | | | | | | | | | ● | | | | | | ● | | | | | | | | | | |
| たっぶりおろしのプレミアム和風ハンバーグ | 458 | 28.5 | 24.0 | 33.3 | 5.9 | ● | ● | ● | | | | | | | | | | ● | | | | | | ● | | | | | | | | | | |
| プレミアムハンバーグ&えびフライ | 718 | 31.6 | 47.1 | 42.0 | 3.5 | ● | ● | ● | ● | | | | | | | | | ● | | | | | | ● | | | | | | | | | | |
| ミックスグリル | 708 | 45.3 | 44.5 | 32.0 | 4.8 | ● | ● | ● | | | | | | | | | | ● | | | | | | ● | ● | | ● | | | | | | | ● |
| ペッパーハンバーグ | 474 | 26.1 | 28.2 | 29.2 | 3.1 | ● | ● | ● | | | | | | | | | | ● | | | | | | ● | ● | | ● | | | | | | | |
| チーズインハンバーグ | 588 | 27.7 | 40.3 | 29.7 | 3.1 | ● | ● | ● | | | | | | | | | | ● | | | | | | ● | ● | | ● | | | | | ● | ● | |

| メニュー名 | エネルギー (kcal) | たんぱく質 (g) | 脂質 (g) | 炭水化物 (g) | 食塩相当量 (g) | 卵 | 乳 | 小麦 | えび | かに | そば | 落花生 | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | |
|---------------------|-----------------|--------------|-----------|-------------|--------------|---|---|----|----|----|----|-----|-----|----|-----|------|---------|---------|----|-----|----|----|----|----|----|-----|----|------|----|------|-----|------|--|
| ツインハンバーグ | 931 | 54.6 | 59.5 | 44.5 | 5.8 | ● | ● | ● | | | | | | | | | | | ● | | | | | ● | ● | | | | | | | ● | |
| ハンバーグ&チキン南蛮 | 860 | 41.0 | 57.6 | 44.4 | 5.3 | ● | ● | ● | | | | | | | | | | | ● | | | | | ● | ● | | | | | | ● | ● | |
| チーズハンバーグ | 530 | 30.3 | 33.7 | 26.9 | 2.8 | ● | ● | ● | | | | | | | | | | | ● | | | | | ● | ● | | | | | | | ● | |
| サイコロステーキ | 520 | 46.0 | 28.8 | 19.5 | 3.0 | | | ● | | | | | | | | | | | ● | | | | | ● | ● | | | | | | | | |
| 豚肩ロースのこだわりしょうが焼きグリル | 564 | 27.2 | 29.4 | 38.2 | 2.5 | | | ● | | | | | | | | | | | | | | | ● | ● | | | | | | | ● | | |
| チキンチーズステーキ | 456 | 39.2 | 25.7 | 17.8 | 3.6 | ● | ● | ● | | | | | | | | | | | ● | | | | | ● | ● | | | | | | | ● | |
| チキンステーキ | 403 | 35.5 | 21.1 | 18.6 | 5.0 | ● | ● | ● | | | | | | | | | | | | | | | | ● | ● | | | | | | | ● | |
| チキンステーキ&ハンバーグ | 795 | 59.2 | 47.2 | 34.0 | 7.4 | ● | ● | ● | | | | | | | | | | | ● | | | | | ● | ● | | | | | | | ● | |
| チーズハンバーグ&サイコロステーキ | 755 | 52.5 | 47.0 | 31.1 | 4.2 | ● | ● | ● | | | | | | | | | | | ● | | | | | ● | ● | | ● | | | | | ● | |
| ひとくちチキンステーキにんにく醤油 | 454 | 36.4 | 20.4 | 14.1 | 4.9 | ● | | ● | | | | | | | | | | | | | | | | ● | ● | | | | | | | | |
| リブステーキ | 529 | 32.3 | 35.9 | 19.7 | 3.5 | | | ● | | | | | | | | | | | ● | | | | | ● | | | | | | | | | |
| トッピング | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| チキンステーキ(ハーフ) | 167 | 16.9 | 9.4 | 3.7 | 2.4 | ● | ● | ● | | | | | | | | | | | | | | | | | ● | ● | | | | | | ● | |
| チキン南蛮(ハーフ) | 398 | 15.6 | 29.3 | 17.7 | 2.8 | ● | ● | ● | | | | | | | | | | | | | | | | ● | ● | | | | | | ● | ● | |
| 唐揚げ(2個) | 129 | 8.0 | 8.0 | 6.3 | 0.9 | ● | | ● | | | | | | | | | | | | | | | | ● | ● | | | | | | | | |
| サイコロステーキ(ハーフ) | 225 | 22.2 | 13.3 | 4.2 | 1.4 | | | ● | | | | | | | | | | ● | | | | | | ● | ● | | ● | | | | | | |
| えびフライ(2本) | 288 | 5.5 | 22.9 | 14.7 | 1.2 | ● | | ● | ● | | | | | | | | | | | | | | | ● | | | | | | | | | |
| アペタイザー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 大盛りポテトフライ | 611 | 7.6 | 26.3 | 85.6 | 0.7 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| ポテトフライ | 305 | 3.8 | 13.2 | 42.8 | 0.4 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| とん平焼き | 753 | 42.2 | 52.7 | 13.0 | 2.1 | ● | | | | | | | | | | | | | | | | | | ● | | | ● | | | | | ● | |
| イタリアンチェリーモッツアのカプレーゼ | 156 | 5.9 | 11.2 | 8.9 | 0.9 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | ● | | | | | | |
| ピリ辛ジャン唐揚げ | 452 | 13.4 | 34.9 | 20.2 | 2.5 | ● | | ● | | | | | | | | | | | | | | | | ● | ● | | | | | | | ● | |
| ごぼうと蓮根の黒酢あんかけ | 250 | 3.0 | 9.2 | 22.3 | 1.0 | ● | ● | ● | | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | |
| ブロッコリーとトマトのチーズ焼き | 178 | 8.6 | 13.5 | 7.3 | 0.5 | ● | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | ● | |
| なんこつ唐揚げ | 375 | 12.8 | 26.4 | 21.8 | 1.9 | | ● | ● | | | | | | | | | | | | | | | | ● | ● | | | | | | | | |
| 唐揚げ&ソーセージ | 604 | 18.5 | 35.5 | 52.6 | 2.5 | ● | | ● | | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | |
| ごぼう唐揚げ | 361 | 2.4 | 26.0 | 28.8 | 2.0 | ● | ● | ● | | | | | | | | | | | | | | | | ● | ● | | | | | | | | |
| 若鶏の唐揚げ | 492 | 25.6 | 29.6 | 31.5 | 3.7 | ● | | ● | | | | | | | | | | | ● | | | | | ● | ● | | ● | | | | | | |
| 枝豆 | 316 | 25.8 | 15.0 | 21.0 | 1.6 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |

| メニュー名 | エネルギー | たんぱく質 | 脂質 | 炭水化物 | 食塩相当量 | 卵 | 乳 | 小麦 | えび | かに | そば | 落花生 | あわび | いか | いくら | オレンジ | カシユーナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | |
|----------------------------|--------|-------|-------|--------|-------|---|---|----|----|----|----|-----|-----|----|-----|------|---------|---------|----|-----|-----|----|----|----|----|-----|----|------|----|------|-----|------|---|
| | (kcal) | (g) | (g) | (g) | (g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 単品・セット | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 彩りサラダ | 118 | 2.1 | 6.3 | 14.0 | 1.2 | ● | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| サウザンサラダ | 63 | 1.0 | 4.2 | 5.9 | 0.3 | ● | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| 味噌汁(単品) | 28 | 1.7 | 1.1 | 2.9 | 1.9 | | ● | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | |
| 豚汁(単品) | 183 | 4.6 | 11.3 | 16.2 | 2.9 | | ● | ● | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | | |
| 生たまご(単品) | 85 | 6.9 | 5.8 | 0.2 | 0.2 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 納豆(単品) | 58 | 4.7 | 2.7 | 4.0 | 0.3 | | | ● | | | | | | | | | | | | | | | ● | ● | | | | | | | | | |
| 半熟玉子(単品) | 86 | 7.0 | 5.9 | 0.3 | 0.4 | ● | | ● | | | | | | | | | | | | | | | ● | ● | | | | | | | | | |
| 鶏そぼろご飯(単品) | 429 | 14.8 | 5.4 | 77.2 | 1.2 | ● | | ● | | | | | | | | | | | | | | | ● | ● | ● | | | | | | | | |
| カスピ海ヨーグルト | 60 | 2.4 | 2.3 | 7.6 | 0.1 | | ● | ● | | | | | | | | | | | | | | | | ● | ● | | | | | | | | |
| 和食セット | 364 | 7.6 | 2.0 | 75.5 | 2.4 | | | ● | | | | | | | | | | | | | (●) | | ● | ● | | | | | | | | | |
| 洋食セット | 448 | 7.8 | 7.1 | 85.6 | 1.2 | ● | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| 洋食セット(パン) | 322 | 7.0 | 13.1 | 43.6 | 2.0 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| サラダセット | 118 | 2.1 | 6.3 | 14.0 | 1.2 | ● | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| 胚芽パン | 204 | 4.9 | 6.8 | 29.5 | 0.8 | | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| ライス | 330 | 5.6 | 0.8 | 71.5 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ライス小盛り | ▲ 99 | ▲ 1.7 | ▲ 0.2 | ▲ 21.5 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ライス大盛り | 99 | 1.7 | 0.2 | 21.5 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| パスタ大盛り(切替) | 166 | 5.0 | 3.8 | 28.0 | 0.6 | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| デザート | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カスピ海ヨーグルトとチーズケーキのストロベリーパフェ | 474 | 7.3 | 28.9 | 46.8 | 0.4 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | ● |
| お抹茶パフェ | 389 | 5.9 | 13.4 | 61.6 | 0.2 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | ● |
| カスピ海ヨーグルトとベリーのミニパフェ | 227 | 4.0 | 11.3 | 27.8 | 0.2 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | ● |
| チョコレートパフェ | 436 | 6.9 | 23.4 | 50.2 | 0.4 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | ● |
| 豆乳のカフェゼリーラテ バニラアイス添え | 244 | 6.1 | 10.2 | 32.2 | 0.1 | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| お抹茶豆乳フロート | 196 | 5.5 | 4.8 | 33.1 | 0.1 | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| クリームあんみつ | 294 | 3.3 | 6.9 | 55.2 | 0.2 | | ● | | | | | | | | | | | | | | | | | ● | | | | | ● | | | | |
| お抹茶豆乳ぜんざい | 310 | 6.9 | 8.8 | 51.1 | 0.2 | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| ホイップinバニラカフェゼリー | 261 | 2.6 | 10.4 | 39.3 | 0.1 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| 苺とベリーのパンナコッタ | 240 | 3.9 | 13.1 | 27.0 | 0.2 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | ● |
| カフェアフォガード | 294 | 4.6 | 17.3 | 30.9 | 0.2 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | |

| メニュー名 | エネルギー | たんぱく質 | 脂質 | 炭水化物 | 食塩相当量 | 卵 | 乳 | 小麦 | えび | かに | そば | 落花生 | あわび | いか | いくら | オレンジ | カシユーナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | |
|-----------------------------|--------|-------|------|------|-------|---|---|----|----|----|----|-----|-----|----|-----|------|---------|---------|----|-----|-----|----|----|----|----|-----|----|------|----|------|-----|------|--|
| | (kcal) | (g) | (g) | (g) | (g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| アメリカンチーズケーキ | 243 | 4.0 | 16.2 | 20.6 | 0.4 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| クラシックチョコレートケーキ | 280 | 4.1 | 17.3 | 30.0 | 0.2 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| キッズ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| キッズオムライスプレート | 465 | 15.2 | 19.4 | 56.1 | 2.5 | ● | ● | ● | | | | | | | | | | | | | ● | | | ● | ● | | ● | | | | | | |
| キッズバラエティプレート | 647 | 26.7 | 26.2 | 74.8 | 2.9 | ● | | ● | | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | |
| キッズうどんプレート | 338 | 9.7 | 9.8 | 52.0 | 3.3 | ● | | ● | | | | | | | | | | | | | | | ● | ● | ● | | | | | | | | |
| キッズハンバーグプレート | 624 | 21.3 | 27.5 | 71.0 | 2.5 | ● | ● | ● | | | | | | | | | | | ● | | | | | ● | ● | | ● | | | | | | |
| キッズカレープレート | 366 | 5.9 | 7.0 | 68.0 | 1.4 | | | | | | | | | | | | | ● | | | | | | ● | ● | ● | | | | | ● | | |
| キッズうどん | 135 | 4.2 | 1.4 | 25.6 | 2.3 | | | ● | | | | | | | | | | | | | | | ● | ● | | | | | | | | | |
| キッズフルーツポンチ | 104 | 0.7 | 0.0 | 25.3 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | |
| キッズフルーツヨーグルト | 99 | 2.0 | 1.5 | 19.7 | 0.1 | | ● | | | | | | | | | | | | | | | | | | | | | ● | | | | | |
| キッズアイス(チョコ) | 83 | 2.1 | 3.2 | 11.5 | 0.1 | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| キッズアイス(バニラ) | 107 | 1.7 | 6.8 | 9.8 | 0.1 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| モーニング | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| エッグスラットとカスピ海ヨーグルトのプレート(パン) | 457 | 15.7 | 21.9 | 47.4 | 1.9 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| エッグスラットとカスピ海ヨーグルトのプレート(ライス) | 583 | 16.5 | 16.0 | 89.4 | 1.0 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| 七種の和定食 | 651 | 29.8 | 16.5 | 91.7 | 4.8 | ● | | ● | | | | | | | | | | | ● | | (●) | ● | ● | ● | ● | | ● | | | | | | |
| エッグプレート(パン) | 442 | 16.6 | 25.7 | 33.8 | 2.0 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | ● | | | | | | |
| エッグプレート(ライス) | 568 | 17.3 | 19.8 | 75.8 | 1.2 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | ● | | | | | | |
| 幕の内定食 | 774 | 30.0 | 32.8 | 83.9 | 3.9 | ● | ● | ● | | | | | | | | | | | ● | | (●) | | ● | ● | ● | | ● | | | | | | |
| ハンバーグプレート(パン) | 708 | 34.2 | 42.2 | 45.6 | 3.4 | ● | ● | ● | | | | | | | | | | | ● | | | | | ● | ● | | ● | | | | ● | ● | |
| ハンバーグプレート(ライス) | 834 | 35.0 | 36.3 | 87.6 | 2.6 | ● | ● | ● | | | | | | | | | | | ● | | | | | ● | ● | | ● | | | | ● | ● | |
| 豚汁定食(生たまご) | 604 | 17.5 | 18.0 | 89.0 | 3.6 | ● | ● | ● | | | | | | | | | | | | | (●) | | ● | ● | | ● | | | | | | | |
| 豚汁定食(納豆) | 577 | 15.3 | 14.9 | 92.8 | 3.7 | | ● | ● | | | | | | | | | | | | | (●) | | ● | ● | | ● | | | | | | | |
| 豚汁定食(半熟玉子) | 605 | 17.5 | 18.1 | 89.1 | 3.7 | ● | ● | ● | | | | | | | | | | | | | (●) | | ● | ● | | ● | | | | | | | |
| 豚みぞれ煮定食 | 573 | 29.0 | 25.8 | 55.9 | 4.8 | ● | | ● | | | | | | | | | | | | | (●) | | ● | ● | | ● | | | | | | | |
| アルコール | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 生ビール(中) | 128 | 1.4 | 0.0 | 10.6 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 角ハイボール | 88 | 0.0 | 0.0 | 3.7 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 金麦 | 151 | 0.7 | 0.0 | 11.6 | 0.0 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| オールフリー | 0 | 0.0 | 0.0 | 0.4 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| メニュー名 | エネルギー | たんぱく質 | 脂質 | 炭水化物 | 食塩相当量 | 卵 | 乳 | 小麦 | えび | かに | そば | 落花生 | あわび | いか | いくら | オレンジ | カシユーナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | | |
|--------------------------|--------|-------|------|-------|-------|---|---|----|----|----|----|-----|-----|----|-----|------|---------|---------|-----|-----|----|----|----|----|----|-----|----|------|----|------|-----|------|---|--|
| | (kcal) | (g) | (g) | (g) | (g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| キリン本搾り(レモン) | 102 | 0.1 | 0.1 | 5.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| いいちこ | 104 | 0.0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 黒霧島 | 104 | 0.0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 爛酒 | 167 | 0.5 | 0.0 | 7.7 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 冷酒 | 169 | 0.5 | 0.0 | 7.6 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ランチ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ハンバーグ&ポテトコロッケ(月) | 984 | 32.3 | 45.3 | 108.7 | 3.6 | ● | ● | ● | | | | | | | | | | ● | | | | | | ● | ● | | ● | | | | | | | |
| ハンバーグ&ポテトコロッケ(月)(パン) | 858 | 31.5 | 51.2 | 66.7 | 4.5 | ● | ● | ● | | | | | | | | | | ● | | | | | | ● | ● | | ● | | | | | | | |
| しょうが焼き&魚フライ(火) | 1,007 | 33.8 | 49.4 | 97.2 | 2.4 | ● | | ● | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | ● | | |
| しょうが焼き&魚フライ(火)(パン) | 881 | 33.1 | 55.4 | 55.2 | 3.2 | ● | ● | ● | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | ● | | |
| ベーコンバターハンバーグ(水) | 838 | 30.3 | 36.7 | 93.3 | 3.5 | ● | ● | ● | | | | | | | | | | ● | | | | | | ● | ● | | ● | | | | | | | |
| ベーコンバターハンバーグ(水)(パン) | 712 | 29.6 | 42.7 | 51.3 | 4.3 | ● | ● | ● | | | | | | | | | | ● | | | | | | ● | ● | | ● | | | | | | | |
| ひとくちチキン南蛮&魚フライ(木) | 1,012 | 29.8 | 49.9 | 107.2 | 4.5 | ● | ● | ● | | | | | | | | | | ● | | | | | | ● | ● | | ● | | | | ● | ● | | |
| ひとくちチキン南蛮&魚フライ(木)(パン) | 886 | 29.0 | 55.8 | 65.2 | 5.3 | ● | ● | ● | | | | | | | | | | ● | | | | | | ● | ● | | ● | | | | ● | ● | | |
| ハンバーグ&唐揚げ(金) | 907 | 37.0 | 38.9 | 99.2 | 4.2 | ● | ● | ● | | | | | | | | | | ● | | | | | | ● | ● | | ● | | | | | | | |
| ハンバーグ&唐揚げ(金)(パン) | 781 | 36.2 | 44.9 | 57.2 | 5.0 | ● | ● | ● | | | | | | | | | | ● | | | | | | ● | ● | | ● | | | | | | | |
| チキンステーキ&ポテトコロッケ(土) | 782 | 26.9 | 30.2 | 97.8 | 3.2 | ● | ● | ● | | | | | | | | | | ● | | | | | | ● | ● | | ● | | | | | | ● | |
| チキンステーキ&ポテトコロッケ(土)(パン) | 656 | 26.2 | 36.1 | 55.8 | 4.0 | ● | ● | ● | | | | | | | | | | ● | | | | | | ● | ● | | ● | | | | | | ● | |
| チキンマヨペッパーステーキ&みぞれ唐揚げ膳(月) | 841 | 38.1 | 31.9 | 96.3 | 7.3 | ● | ● | ● | | | | | | | | | | ● | (●) | | | | ● | ● | ● | ● | | ● | | | ● | ● | | |
| ハンバーグ&とり天膳(火) | 871 | 37.0 | 32.0 | 104.2 | 5.8 | ● | ● | ● | | | | | | | | | | ● | (●) | | | | ● | ● | ● | ● | | ● | | | | | | |
| 唐揚げ黒酢あんかけ&えびフライ膳(水) | 897 | 28.2 | 37.6 | 106.8 | 6.2 | ● | | ● | ● | ● | | | | | | | | ● | (●) | | | | ● | ● | ● | ● | | ● | | | | | | |
| 彩り野菜のみぞれハンバーグ膳(木) | 866 | 32.4 | 31.6 | 102.3 | 6.0 | ● | ● | ● | | | | | | | | | | ● | (●) | | | | ● | ● | ● | ● | | ● | | | | | | |
| 海の幸膳(金) | 868 | 31.3 | 36.2 | 98.0 | 5.2 | ● | | ● | ● | | | | | | | | | ● | (●) | | | | ● | ● | ● | ● | | ● | | | | | | |
| しょうが焼き&黒酢とり天膳(土) | 901 | 36.2 | 32.5 | 105.6 | 5.3 | ● | | ● | | ● | | | | | | | | ● | (●) | | | | ● | ● | ● | ● | | ● | | | ● | | | |
| ランチアイス(チョコ) | 83 | 2.1 | 3.2 | 11.5 | 0.1 | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| ランチアイス(バニラ) | 107 | 1.7 | 6.8 | 9.8 | 0.1 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 嗜好品 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| からし(1個) | 4 | 0.1 | 0.1 | 0.8 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ケチャップ(10g) | 9 | 0.2 | 0.0 | 2.1 | 0.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| しょう油(10ml) | 9 | 0.8 | 0.0 | 1.3 | 1.5 | | | ● | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | |
| タバスコ(10ml) | 2 | 0.1 | 0.1 | 0.2 | 0.2 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |

| メニュー名 | エネルギー | たんぱく質 | 脂質 | 炭水化物 | 食塩相当量 | 卵 | 乳 | 小麦 | えび | かに | そば | 落花生 | あわび | いか | いくら | オレンジ | カシユーナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン |
|------------------------------|--------|-------|------|-------|-------|---|---|----|----|----|----|-----|-----|----|-----|------|---------|---------|----|-----|-----|----|----|----|----|-----|----|------|----|------|-----|------|
| | (kcal) | (g) | (g) | (g) | (g) | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| パルメザンチーズ(10g) | 52 | 4.5 | 3.7 | 0.2 | 0.2 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| マイルドソース(10ml) | 16 | 0.1 | 0.0 | 3.8 | 0.8 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| 一味唐辛子(10g) | 40 | 1.7 | 1.1 | 6.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 塩(10g) | 0 | 0.0 | 0.0 | 0.0 | 9.9 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| フェア | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| うな丼(お吸い物・漬物付) | 776 | 35.2 | 26.3 | 96.2 | 5.5 | | | ● | | | | | | | | | | | | | (●) | | | ● | | | | | | | | |
| 梅おろし稲庭風うどん | 378 | 15.3 | 8.4 | 57.8 | 6.3 | ● | | ● | | | | | | | | | | | | | ● | | ● | ● | | | | | | | | |
| 梅おろし稲庭風うどんセット(しらすおろし丼付) | 641 | 23.5 | 9.8 | 110.1 | 6.7 | ● | | ● | | | | | | | | | | | | | ● | | ● | ● | | | | | | | | |
| うすぎりブロッコリースレモンステーキ | 546 | 23.8 | 27.2 | 41.6 | 2.9 | | | ● | | | | | | | | | | | ● | | | | ● | ● | | | | | | | | ● |
| サルサチキンのスパイシージャンバラヤ | 606 | 32.9 | 21.5 | 66.6 | 4.4 | ● | | ● | | | | | | | | | | | | | ● | | ● | ● | | ● | | | | | | |
| うな重(お吸い物・漬物付) | 1,076 | 54.7 | 43.3 | 113.0 | 6.5 | | | ● | | | | | | | | | | | | | (●) | | ● | | | | | | | | | |
| 白桃とベリーヨーグルトサンデー | 307 | 4.5 | 12.7 | 45.1 | 0.2 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | ● | | | | ● |
| 白桃ミニパフェ | 213 | 2.1 | 6.8 | 37.3 | 0.1 | | ● | | | | | | | | | | | | | | | | | | | | | ● | | | | |
| テイクアウト | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚肩ロースのこだわりしょうが焼きグリル弁当 | 900 | 33.2 | 30.3 | 110.8 | 3.0 | | | ● | | | | | | | | | | | | | (●) | | ● | ● | | ● | | | | | | ● |
| 豚肩ロースのこだわりしょうが焼きグリル弁当(おかずのみ) | 564 | 27.2 | 29.4 | 38.2 | 2.5 | | | ● | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | ● |
| ペッパーハンバーグ弁当 | 810 | 32.0 | 29.1 | 101.9 | 3.6 | ● | ● | ● | | | | | | | | | | | ● | | (●) | | ● | ● | ● | ● | | | | | | |
| ペッパーハンバーグ弁当(おかずのみ) | 474 | 26.1 | 28.2 | 29.2 | 3.1 | ● | ● | ● | | | | | | | | | | | ● | | | | ● | ● | ● | ● | | | | | | |
| サイコロステーキ弁当 | 856 | 52.0 | 29.7 | 92.1 | 3.5 | | | ● | | | | | | | | | | | ● | | (●) | | ● | ● | ● | ● | | | | | | |
| サイコロステーキ弁当(おかずのみ) | 520 | 46.0 | 28.8 | 19.5 | 3.0 | | | ● | | | | | | | | | | | ● | | | | ● | ● | ● | ● | | | | | | |
| プレミアムハンバーグ&えびフライ弁当 | 1,054 | 37.5 | 48.0 | 114.6 | 4.0 | ● | ● | ● | ● | | | | | | | | | | ● | | (●) | | ● | | | | | | | | | |
| プレミアムハンバーグ&えびフライ弁当(おかずのみ) | 718 | 31.6 | 47.1 | 42.0 | 3.5 | ● | ● | ● | ● | | | | | | | | | | ● | | | | ● | | | | | | | | | |
| プレミアムハンバーグ弁当 | 850 | 38.8 | 32.2 | 97.2 | 2.8 | ● | ● | ● | | | | | | | | | | | ● | | (●) | | ● | ● | ● | ● | | | | | ● | ● |
| プレミアムハンバーグ弁当(おかずのみ) | 514 | 32.9 | 31.4 | 24.5 | 2.3 | ● | ● | ● | | | | | | | | | | | ● | | | | ● | ● | ● | ● | | | | | ● | ● |
| ミックスグリル弁当 | 1,044 | 51.3 | 45.4 | 104.6 | 5.3 | ● | ● | ● | | | | | | | | | | | ● | | (●) | | ● | ● | ● | ● | | | | | | ● |
| ミックスグリル弁当(おかずのみ) | 708 | 45.3 | 44.5 | 32.0 | 4.8 | ● | ● | ● | | | | | | | | | | | ● | | | | ● | ● | ● | ● | | | | | | ● |
| ひとくちチキンスターキにんにく醤油弁当 | 790 | 42.4 | 21.3 | 86.7 | 5.4 | ● | | ● | | | | | | | | | | | | | (●) | | ● | ● | | | | | | | | |
| ひとくちチキンスターキにんにく醤油弁当(おかずのみ) | 454 | 36.4 | 20.4 | 14.1 | 4.9 | ● | | ● | | | | | | | | | | | | | | | ● | ● | | | | | | | | |
| チーズハンバーグ&サイコロステーキ弁当 | 1,091 | 58.4 | 47.8 | 103.7 | 4.7 | ● | ● | ● | | | | | | | | | | | ● | | (●) | | ● | ● | ● | ● | | | | | | ● |
| チーズハンバーグ&サイコロステーキ弁当(おかずのみ) | 755 | 52.5 | 47.0 | 31.1 | 4.2 | ● | ● | ● | | | | | | | | | | | ● | | | | ● | ● | ● | ● | | | | | | ● |
| チーズインハンバーグ弁当 | 924 | 33.6 | 41.2 | 102.3 | 3.6 | ● | ● | ● | | | | | | | | | | | ● | | (●) | | ● | ● | ● | ● | | | | | ● | ● |

| メニュー名 | エネルギー | たんぱく質 | 脂質 | 炭水化物 | 食塩相当量 | 卵 | 乳 | 小麦 | えび | かに | そば | 落花生 | あわび | いか | いくら | オレンジ | カシユーナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン |
|-------------------------|--------|-------|------|-------|-------|---|---|----|----|----|----|-----|-----|----|-----|------|---------|---------|----|-----|----|----|----|----|----|-----|----|------|----|------|-----|------|
| | (kcal) | (g) | (g) | (g) | (g) | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| チーズインハンバーグ弁当(おかずのみ) | 588 | 27.7 | 40.3 | 29.7 | 3.1 | ● | ● | ● | | | | | | | | | | | ● | | | | | ● | ● | | | | | ● | ● | |
| チーズハンバーグ弁当 | 866 | 36.3 | 34.5 | 99.5 | 3.3 | ● | ● | ● | | | | | | | | | | | ● | (●) | | | | ● | ● | ● | | | | | ● | |
| チーズハンバーグ弁当(おかずのみ) | 530 | 30.3 | 33.7 | 26.9 | 2.8 | ● | ● | ● | | | | | | | | | | | ● | | | | | ● | ● | ● | | | | | ● | |
| ツインハンバーグ弁当 | 1,267 | 60.5 | 60.4 | 117.1 | 6.3 | ● | ● | ● | | | | | | | | | | | ● | (●) | | | | ● | ● | ● | | | | | ● | |
| ツインハンバーグ弁当(おかずのみ) | 931 | 54.6 | 59.5 | 44.5 | 5.8 | ● | ● | ● | | | | | | | | | | | ● | | | | | ● | ● | ● | | | | | ● | |
| 彩り野菜と若鶏の黒酢あんかけ弁当 | 957 | 28.2 | 31.5 | 117.7 | 6.0 | ● | | ● | | ● | | | | | | | | | | (●) | | ● | ● | ● | | | | | | | | |
| 彩り野菜と若鶏の黒酢あんかけ弁当(おかずのみ) | 593 | 20.6 | 29.5 | 42.1 | 3.6 | ● | | ● | | ● | | | | | | | | | | | | | | ● | ● | | | | | | | |
| ロースかつ弁当 | 863 | 23.7 | 32.0 | 117.6 | 6.3 | ● | ● | ● | | | | | | | | | | | ● | (●) | | ● | ● | ● | ● | | | | | ● | | |
| ロースかつ弁当(おかずのみ) | 499 | 16.1 | 30.0 | 42.1 | 3.9 | ● | ● | ● | | | | | | | | | | | ● | | | | ● | ● | ● | ● | | | | | ● | |
| すたみな豚丼弁当 | 1,019 | 49.7 | 50.1 | 88.9 | 5.0 | | | ● | | | | | | | | | | | | (●) | | ● | ● | ● | ● | | | | | | | |
| バラエティフライ弁当 | 1,187 | 34.7 | 56.0 | 133.2 | 7.9 | ● | ● | ● | ● | | | | | | | | | | ● | (●) | | ● | ● | ● | ● | ● | | | | | ● | |
| バラエティフライ弁当(おかずのみ) | 823 | 27.0 | 54.0 | 57.7 | 5.5 | ● | ● | ● | ● | | | | | | | | | | ● | | | | ● | ● | ● | ● | | | | | ● | |
| チキン南蛮弁当 | 1,211 | 39.9 | 63.3 | 116.9 | 8.4 | ● | ● | ● | | | | | | | | | | | ● | (●) | | ● | ● | ● | ● | ● | | | | | ● | ● |
| チキン南蛮弁当(おかずのみ) | 847 | 32.3 | 61.3 | 41.3 | 6.1 | ● | ● | ● | | | | | | | | | | | ● | | | | ● | ● | ● | ● | | | | | ● | ● |
| 若鶏の唐揚げ弁当 | 856 | 33.3 | 31.6 | 107.0 | 6.1 | ● | | ● | | | | | | | | | | | ● | (●) | | ● | ● | ● | ● | ● | | | | | | |
| 若鶏の唐揚げ弁当(おかずのみ) | 492 | 25.6 | 29.6 | 31.5 | 3.7 | ● | | ● | | | | | | | | | | | ● | | | | ● | ● | ● | ● | | | | | | |
| とり天弁当 | 738 | 31.0 | 15.2 | 116.8 | 6.2 | ● | | ● | | | | | | | | | | | ● | (●) | | ● | ● | ● | ● | ● | | | | | | |
| とり天弁当(おかずのみ) | 374 | 23.4 | 13.2 | 41.2 | 3.8 | ● | | ● | | | | | | | | | | | ● | | | | ● | ● | ● | ● | | | | | | |
| 国産鯖の塩焼き弁当 | 710 | 35.7 | 21.6 | 84.0 | 5.8 | | | ● | | | | | | | | | | | | (●) | | ● | ● | | | | | | | | | |
| 国産鯖の塩焼き弁当(おかずのみ) | 343 | 27.9 | 19.5 | 7.9 | 3.0 | | | ● | | | | | | | | | | | | | | | ● | ● | | | | | | | | |
| ビーフシチューオムライス弁当 | 933 | 36.1 | 46.7 | 90.0 | 5.4 | ● | ● | ● | | | | | | | | | | | ● | ● | | | ● | ● | ● | ● | | | | | | |
| ビーフカレー弁当 | 759 | 14.8 | 25.0 | 113.0 | 3.9 | | ● | ● | | | | | | | | | | | ● | (●) | | | ● | ● | ● | ● | | | | | ● | ● |
| とんかつビーフカレー弁当 | 1,160 | 29.4 | 52.0 | 137.8 | 4.8 | ● | ● | ● | | | | | | | | | | | ● | (●) | | | ● | ● | ● | ● | | | | | ● | ● |
| シーザーサラダ(テイクアウト) | 264 | 3.9 | 21.9 | 13.4 | 2.2 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | |
| ポテトフライ(テイクアウト) | 305 | 3.8 | 13.2 | 42.8 | 0.4 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| 大盛りポテトフライ(テイクアウト) | 611 | 7.6 | 26.3 | 85.6 | 0.7 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| 唐揚げ&ソーセージ(テイクアウト) | 604 | 18.5 | 35.5 | 52.6 | 2.5 | ● | | ● | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | |
| なんこつ唐揚げ(テイクアウト) | 375 | 12.8 | 26.4 | 21.8 | 1.9 | | ● | ● | | | | | | | | | | | | | | | | ● | ● | | | | | | | |
| キッズハンバーグ弁当 | 624 | 21.3 | 27.5 | 71.0 | 2.5 | ● | ● | ● | | | | | | | | | | | ● | | | | | ● | ● | ● | | | | | | |
| キッズカレー弁当 | 366 | 5.9 | 7.0 | 68.0 | 1.4 | | | | | | | | | | | | | | ● | | | | | ● | ● | ● | | | | | ● | |
| クラシックチョコレートケーキ(テイクアウト) | 280 | 4.1 | 17.3 | 30.0 | 0.2 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | |

| メニュー名 | エネルギー (kcal) | たんぱく質 (g) | 脂質 (g) | 炭水化物 (g) | 食塩相当量 (g) | 卵 | 乳 | 小麦 | えび | かに | そば | 落花生 | あわび | いか | いくら | オレンジ | カシユーナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | | | |
|-----------------------|-----------------|--------------|-----------|-------------|--------------|---|---|----|----|----|----|-----|-----|----|-----|------|---------|---------|----|-----|-----|----|----|----|----|-----|----|------|----|------|-----|------|--|--|--|
| アメリカンチーズケーキ(テイクアウト) | 243 | 4.0 | 16.2 | 20.6 | 0.4 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 唐揚げ黒酢あんかけ&えびフライ弁当 | 879 | 28.0 | 36.7 | 106.0 | 6.0 | ● | | ● | ● | ● | | | | | | | | ● | | (●) | | ● | ● | ● | | ● | | | | | | | | | |
| ハンバーグ&ポテトコロッケ弁当 | 990 | 32.6 | 45.3 | 109.8 | 4.1 | ● | ● | ● | | | | | | | | | | ● | | (●) | | | ● | ● | | ● | | | | | | | | | |
| ハンバーグ&唐揚げ弁当 | 913 | 37.3 | 38.9 | 100.3 | 4.7 | ● | ● | ● | | | | | | | | | | ● | | (●) | | | ● | ● | | ● | | | | | | | | | |
| うな丼弁当(お吸い物・漬物付) | 778 | 35.3 | 26.4 | 96.7 | 5.5 | | | ● | | | | | | | | | | | | | (●) | | ● | | | | | | | | | | | | |
| かき氷 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| かき氷いちご | 199 | 1.6 | 1.7 | 44.3 | 0.1 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| かき氷マンゴー | 216 | 1.6 | 1.7 | 48.9 | 0.1 | ● | ● | ● | | | | | | | | ● | | | | | | | | ● | | | | | | | | | | | |
| かき氷ミックス(いちご&マンゴー) | 199 | 1.6 | 1.7 | 44.3 | 0.1 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| かき氷抹茶あずき | 304 | 3.4 | 1.9 | 68.4 | 0.1 | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| ごほうびかき氷いちご | 345 | 3.9 | 8.6 | 63.9 | 0.2 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごほうびかき氷マンゴー | 364 | 3.8 | 8.7 | 68.9 | 0.2 | ● | ● | ● | | | | | | | | ● | | | | | | | | ● | | | | | | | | | | | |
| ごほうびかき氷ミックス(イチゴ&マンゴー) | 380 | 4.0 | 8.7 | 73.0 | 0.2 | ● | ● | ● | | | | | | | | ● | | | | | | | | ● | | | | | | | | | | | |
| ごほうびかき氷抹茶 | 402 | 5.4 | 3.3 | 87.9 | 0.2 | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |