



カロリー、アレルギー表示

最終的なご注文の判断は、お客様ご自身でお願いいたします。
 ○はアレルギー物質を含む商品、空欄はアレルギー物質を含まない商品。
 ▲製造工場においてアレルギー物質が混入する可能性がある商品
 ※ 青のりには極稀にエビやカニの成分が混ざる場合がございます。

更新日 2024/6/18

| 商品名 | カロリー Kcal | アレルギー | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------------|-------|-----|-----|----|----|----|----|----|-----|-----|----|-----|-----|----|-----|----|----|----|------|----|------|-----|----|-----|----|-----|----|
| | | 卵 | 乳製品 | 小麦 | 大豆 | 牛肉 | えび | かに | そば | 落花生 | あわび | いか | いくら | れんげ | 椎茸 | くるみ | さけ | さば | 鶏肉 | とんかつ | もも | さといも | リンゴ | ビワ | バナナ | ごま | りんご | 豚肉 |
| ふうわり焼 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ふうわり焼きたこ | 300 | ○ | ▲ | ○ | ○ | | | | | | | | | | | | | ○ | ▲ | | | ▲ | | ▲ | | | | ▲ |
| ふうわり焼きたこ梅 | 325 | ○ | ▲ | ○ | ○ | | | | | | | | | | | | | ○ | ▲ | | | ▲ | | ▲ | | | | ▲ |
| ふうわり焼きたこねぎ | 313 | ○ | ▲ | ○ | ○ | | | | | | | | | | | | | ○ | ▲ | | | ▲ | | ▲ | | | | ▲ |
| ふうわり焼きたこチーズ | 464 | ○ | ○ | ○ | ○ | | | | | | | | | | | | | ○ | ▲ | | | ▲ | | ▲ | | | | ▲ |
| ふうわり焼きたこハーフ | 150 | ○ | ▲ | ○ | ○ | | | | | | | | | | | | | ○ | ▲ | | | ▲ | | ▲ | | | | ▲ |
| ふうわり焼きたこ梅ハーフ | 167 | ○ | ▲ | ○ | ○ | | | | | | | | | | | | | ○ | ▲ | | | ▲ | | ▲ | | | | ▲ |
| ふうわり焼きたこねぎハーフ | 156 | ○ | ▲ | ○ | ○ | | | | | | | | | | | | | ○ | ▲ | | | ▲ | | ▲ | | | | ▲ |
| ふうわり焼きたこチーズハーフ | 232 | ○ | ○ | ○ | ○ | | | | | | | | | | | | | ○ | ▲ | | | ▲ | | ▲ | | | | ▲ |
| おつまみ・一品 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 守じこん | 177 | | | ○ | ○ | ○ | | | | | | | | | | | | | | | | | | ○ | | | | |
| たこせん | 144 | ○ | ○ | ○ | ○ | | | | | | | | | | | | | ▲ | ○ | | | | | | | ○ | | |
| 生ハムオニオン | 98 | | | ○ | ○ | | | | | | | | | | | | | | | | | | ○ | | | | | ○ |
| 冷奴 | 103 | | | ○ | ○ | | | | | | | | | | | | | ▲ | | | | | | | | | | |
| 冷やしトマト | 19 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白菜キムチ | 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | ○ |
| 枝豆 | 131 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| きゅうりの浅漬けステーキ | 46 | | | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| 黒胡椒ポテトサラダ | 138 | ○ | ○ | ○ | ○ | | | | | | | | | | | | | | | | | | ○ | | | | | |
| タンねぎまみれ | 131 | ▲ | ▲ | ○ | ○ | | | | | | | | | | | | | | | | | | | ○ | | | | ○ |
| サラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| こごねんサラダ | 363 | ○ | | ○ | ○ | | | | | | | | | | | | | | | | | | ○ | | | | | ○ |
| 豆腐の和風梅しらすサラダ | 260 | | | ○ | ○ | | | | | | | | | | | | | | | | | | ○ | | | | | ○ |
| 普通の野菜サラダ | 145 | | | ○ | ○ | | | | | | | | | | | | | | | | | | ○ | | | | | ○ |
| トマトサラダ | 158 | | | ○ | ○ | | | | | | | | | | | | | | | | | | ○ | | | | | ○ |
| ポテトサラダ | 221 | ○ | | ○ | ○ | | | | | | | | | | | | | | | | | | ○ | | | | | ○ |
| 鉄板焼き | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| とんべい焼き | 402 | ○ | ○ | ○ | ○ | | | | | | | | | | | | | ○ | ▲ | | | ○ | ○ | ▲ | | | | ○ |
| じゃがチーズ | 688 | ○ | ○ | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| やわらか牛ステーキ | 266 | ▲ | ▲ | ○ | ○ | ○ | | | | | | | | | | | | | | | | ○ | | ○ | | | | |
| 豚キムチ炒め | 464 | | | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | ○ |
| お好み焼き屋だし巻き | 225 | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | ○ |
| 明太子じゃがチーズ | 719 | ○ | ○ | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | ○ |
| するめイカ塩焼き | 134 | | | | | | | | | | | | | | | | | | | | | | | | | | | ○ |
| するめイカボンマヨ | 215 | ○ | | ○ | ○ | | | | | | | | | | | | | | | | | ○ | | | | | | ○ |
| ホタテバター | 255 | | ○ | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | ○ |
| 国産牛ホルモン炒め | 281 | | | ○ | ○ | ○ | | | | | | | | | | | | | | | | | ○ | | | | | ○ |
| 国産鶏の上砂ずり | 147 | | | ○ | ○ | | | | | | | | | | | | | | | | | | ○ | | | | | ○ |
| ねぎずりボン | 133 | | | ○ | ○ | | | | | | | | | | | | | | | | | | ○ | | | | | ○ |
| 鶏せせりと白ねぎの醤油焼 | 251 | | | ○ | ○ | | | | | | | | | | | | | | | | | | ○ | | | | | ○ |
| 鶏せせり柚子胡椒添え | 239 | | | ○ | ○ | | | | | | | | | | | | | | | | | | ○ | | | | | ○ |
| 鶏なんこつ | 68 | | | ○ | ○ | | | | | | | | | | | | | | | | | | ○ | | | | | ○ |
| 焼き白ねぎ | 61 | | | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | ○ |
| コーンバター | 421 | | ○ | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | ○ |
| あらびきソーセージ5本 | 335 | | | | | | | | | | | | | | | | | | | | | | ○ | | | | | ○ |
| 長芋のバター醤油焼き | 219 | | ○ | ○ | ○ | | | | | | | | | | | | | | | | | | ○ | | | | | ○ |
| フォンデュ焼 | 897 | | ○ | ○ | ○ | | | | | | | | | | | | | | | | | | ○ | | | | | ○ |
| フォンデュ焼DX | 1,081 | ▲ | ▲ | ○ | ○ | ○ | ○ | | | | | | | | | | | | | | | | ○ | | | | | ○ |
| 明太だし巻き | 263 | ○ | | | | | | | | | | | | | | | | | | | | | ○ | | | | | ○ |
| ねぎチーズだし巻き | 320 | ○ | ○ | | | | | | | | | | | | | | | | | | | | ○ | | | | | ○ |
| 栗豚つくね | 176 | ○ | ○ | ○ | ○ | | | | | | | | | | | | | | | | | | ○ | | | | | ○ |
| 栗豚つくねテリヤキチーズ | 225 | ○ | ○ | ○ | ○ | | | | | | | | | | | | | | | | | | ○ | | | | | ○ |
| 栗豚バラ串塩レモン | 137 | | | ○ | ○ | | | | | | | | | | | | | | | | | | ○ | | | | | ○ |
| 栗豚バラ串味噌ねぎ | 135 | | | ○ | ○ | | | | | | | | | | | | | | | | | | ○ | | | | | ○ |
| ごはんもの | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚とろだししょうゆチャーハン | 613 | ○ | | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | ○ |
| 焼きおにぎり | 321 | | | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | ○ |
| 白ごはん | 342 | | | | | | | | | | | | | | | | | | | | | | | | | | | ○ |
| 梅茶漬け | 498 | | | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | ○ |
| デザート | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 北海道パニライス | 42 | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
| パニラ苺 | 55 | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
| 黒蜜パニラ | 64 | ○ | ○ | | ○ | | | | | | | | | | | | | | | | | | | | | | | ▲ |
| パニラチョコ | 71 | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | | | ▲ |
| レモンシャーベット | 33 | ▲ | ▲ | | | | | | | | | | | | | | | | | | | | | | | | | |
| わらび餅&おさつ | 183 | ○ | ○ | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| 京わらびもち | 177 | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| おさつ塩バター風味 | 176 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
| 手作りプリン&アイス | 161 | ○ | ○ | | ▲ | | | | | | | | | | | | | | | | | | | | | | | |
| おさつとアイス | 137 | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
| チョコサンデー | 219 | ○ | ○ | | ▲ | ○ | | | | | | | | | | | | | | | | | | | | | | ▲ |
| 苺サンデー | 185 | ○ | ○ | | ▲ | ○ | | | | | | | | | | | | | | | | | | | | | | ▲ |
| 塩バターおさつサンデー | 272 | ○ | ○ | | ▲ | ○ | | | | | | | | | | | | | | | | | | | | | | ○ |
| 手作りプリン | 113 | ○ | ○ | | ▲ | | | | | | | | | | | | | | | | | | | | | | | |
| セットメニュー | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| お好み焼ランチ | 976 | ○ | ○ | ○ | ○ | | | | | | | | | | | | | | | | | ○ | ○ | ▲ | | | | ○ |
| 焼きそばランチ | 1,057 | | | ○ | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | ○ |
| ハーフ&ハーフランチ | 1,174 | ○ | ○ | ○ | ○ | ○ | | | | | | | | | | | | | | | | ○ | ○ | ▲ | | | | ○ |
| なっとくランチ | 927 | ○ | ○ | ○ | ○ | ○ | | | | | | | | | | | | | | | | | ○ | ○ | ▲ | | | ○ |
| まんぞくランチ | 932 | ○ | ○ | ○ | ○ | ○ | | | | | | | | | | | | | | | | | ○ | ○ | ▲ | | | ○ |
| ランチミックスサラダ | 156 | ○ | | ○ | ○ | | | | | | | | | | | | | | | | | | ○ | | | | | ○ |
| A お好み焼ランチ | 911 | ○ | ○ | ○ | ○ | | | | | | | | | | | | | | | | | ○ | ○ | ▲ | | | | ○ |
| B お好み焼ランチ | 1,029 | ○ | ○ | ○</ | | | | | | | | | | | | | | | | | | | | | | | | |