# メニュー全情報

１．食べ残したお料理のお持ち帰りについて

２．メニュー別・栄養成分・アレルギー物質一覧

※　当店で使用しているお米は、国産米を中心に、外国産をブレンドした米を使用しております。一部の店舗につきましては、国産米のみを使用しております。詳しくは店員までお問い合わせください。
　原産地情報は随時変更があるため、HP内「食材の原産地情報」からご参照ください。

https://www.yoshinoya.com/pdf/producing_area/

吉野家
YOSHINOYA

# 当店のお料理をお持ち帰りされるお客様へ

お料理のお持ち帰りは、お客様の責任においてお願い申し上げます。
食品安全の観点から、以下の点ご理解お願いいたします。

・気温が上昇する**６月～９月**はお持ち帰りをご遠慮いただいております。

・時間が経過することにより食中毒のリスクが高まります。

・帰宅までに時間がかかる場合のお持ち帰りはご遠慮ください。

・お料理は**お客様ご自身でお詰めいただく**ようお願いいたします。
※お詰めいただく前に**手洗い・手の除菌**をされることをおすすめいたします

・**お持ち帰りは、加熱が十分にされているお料理**とさせていただきます。
※店舗で未加熱のトッピングや付け合わせはできるだけ取り除いてください。
※玉子、半熟玉子、とろろがかかったものは、お持ち帰りをご遠慮ください。

・お持ち帰りいただいた料理は、すぐに**冷蔵庫**におしまいいただくか、**できるだけ**速やかにお召し上がりください。

・**必ず中心まで十分に加熱して**お召し上がりください。

・電子レンジで加熱する場合は、**電子レンジに対応した別の容器**に移してください。

・少しでも怪しいと思ったら、口に入れるのはおやめください。

消費者庁、農林水産省、環境省、厚生労働省「飲食店等における「食べ残し」対策に取り組むに当たっての留意事項」 参照

株式会社吉野家
2023.10.2

# メニュー別・栄養成分・アレルギー物質一覧

○吉野家メニュー
○C&Cメニュー
○そば処メニュー
○地域限定メニュー

店舗により、販売メニューが異なります。限定メニューはページ下部に記載しております。

1. 栄養成分値は、配合に基づいた推定値です。ひとつひとつ手作りしているため、実際の商品は数値に誤差がでる場合がございますのでご了承ください。
2. 0.05g未満の含有量の場合でも「0.0」表記とさせて頂いておりますのでご了承下さい。
3. アレルギー情報・栄養成分数値にはお好みでお使いいただく調味料類は含まれておりません。調味料類は別に記載しております。
4. アレルギー情報は商品の原材料を調べたものです。（〇：原材料に含みます。　▲：原材料「あさり」には『かに』が共生しています。 原材料「あおさ」は『えび』『かに』が混ざる漁法で採取されています。）
5. 揚げ物は全て同じフライヤーで揚げています。その他、調理の過程において商品間・原材料間でのアレルギー物質の偶発的混入の可能性がございます。
6. アレルギー物質に対する感受性は、個人により大きな差があります。このデータを参考に、最終的な判断は専門医に相談されることをおすすめします。

※ 詳細につきましては、お客様相談室（0120-69-5114）にお問い合わせください。

# メニュー別・栄養成分・アレルギー物質一覧

2024年12月1日現在

| | | | | 栄養成分（1食当たり） | | | | | アレルギー物質 | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | 特定原材料（8品目） | | | | | | | | 特定原材料に準ずるもの（20品目） | | | | | | | | | | | | | | | | | |
| | | | | 熱量 | たんぱく質 | 脂質 | 炭水化物 | 食塩相当量 | 小麦 | 乳 | 卵 | 落花生 | そば | えび | かに | くるみ | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | バナナ | もも | 山芋 | りんご | ごま | カシューナッツ | ゼラチン | アーモンド |
| | | | | | | | | | Wheat 小麦 밀 | Milk 牛乳 우유 | Egg 鶏卵 계란 | Peanut 花生 땅콩 | Buckwheat 蕎麦 메밀 | Shrimp 海老 새우 | Crab 蟹 게 | Walnut 胡桃 호두 | Abalone 鮑 전복 | Squid 烏賊 오징어 | SalmonRoe 鮭魚卵 연어알 | Orange 橙子 오렌지 | Kiwifruit 猕猴桃 키위 | Beef 牛肉 소고기 | Salmon 三文魚 연어 | Mackerel 鯖魚 고등어 | Soybean 大豆 콩 | Chicken 鶏肉 닭고기 | Pork 豚肉 돼지고기 | Matsutake 松茸 송이 | Banana 香蕉 바나나 | Peach 桃子 복숭아 | Yam 山药 참마 | Apple 苹果 사과 | Sesame 芝麻 깨 | Cashew Nut 腰果 캐슈넛 | Gelatin 明胶 젤라틴 | Almond 杏仁 아몬드 |
| | | | | （kcal） | （g） | （g） | （g） | （g） | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 共通メニュー | 丼 | 牛丼 | 小盛 | 489 | 15.6 | 19.6 | 64.6 | 1.9 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | | | ○ | |
| | | | 並盛 | 633 | 19.6 | 23.6 | 88.2 | 2.5 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | | | ○ | |
| | | | アタマの大盛 | 725 | 23.0 | 28.8 | 96.6 | 2.8 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | | | ○ | |
| | | | 大盛 | 838 | 25.0 | 29.0 | 123.2 | 3.1 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | | | ○ | |
| | | | 特盛 | 1,022 | 33.8 | 44.2 | 126.0 | 4.0 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | | | ○ | |
| | | | 超特盛 | 1,174 | 41.0 | 57.0 | 128.3 | 4.7 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | | | ○ | |
| | | 豚丼 | 小盛 | 438 | 11.1 | 15.4 | 63.9 | 1.5 | ○ | | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | | 並盛 | 576 | 14.4 | 18.6 | 88.1 | 2.3 | ○ | | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | | アタマの大盛 | 654 | 16.6 | 22.6 | 96.1 | 2.4 | ○ | | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | | 大盛 | 771 | 18.9 | 22.8 | 123.7 | 3.1 | ○ | | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | | 特盛 | 948 | 25.6 | 36.8 | 128.1 | 4.5 | ○ | | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | | 超特盛 | 1,059 | 30.0 | 44.7 | 132.4 | 6.2 | ○ | | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | ねぎ塩豚丼 | 小盛 | 463 | 11.3 | 17.1 | 66.4 | 2.0 | ○ | | | | | | | | | | | | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | | 並盛 | 599 | 14.2 | 20.6 | 90.0 | 2.5 | ○ | | | | | | | | | | | | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | | アタマの大盛 | 684 | 16.5 | 24.9 | 99.0 | 3.0 | ○ | | | | | | | | | | | | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | | 大盛 | 794 | 18.3 | 25.1 | 124.9 | 3.0 | ○ | | | | | | | | | | | | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | | 特盛 | 986 | 24.8 | 40.2 | 130.8 | 5.1 | ○ | | | | | | | | | | | | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | | 超特盛 | 1,094 | 28.5 | 48.8 | 133.8 | 6.1 | ○ | | | | | | | | | | | | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | ねぎ塩牛カルビ丼（成型肉） | 小盛 | 544 | 17.2 | 24.5 | 64.4 | 2.0 | ○ | | | | | | | | | | | | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | | 並盛 | 698 | 21.4 | 29.7 | 87.6 | 2.5 | ○ | | | | | | | | | | | | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | | アタマの大盛 | 839 | 27.0 | 39.0 | 96.1 | 3.1 | ○ | | | | | | | | | | | | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | | 大盛 | 948 | 28.7 | 39.2 | 122.0 | 3.1 | ○ | | | | | | | | | | | | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | | 特盛 | 1,184 | 39.3 | 58.4 | 126.0 | 5.0 | ○ | | | | | | | | | | | | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | | 超特盛 | 1,352 | 46.9 | 72.4 | 128.0 | 6.1 | ○ | | | | | | | | | | | | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | 牛カルビ丼(成型肉) | 小盛 | 569 | 17.6 | 24.3 | 70.7 | 2.1 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | | | 並盛 | 725 | 21.8 | 29.3 | 94.7 | 2.5 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | | | アタマの大盛 | 867 | 27.4 | 38.5 | 103.9 | 3.0 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | | | 大盛 | 977 | 29.2 | 38.7 | 129.8 | 3.0 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | | | 特盛 | 1,202 | 39.5 | 57.1 | 133.3 | 3.8 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | | | 超特盛 | 1,356 | 46.8 | 70.5 | 133.4 | 4.1 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | | 新スタミナ超特盛丼（成型肉）（マヨソース含む） | | 2,016 | 67.1 | 96.7 | 223.1 | 6.3 | ○ | | ○ | | | | | | | | | | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | 鰻重 | 一枚盛 | 750 | 34.5 | 26.0 | 99.9 | 2.9 | ○ | | | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | | | 二枚盛 | 1,092 | 62.1 | 51.2 | 103.6 | 4.4 | ○ | | | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | | 牛すき丼 | 並盛 | 662 | 19.9 | 22.6 | 98.0 | 3.2 | ○ | | ○ | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | | 大盛 | 932 | 28.2 | 33.3 | 134.3 | 4.0 | ○ | | ○ | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | 皿 | 牛皿 | 並盛 | 281 | 13.5 | 22.9 | 5.2 | 1.8 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | | | ○ | |
| | | | 大盛 | 344 | 16.6 | 28.0 | 6.5 | 2.3 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | | | ○ | |
| | | | 特盛 | 532 | 25.6 | 43.3 | 9.9 | 3.5 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | | | ○ | |
| | | 牛皿ファミリーパック | 三人前 | 843 | 40.6 | 68.7 | 15.6 | 5.5 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | | | ○ | |
| | | | 四人前 | 1,124 | 54.1 | 91.6 | 20.8 | 7.3 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | | | ○ | |
| | | 豚皿 | 並盛 | 232 | 8.9 | 17.9 | 6.5 | 2.3 | ○ | | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | | 大盛 | 288 | 11.1 | 21.9 | 8.7 | 3.1 | ○ | | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | | 特盛 | 465 | 17.8 | 35.8 | 13.1 | 4.5 | ○ | | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | 牛カルビ皿(成型肉) | | 493 | 21.4 | 37.7 | 14.8 | 3.0 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | | ねぎ塩豚皿 | | 310 | 10.5 | 24.2 | 9.9 | 3.0 | ○ | | | | | | | | | | | | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | ねぎ塩牛カルビ皿（成型肉） | | 464 | 21.0 | 38.2 | 7.0 | 3.1 | ○ | | | | | | | | | | | | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | 鰻皿 | 一枚盛 | 369 | 28.3 | 25.3 | 9.4 | 2.6 | ○ | | | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | | | 二枚盛 | 711 | 55.9 | 50.5 | 13.2 | 4.2 | ○ | | | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | | | 三枚盛 | 1,053 | 83.5 | 75.7 | 16.9 | 5.7 | ○ | | | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | 定食 | 牛鮭定食 | | 685 | 31.8 | 25.0 | 88.0 | 4.0 | ○ | | | | | ▲ | ▲ | | | | | | | ○ | ○ | | ○ | | | | | | | ○ | | | ○ | |
| | | 牛さば定食 | | 738 | 26.6 | 28.5 | 88.0 | 3.8 | ○ | | | | | ▲ | ▲ | | | | | | | ○ | | ○ | ○ | | | | | | | ○ | | | ○ | |
| | | 牛カルビ定食（成型肉） | | 872 | 28.8 | 39.1 | 102.5 | 4.3 | ○ | | | | | ▲ | ▲ | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | | ねぎ塩豚定食 | | 689 | 17.9 | 25.5 | 97.6 | 4.4 | ○ | | | | | ▲ | ▲ | | | | | | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | ねぎ塩牛カルビ定食（成型肉） | | 844 | 28.4 | 39.6 | 94.7 | 4.4 | ○ | | | | | ▲ | ▲ | | | | | | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | 牛皿定食 | 並盛 | 719 | 26.4 | 29.3 | 89.5 | 3.3 | ○ | | ○ | | | ▲ | ▲ | | | | | | | ○ | | | ○ | | | | | | | ○ | | | ○ | |
| | | | 大盛 | 783 | 29.5 | 34.4 | 90.7 | 3.8 | ○ | | ○ | | | ▲ | ▲ | | | | | | | ○ | | | ○ | | | | | | | ○ | | | ○ | |
| | | | 特盛 | 970 | 38.5 | 49.6 | 94.2 | 5.0 | ○ | | ○ | | | ▲ | ▲ | | | | | | | ○ | | | ○ | | | | | | | ○ | | | ○ | |
| | | 鰻重牛小鉢セット | 一枚盛 | 928 | 43.2 | 38.5 | 107.7 | 6.1 | ○ | | | | | ▲ | ▲ | | | | | | | ○ | | | ○ | | | | | | | ○ | | | ○ | |
| | | | 二枚盛 | 1,270 | 70.8 | 63.7 | 111.4 | 7.6 | ○ | | | | | ▲ | ▲ | | | | | | | ○ | | | ○ | | | | | | | ○ | | | ○ | |
| | W定食 | 牛皿・牛カルビ定食(成型肉) | | 1,160 | 42.7 | 62.1 | 108.3 | 6.0 | ○ | | | | | ▲ | ▲ | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | | 牛皿・ねぎ塩豚定食 | | 955 | 30.8 | 48.3 | 99.3 | 6.2 | ○ | | | | | ▲ | ▲ | | | | | | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | 牛皿・ねぎ塩牛カルビ定食（成型肉） | | 1,129 | 42.2 | 62.3 | 100.5 | 6.2 | ○ | | | | | ▲ | ▲ | | | | | | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | 牛皿・から揚げ定食 | | 1,244 | 46.7 | 67.4 | 112.2 | 5.3 | ○ | ○ | ○ | | | ▲ | ▲ | | | | | | | ○ | | | ○ | ○ | | | | | | ○ | | | ○ | |
| | 朝定食 | 納豆定食 | | 544 | 21.3 | 11.1 | 92.0 | 2.1 | ○ | | ○ | | | ▲ | ▲ | | | | | | | | | | ○ | | | | | | | | | | | |
| | | 焼魚定食(鮭) | | 501 | 23.3 | 9.8 | 84.8 | 2.7 | ○ | | | | | ▲ | ▲ | | | | | | | | ○ | | ○ | | | | | | | | | | | |
| | | 特朝定食（鮭） | | 676 | 37.2 | 19.6 | 92.1 | 3.4 | ○ | | ○ | | | ▲ | ▲ | | | | | | | | ○ | | ○ | | | | | | | | | | | |
| | | 塩さば定食 | | 554 | 18.1 | 13.2 | 84.8 | 2.5 | ○ | | | | | ▲ | ▲ | | | | | | | | | ○ | ○ | | | | | | | | | | | |
| | | 塩さば特朝定食 | | 729 | 32.0 | 23.1 | 92.0 | 3.2 | ○ | | ○ | | | ▲ | ▲ | | | | | | | | | ○ | ○ | | | | | | | | | | | |
| | | 朝牛セット | 玉子セット | 95 | 7.4 | 5.7 | 2.7 | 1.5 | | | ○ | | | ▲ | ▲ | | | | | | | | | | ○ | | | | | | | | | | | |
| | | | 半熟玉子セット | 95 | 7.4 | 5.7 | 2.7 | 1.5 | | | ○ | | | ▲ | ▲ | | | | | | | | | | ○ | | | | | | | | | | | |
| | | | お新香セット | 36 | 1.9 | 1.0 | 5.0 | 2.2 | ○ | | | | | ▲ | ▲ | | | | | | | | | | ○ | | | | | | | | | | | |
| | | | ミニサラダセット | 35 | 1.9 | 0.7 | 6.0 | 1.4 | | | | | | ▲ | ▲ | | | | | | | | | | ○ | | | | | | | | | | | |
| | | | 納豆セット | 120 | 9.0 | 5.2 | 9.6 | 1.9 | ○ | | | | | ▲ | ▲ | | | | | | | | | | ○ | | | | | | | | | | | |
| | | | | ※牛丼含まず | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 一汁三菜朝定 | 納豆牛小鉢定食 | | 620 | 22.0 | 17.5 | 97.5 | 2.9 | ○ | | | | | ▲ | ▲ | | | | | | | ○ | | | ○ | | | | | | | ○ | | | ○ | |
| | | 焼魚牛小鉢定食 | | 653 | 30.1 | 21.3 | 90.5 | 3.7 | ○ | | | | | ▲ | ▲ | | | | | | | ○ | ○ | | ○ | | | | | | | ○ | | | ○ | |
| | | 塩さば牛小鉢定食 | | 706 | 24.9 | 24.8 | 90.4 | 3.5 | ○ | | | | | ▲ | ▲ | | | | | | | ○ | | ○ | ○ | | | | | | | ○ | | | ○ | |
| | | ハムエッグ納豆定食 | | 589 | 24.4 | 13.1 | 96.1 | 2.7 | ○ | ○ | ○ | | | ▲ | ▲ | | | | | | | | | | ○ | | ○ | | | | | | | | | |
| | | ハムエッグ牛小鉢定食 | | 630 | 23.4 | 19.9 | 91.8 | 3.2 | ○ | ○ | ○ | | | ▲ | ▲ | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | Wハムエッグ納豆定食 | | 690 | 33.6 | 19.2 | 97.5 | 3.5 | ○ | ○ | ○ | | | ▲ | ▲ | | | | | | | | | | ○ | | ○ | | | | | | | | | |
| | | Wハムエッグ牛小鉢定食 | | 732 | 32.7 | 26.0 | 93.2 | 3.9 | ○ | ○ | ○ | | | ▲ | ▲ | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |

# メニュー別・栄養成分・アレルギー物質一覧

2024年12月1日現在

| | | | | 栄養成分（1食当たり） | | | | | アレルギー物質 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | 特定原材料（8品目） | | | | | | | | 特定原材料に準ずるもの（20品目） | | | | | | | | | | | | | | | | | | | |
| | | | | 熱量 (kcal) | たんぱく質 (g) | 脂質 (g) | 炭水化物 (g) | 食塩相当量 (g) | 小麦 Wheat 小麦 밀 | 乳 Milk 牛奶 우유 | 卵 Egg 鸡蛋 계란 | 落花生 Peanut 花生 땅콩 | そば Buckwheat 荞麦 메밀 | えび Shrimp 虾 새우 | かに Crab 螃蟹 게 | くるみ Walnut 核桃 호두 | あわび Abalone 鲍鱼 전복 | いか Squid 鱿鱼 오징어 | いくら SalmonRoe 鲑鱼卵 연어알 | オレンジ Orange 橙子 오렌지 | キウイフルーツ Kiwifruit 猕猴桃 키위 | 牛肉 Beef 牛肉 소고기 | さけ Salmon 三文鱼 연어 | さば Mackerel 鲭鱼 고등어 | 大豆 Soybean 大豆 콩 | 鶏肉 Chicken 鸡肉 닭고기 | 豚肉 Pork 猪肉 돼지고기 | まつたけ Matsutake 松蘑 송이 | バナナ Banana 香蕉 바나나 | もも Peach 桃子 복숭아 | 山芋 Yam 山药 참마 | りんご Apple 苹果 사과 | ごま Sesame 芝麻 깨 | カシューナッツ Cashew Nut 腰果 캐슈넛 | ゼラチン Gelatin 明胶 젤라틴 | アーモンド Almond 杏仁 아몬드 |
| から揚げ | 丼 | から揚げ丼 | 並盛 | 943 | 31.9 | 44.0 | 104.5 | 2.2 | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| | | | アタマの大盛 | 1,172 | 41.0 | 58.5 | 119.1 | 2.9 | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| | | | 大盛 | 1,281 | 42.8 | 58.7 | 145.0 | 2.9 | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| | | | 特盛 | 1,479 | 51.5 | 73.1 | 152.1 | 3.6 | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| | | から牛 | 並盛 | 887 | 30.0 | 41.0 | 100.2 | 2.4 | ○ | ○ | ○ | | | | | | | | | | | ○ | | | ○ | ○ | | | | | | ○ | | | ○ | |
| | | | アタマの大盛 | 1,116 | 39.2 | 55.5 | 114.7 | 3.2 | ○ | ○ | ○ | | | | | | | | | | | ○ | | | ○ | ○ | | | | | | ○ | | | ○ | |
| | | | 大盛 | 1,225 | 40.9 | 55.7 | 140.6 | 3.2 | ○ | ○ | ○ | | | | | | | | | | | ○ | | | ○ | ○ | | | | | | ○ | | | ○ | |
| | | | 特盛 | 1,422 | 49.6 | 70.1 | 147.7 | 3.9 | ○ | ○ | ○ | | | | | | | | | | | ○ | | | ○ | ○ | | | | | | ○ | | | ○ | |
| | | タルタル南蛮から揚げ丼 | 並盛 | 1,230 | 34.3 | 69.5 | 116.3 | 4.4 | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | ○ | | | |
| | | | アタマの大盛 | 1,458 | 43.4 | 84.0 | 130.7 | 5.1 | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | ○ | | | |
| | | | 大盛 | 1,567 | 45.2 | 84.2 | 156.7 | 5.1 | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | ○ | | | |
| | | | 特盛 | 1,765 | 53.9 | 98.6 | 163.7 | 5.8 | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | ○ | | | |
| | | ねぎ塩から揚げ丼 | 並盛 | 986 | 32.7 | 46.0 | 110.2 | 4.1 | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | ○ | | | | | ○ | ○ | | | |
| | | | アタマの大盛 | 1,214 | 41.9 | 60.4 | 124.6 | 4.7 | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | ○ | | | | | ○ | ○ | | | |
| | | | 大盛 | 1,323 | 43.6 | 60.6 | 150.6 | 4.7 | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | ○ | | | | | ○ | ○ | | | |
| | | | 特盛 | 1,520 | 52.2 | 75.1 | 157.5 | 5.4 | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | ○ | | | | | ○ | ○ | | | |
| | | ヤンニョムから揚げ丼 | 並盛 | 1,013 | 32.9 | 44.6 | 119.7 | 3.3 | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | ○ | | | |
| | | | アタマの大盛 | 1,241 | 42.1 | 59.1 | 134.1 | 4.0 | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | ○ | | | |
| | | | 大盛 | 1,351 | 43.8 | 59.3 | 160.1 | 4.0 | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | ○ | | | |
| | | | 特盛 | 1,548 | 52.5 | 73.7 | 167.1 | 4.7 | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | ○ | | | |
| | 定食 | から揚げ定食 | 並盛 | 1,168 | 42.2 | 59.0 | 115.9 | 4.2 | ○ | ○ | ○ | | | ▲ | ▲ | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| | | | 大盛 | 1,366 | 50.8 | 73.4 | 123.0 | 5.0 | ○ | ○ | ○ | | | ▲ | ▲ | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| | | | 特盛 | 1,563 | 59.5 | 87.8 | 130.1 | 5.7 | ○ | ○ | ○ | | | ▲ | ▲ | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| | | から揚げお新香定食 | | 953 | 34.1 | 41.3 | 111.2 | 4.4 | ○ | ○ | ○ | | | ▲ | ▲ | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| | | タルタル南蛮から揚げ定食 | 並盛 | 1,454 | 44.6 | 84.6 | 127.5 | 6.4 | ○ | ○ | ○ | | | ▲ | ▲ | | | | | | | | | | ○ | ○ | | | | | | | ○ | | | |
| | | | 大盛 | 1,651 | 53.2 | 99.0 | 134.6 | 7.1 | ○ | ○ | ○ | | | ▲ | ▲ | | | | | | | | | | ○ | ○ | | | | | | | ○ | | | |
| | | | 特盛 | 1,849 | 61.9 | 113.4 | 141.6 | 7.9 | ○ | ○ | ○ | | | ▲ | ▲ | | | | | | | | | | ○ | ○ | | | | | | | ○ | | | |
| | | ねぎ塩から揚げ定食 | 並盛 | 1,210 | 43.0 | 61.0 | 121.4 | 6.0 | ○ | ○ | ○ | | | ▲ | ▲ | | | | | | | | | | ○ | ○ | ○ | | | | | ○ | ○ | | | |
| | | | 大盛 | 1,407 | 51.6 | 75.4 | 128.4 | 6.7 | ○ | ○ | ○ | | | ▲ | ▲ | | | | | | | | | | ○ | ○ | ○ | | | | | ○ | ○ | | | |
| | | | 特盛 | 1,604 | 60.2 | 89.8 | 135.4 | 7.4 | ○ | ○ | ○ | | | ▲ | ▲ | | | | | | | | | | ○ | ○ | ○ | | | | | ○ | ○ | | | |
| | | ヤンニョムから揚げ定食 | 並盛 | 1,238 | 43.2 | 59.6 | 131.0 | 5.3 | ○ | ○ | ○ | | | ▲ | ▲ | | | | | | | | | | ○ | ○ | | | | | | | ○ | | | |
| | | | 大盛 | 1,435 | 51.9 | 74.0 | 138.0 | 6.0 | ○ | ○ | ○ | | | ▲ | ▲ | | | | | | | | | | ○ | ○ | | | | | | | ○ | | | |
| | | | 特盛 | 1,633 | 60.6 | 88.5 | 145.0 | 6.7 | ○ | ○ | ○ | | | ▲ | ▲ | | | | | | | | | | ○ | ○ | | | | | | | ○ | | | |
| | 単品 | から揚げ | 1個 | 197 | 8.7 | 14.4 | 7.0 | 0.7 | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| | | タルタルソース | | 251 | 1.8 | 25.9 | 2.7 | 0.8 | ○ | | ○ | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | | ヤンニョムソース | | 64 | 0.9 | 0.1 | 15.0 | 1.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カレー | | 黒カレー | 並盛 | 480 | 8.2 | 6.4 | 100.5 | 2.9 | ○ | ○ | | | | | | | | | | ○ | | | | | ○ | ○ | ○ | | | | | ○ | ○ | | | |
| | | | ご飯増量 | 620 | 10.5 | 6.7 | 133.9 | 2.9 | ○ | ○ | | | | | | | | | | ○ | | | | | ○ | ○ | ○ | | | | | ○ | ○ | | | |
| | | 牛黒カレー | 並盛 | 622 | 15.0 | 17.9 | 103.3 | 3.9 | ○ | ○ | | | | | | | | | | ○ | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | | ご飯増量 | 762 | 17.3 | 18.2 | 136.7 | 3.9 | ○ | ○ | | | | | | | | | | ○ | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | 肉だく牛黒カレー | 並盛 | 761 | 21.7 | 29.3 | 105.7 | 4.7 | ○ | ○ | | | | | | | | | | ○ | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | | ご飯増量 | 901 | 24.0 | 29.6 | 139.1 | 4.7 | ○ | ○ | | | | | | | | | | ○ | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | 牛カルビ黒カレー（成型肉） | 並盛 | 772 | 21.2 | 29.4 | 107.4 | 4.4 | ○ | ○ | | | | | | | | | | ○ | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | | ご飯増量 | 912 | 23.4 | 29.7 | 140.8 | 4.4 | ○ | ○ | | | | | | | | | | ○ | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | 牛×牛カルビ黒カレー（成型肉） | 並盛 | 914 | 28.0 | 40.9 | 110.2 | 5.4 | ○ | ○ | | | | | | | | | | ○ | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | | ご飯増量 | 1,054 | 30.2 | 41.1 | 143.6 | 5.4 | ○ | ○ | | | | | | | | | | ○ | | ○ | | | ○ | ○ | ○ | | | | | ○ | ○ | | ○ | |
| | | から揚げ黒カレー | 並盛 | 874 | 25.4 | 35.2 | 114.5 | 4.2 | ○ | ○ | ○ | | | | | | | | | ○ | | | | | ○ | ○ | ○ | | | | | ○ | ○ | | | |
| | | | ご飯増量 | 1,014 | 27.7 | 35.5 | 147.9 | 4.2 | ○ | ○ | ○ | | | | | | | | | ○ | | | | | ○ | ○ | ○ | | | | | ○ | ○ | | | |
| | ハヤシ | 牛ハヤシライス | 並盛 | 636 | 15.2 | 20.2 | 101.2 | 3.3 | ○ | ○ | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | | ご飯増量 | 776 | 17.5 | 20.4 | 134.6 | 3.3 | ○ | ○ | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | 肉だく牛ハヤシライス | 並盛 | 775 | 21.9 | 31.6 | 103.6 | 4.1 | ○ | ○ | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | | ご飯増量 | 916 | 24.2 | 31.9 | 137.0 | 4.1 | ○ | ○ | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | 鍋 | 牛すき鍋膳 | 並盛 | 1,006 | 36.3 | 38.6 | 132.0 | 7.1 | ○ | | ○ | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | | 肉2倍盛 | 1,368 | 53.7 | 69.9 | 134.7 | 8.5 | ○ | | ○ | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | 牛すき鍋膳（単品） | 並盛 | 659 | 30.6 | 37.8 | 49.7 | 6.9 | ○ | | ○ | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | | 肉2倍盛 | 1,021 | 48.0 | 69.1 | 52.5 | 8.3 | ○ | | ○ | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | 牛鍋ファミリーパック | 3人前 | 1,256 | 55.7 | 93.8 | 47.3 | 11.4 | ○ | | ○ | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | | 4人前 | 1,675 | 74.3 | 125.1 | 63.0 | 15.2 | ○ | | ○ | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | 牛カレー鍋膳 | 並盛 | 928 | 31.4 | 38.6 | 118.3 | 7.0 | ○ | ○ | ○ | | | | | | | | | | | ○ | ○ | | ○ | ○ | | | | | | ○ | | | ○ | |
| | | | 肉2倍盛 | 1,290 | 48.8 | 69.8 | 121.1 | 8.4 | ○ | ○ | ○ | | | | | | | | | | | ○ | ○ | | ○ | ○ | | | | | | ○ | | | ○ | |
| | | 牛カレー鍋膳（単品） | 並盛 | 580 | 25.7 | 37.8 | 36.1 | 6.7 | ○ | ○ | ○ | | | | | | | | | | | ○ | ○ | | ○ | ○ | | | | | | ○ | | | ○ | |
| | | | 肉2倍盛 | 942 | 43.2 | 69.0 | 38.8 | 8.2 | ○ | ○ | ○ | | | | | | | | | | | ○ | ○ | | ○ | ○ | | | | | | ○ | | | ○ | |
| | お子様セット | ミニ牛丼 | | 352 | 9.0 | 14.0 | 49.5 | 1.5 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | | | ○ | |
| | | ミニカレー | | 271 | 5.0 | 2.0 | 59.9 | 1.1 | | | | | | | | | | | | | | | | | ○ | ○ | | | ○ | | | ○ | | | | |
| | | ウィンナー | 2本 | 86 | 3.2 | 6.1 | 4.4 | 0.6 | ○ | ○ | ○ | | | | | | | | | | | ○ | | | ○ | ○ | ○ | | | | | | | | | |
| | | トマトケチャップ | 1P | 11 | 0.1 | 0.1 | 2.5 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ふりかけ（のりたま） | 1袋 | 11 | 0.6 | 0.5 | 1.0 | 0.2 | ○ | ○ | ○ | | | | | | | | | | | | | ○ | ○ | ○ | | | | | | | ○ | | | |
| | | お子様ジュース（リンゴジュース） | 1個 | 58 | 0.1 | 0.0 | 14.4 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | | |
| | | プチゼリー（りんご・みかん・ぶどう） | 1個 | 11 | 0.0 | 0.0 | 3.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | | |
| | サラダ | チーズ牛サラダ※ドレッシングは含みません | | 492 | 33.3 | 36.1 | 9.0 | 1.8 | ○ | ○ | ○ | | | | | | | | | | | ○ | | | ○ | ○ | | | | | | ○ | | | ○ | |
| | | キムチ牛サラダ※ドレッシングは含みません | | 415 | 26.8 | 28.4 | 13.6 | 2.2 | ○ | | ○ | | | ○ | ○ | | | ○ | | | | ○ | | | ○ | ○ | | | | | | ○ | ○ | | ○ | |
| | | 生野菜サラダ | | 23 | 0.9 | 0.2 | 5.2 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ポテトサラダ | | 95 | 1.9 | 4.8 | 11.8 | 0.6 | | | ○ | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | サイドメニュー | ご飯 | 並盛 | 343 | 5.5 | 0.7 | 81.6 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | 大盛 | 484 | 7.8 | 0.9 | 115.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | みそ汁 | | 20 | 1.3 | 0.6 | 2.5 | 1.3 | | | | | | ▲ | ▲ | | | | | | | | | | ○ | | | | | | | | | | | |
| | | あさり汁 | | 53 | 7.3 | 1.2 | 2.8 | 1.5 | | | | | | | ▲ | | | | | | | | | | ○ | | | | | | | | | | | |
| | | しじみ汁 | | 41 | 4.3 | 1.1 | 3.3 | 1.3 | | | | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | | 豚汁 | | 143 | 5.0 | 7.7 | 13.8 | 3.3 | | ○ | | | | | | | | | | | | | | | ○ | | ○ | | | | | | | | | |
| | | 玉子 | | 76 | 6.2 | 5.2 | 0.2 | 0.2 | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 半熟玉子 | | 76 | 6.2 | 5.2 | 0.2 | 0.2 | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ねぎ玉子 | | 103 | 7.0 | 5.5 | 5.8 | 1.1 | ○ | | ○ | | | | | | | | | | | | | | ○ | | | | | | | | ○ | | | |
| | | オム玉子 | | 141 | 4.3 | 11.6 | 5.0 | 0.6 | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| | | ねぎラー油 | | 110 | 1.5 | 8.5 | 7.2 | 0.3 | ○ | | | | | | | | | | | | | | | | ○ | | | | | | | | ○ | | | |
| | | チーズ | | 103 | 7.4 | 7.9 | 0.6 | 0.5 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | のり | | 5 | 0.6 | 0.1 | 0.6 | 0.1 | ○ | | | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | | 納豆（タレ・カラシ・ネギ含む） | | 99 | 7.8 | 4.7 | 7.1 | 0.6 | ○ | | | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | | 鮭 | | 133 | 13.9 | 8.5 | 0.1 | 1.3 | | | | | | | | | | | | | | | ○ | | | | | | | | | | | | | |
| | | 塩さば（単品） | | 185 | 10.7 | 12.0 | 0.0 | 1.1 | | | | | | | | | | | | | | | | ○ | | | | | | | | | | | | |
| | | 肉だく（牛小鉢） | | 142 | 6.8 | 11.5 | 2.8 | 1.0 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | | | ○ | |
| | | ねぎだく | | 48 | 1.7 | 0.7 | 8.6 | 1.2 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | | | ○ | |
| | | ねぎ塩だれ（単品） | | 40 | 1.5 | 1.5 | 5.4 | 2.6 | ○ | | | | | | | | | | | | | | | | ○ | ○ | ○ | | | | | ○ | ○ | | | |
| | 漬物類 | お新香 | 1皿 | 13 | 0.7 | 0.1 | 2.6 | 1.1 | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | キムチ | 1皿 | 26 | 0.9 | 0.2 | 5.1 | 0.9 | | | | | | ○ | ○ | | | ○ | | | | | | | | | | | | | | ○ | ○ | | | |
| | | 紅生姜 | 5g | 1 | 0.0 | 0.0 | 0.2 | 0.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調味料類 | 焙煎ごまドレッシング | | 66 | 0.3 | 6.2 | 1.8 | 0.5 | ○ | | ○ | | | | | | | | | | | | | | ○ | | | | | | | | ○ | | | |
| | | ノンオイル和風ドレッシング | 1パック | 8 | 0.4 | 0.0 | 1.6 | 0.7 | ○ | | | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | | マヨソース | | 27 | 0.1 | 2.6 | 0.6 | 0.3 | | | ○ | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | | ウスターソース | 10g | 11 | 0.1 | 0.0 | 2.7 | 0.8 | | | | | | | | | | | | | | | | | ○ | | | | | | | ○ | | | | |
| | | しょうゆ | | 8 | 0.7 | 0.0 | 1.3 | 1.3 | ○ | | | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | | 山椒 | 1パック | 1 | 0.0 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | テイクアウト用　七味 | 1パック | 1 | 0.0 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | |
| | | テイクアウト用　紅生姜 | | 1 | 0.0 | 0.0 | 0.2 | 0.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

共通メニュー

# メニュー別・栄養成分・アレルギー物質一覧

2024年12月1日現在

| | | | | 栄養成分（1食当たり） | | | | | アレルギー物質 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | 特定原材料（8品目） | | | | | | | | 特定原材料に準ずるもの（20品目） | | | | | | | | | | | | | | | | | | | |
| | | | | 熱量 | たんぱく質 | 脂質 | 炭水化物 | 食塩相当量 | 小麦 | 乳 | 卵 | 落花生 | そば | えび | かに | くるみ | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | バナナ | もも | 山芋 | りんご | ごま | カシューナッツ | ゼラチン | アーモンド |
| | | | | | | | | | Wheat 小麦 밀 | Milk 牛乳 우유 | Egg 鶏卵 계란 | Peanut 花生 땅콩 | Buckwheat 蕎麦 메밀 | Shrimp 海老 새우 | Crab 蟹 게 | Walnut 胡桃 호두 | Abalone 鮑 전복 | Squid 烏賊 오징어 | SalmonRoe 鮭魚卵 연어알 | Orange 橙 오렌지 | Kiwifruit 猕猴桃 키위 | Beef 牛肉 소고기 | Salmon 三文魚 연어 | Mackerel 鯖魚 고등어 | Soybean 大豆 콩 | Chicken 鶏肉 닭고기 | Pork 豬肉 돼지고기 | Matsutake 松蘑 송이 | Banana 香蕉 바나나 | Peach 桃子 복숭아 | Yam 山药 참마 | Apple 苹果 사과 | Sesame 芝麻 깨 | Cashew Nut 腰果 캐슈넛 | Gelatin 明胶 젤라틴 | Almond 杏仁 아몬드 |
| | | | | (kcal) | (g) | (g) | (g) | (g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| C&C限定メニュー | | 大判豚肩ロース焼き丼（旨ダレ生姜） | 並盛 | 806 | 31.5 | 27.6 | 108.0 | 5.6 | ○ | | | | | | | | | | | | | | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | | 大盛 | 1,035 | 39.4 | 33.9 | 143.5 | 6.1 | ○ | | | | | | | | | | | | | | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | 牛丼ON野菜 | 小盛 | 599 | 19.3 | 23.1 | 82.2 | 2.7 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | | | 並盛 | 732 | 23.1 | 24.8 | 104.1 | 3.1 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | | | アタマの大盛 | 835 | 26.6 | 32.2 | 114.2 | 3.5 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | | | 大盛 | 948 | 28.7 | 32.5 | 140.9 | 3.9 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | | | 特盛 | 1,131 | 37.4 | 47.7 | 143.6 | 4.8 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | | | 超特盛 | 1,284 | 44.7 | 60.4 | 145.9 | 5.5 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | | 大判豚肩ロース焼き定食（旨ダレ生姜） | 並盛 | 806 | 31.6 | 27.6 | 108.0 | 5.6 | ○ | | | | | ▲ | ▲ | | | | | | | | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | | 大盛 | 1,035 | 39.4 | 33.9 | 143.5 | 6.1 | ○ | | | | | ▲ | ▲ | | | | | | | | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | 大判豚肩ロース焼き皿（旨ダレ生姜） | 並盛 | 429 | 23.9 | 26.2 | 20.8 | 4.4 | ○ | | | | | | | | | | | | | | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | | 大盛 | 518 | 29.5 | 32.3 | 23.0 | 4.9 | ○ | | | | | | | | | | | | | | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | 牛皿・豚生姜焼き定食 | | 1,072 | 44.3 | 50.4 | 109.7 | 7.4 | ○ | | | | | ▲ | ▲ | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | ON野菜トッピング | | 73 | 2.1 | 3.3 | 9.7 | 0.8 | ○ | | | | | | | | | | | | | | | | ○ | | | | | | | | ○ | | | |
| | アイス | チョコチップ | | 220 | 3.3 | 14.3 | 19.2 | 0.1 | | ○ | | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | | バニラ | | 182 | 2.8 | 11.3 | 17.4 | 0.1 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ジュース | コカ・コーラ | 100㎖ | 45 | 0.0 | 0.0 | 11.3 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | カルピス | | 44 | 0.2 | 0.0 | 10.9 | 0.0 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | カルピスソーダ | | 39 | 0.2 | 0.0 | 9.8 | 0.0 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 煌（ファン） | | 0 | 0.0 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ファンタメロンソーダ | | 50 | 0.0 | 0.0 | 12.6 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ミニッツメイドオレンジ | | 46 | 0.1 | 0.1 | 11.2 | 0.0 | | | | | | | | | | | | ○ | | | | | | | | | | | | | | | | |
| | コーヒー類 | ホットブレンドコーヒー | 1杯 | 4 | 0.2 | 0.0 | 0.7 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ホットカフェオレ | | 44 | 1.3 | 1.4 | 6.5 | 0.0 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ホットカフェモカ | | 54 | 0.8 | 1.0 | 10.5 | 0.1 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ホットココア | | 54 | 0.6 | 1.1 | 10.6 | 0.2 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | アイスコーヒー | | 8 | 0.4 | 0.0 | 1.4 | 0.0 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | アイスカフェオレ | | 64 | 1.9 | 2.0 | 9.4 | 0.1 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | アイスカフェモカ | | 68 | 1.0 | 1.3 | 13.3 | 0.2 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | アイスココア | | 83 | 1.0 | 1.7 | 16.3 | 0.2 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | オプション | ガムシロップ | 1個包装 | 32 | 0.0 | 0.0 | 8.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | スティックシュガー | | 12 | 0.0 | 0.0 | 3.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | コーヒーフレッシュ | | 10 | 0.2 | 1.0 | 0.2 | 0.0 | | ○ | | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| そば処限定メニュー | そば 温 | かけそば | 小盛 | 197 | 8.2 | 1.5 | 38.0 | 3.9 | ○ | | | | ○ | | | | | | | | | | | ○ | ○ | | | | | | | | | | | |
| | | | 並盛 | 392 | 16.3 | 3.0 | 75.3 | 7.7 | ○ | | | | ○ | | | | | | | | | | | ○ | ○ | | | | | | | | | | | |
| | | | 大盛 | 586 | 24.3 | 4.5 | 112.6 | 11.4 | ○ | | | | ○ | | | | | | | | | | | ○ | ○ | | | | | | | | | | | |
| | そば 冷 | 冷しかけそば | 小盛 | 202 | 8.3 | 1.5 | 39.2 | 5.0 | ○ | | | | ○ | | | | | | | | | | | ○ | ○ | | | | | | | | | | | |
| | | | 並盛 | 373 | 14.5 | 3.0 | 72.4 | 5.0 | ○ | | | | ○ | | | | | | | | | | | ○ | ○ | | | | | | | | | | | |
| | | | 大盛 | 544 | 20.7 | 4.5 | 105.7 | 5.0 | ○ | | | | ○ | | | | | | | | | | | ○ | ○ | | | | | | | | | | | |
| | | | 特盛 | 715 | 26.8 | 5.9 | 139.0 | 5.0 | ○ | | | | ○ | | | | | | | | | | | ○ | ○ | | | | | | | | | | | |
| | | もりそば | 小盛 | 201 | 8.2 | 1.5 | 38.8 | 4.9 | ○ | | | | ○ | | | | | | | | | | | ○ | ○ | | | | | | | | | | | |
| | | | 並盛 | 372 | 14.4 | 3.0 | 72.1 | 4.9 | ○ | | | | ○ | | | | | | | | | | | ○ | ○ | | | | | | | | | | | |
| | | | 大盛 | 543 | 20.6 | 4.4 | 105.4 | 4.9 | ○ | | | | ○ | | | | | | | | | | | ○ | ○ | | | | | | | | | | | |
| | | | 特盛 | 714 | 26.8 | 5.9 | 138.7 | 4.9 | ○ | | | | ○ | | | | | | | | | | | ○ | ○ | | | | | | | | | | | |
| | トッピング | 肉だく | | 275 | 13.1 | 22.9 | 4.1 | 1.3 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | | | ○ | |
| | | 天玉（玉子＋かき揚げ） | | 416 | 9.1 | 31.8 | 21.5 | 0.2 | ○ | ○ | ○ | | | ○ | | | | | | | | | | | ○ | | | | | | | | ○ | | | |
| | | きつね | | 89 | 4.3 | 4.4 | 8.0 | 0.5 | ○ | | | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | | とろろ | | 86 | 3.6 | 0.4 | 18.1 | 1.0 | | | | | | | | | | | | | | | | | ○ | | | | | | ○ | | | | | |
| | ご飯もの 丼 | かつ丼 | | 994 | 33.9 | 40.7 | 122.6 | 4.4 | ○ | ○ | ○ | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | うな重 | | 1,047 | 61.2 | 51.1 | 93.4 | 3.9 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | | | | | |
| | | えびとかき揚げ天重 | | 866 | 21.0 | 30.0 | 136.0 | 2.4 | ○ | ○ | ○ | | | ○ | | | | | | | | | | ○ | ○ | | | | | | | | ○ | | | |
| | ご飯もの 小丼 | かつ丼 | | 584 | 18.4 | 20.5 | 81.9 | 2.6 | ○ | ○ | ○ | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | から揚げ丼 | | 652 | 21.7 | 29.4 | 75.2 | 1.5 | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| | | まぐろ丼 | | 316 | 18.7 | 1.6 | 59.6 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | とろろ丼 | | 336 | 7.6 | 0.9 | 77.4 | 1.0 | | | | | | | | | | | | | | | | | ○ | | | | | | ○ | | | | | |
| | | うな重 | | 605 | 32.0 | 25.7 | 65.9 | 2.1 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | | | | | |
| | | えびとかき揚げ天重 | | 634 | 13.6 | 23.8 | 98.8 | 1.5 | ○ | ○ | ○ | | | ○ | | | | | | | | | | ○ | ○ | | | | | | | | ○ | | | |
| | ご飯もの カレー | かつ黒カレー | 並盛 | 900 | 22.6 | 36.1 | 122.8 | 3.9 | ○ | ○ | ○ | | | | | | | | | ○ | | | | | ○ | ○ | ○ | | | | | ○ | ○ | | | |
| | | | ご飯増量 | 1,040 | 24.9 | 36.3 | 156.2 | 3.9 | ○ | ○ | ○ | | | | | | | | | ○ | | | | | ○ | ○ | ○ | | | | | ○ | ○ | | | |
| | 朝そばセット | 朝そば納豆 | | 740 | 28.0 | 8.2 | 141.4 | 8.2 | ○ | | | | ○ | | | | | | | | | | | ○ | ○ | | | | | | | | | | | |
| | | 朝そば納豆牛小鉢 | | 881 | 34.8 | 19.6 | 144.2 | 9.2 | ○ | | | | ○ | | | | | | | | | ○ | | ○ | ○ | | | | | | | ○ | | | ○ | |
| | | 朝かき揚げそば納豆 | | 1,080 | 30.9 | 34.8 | 162.7 | 8.4 | ○ | ○ | ○ | | ○ | ○ | | | | | | | | | | ○ | ○ | | | | | | | | ○ | | | |
| | 天ぷら | えび天 | | 123 | 5.5 | 6.0 | 11.4 | 0.4 | ○ | ○ | ○ | | | ○ | | | | | | | | | | | ○ | | | | | | | | ○ | | | |
| | | 紅生姜かき揚げ | | 345 | 3.0 | 26.7 | 22.5 | 2.0 | ○ | ○ | ○ | | | ○ | | | | | | | | | | | ○ | | | | | | | | ○ | | | |
| | | かき揚げ | | 231 | 3.5 | 17.3 | 20.9 | 0.1 | ○ | ○ | ○ | | | ○ | | | | | | | | | | | ○ | | | | | | | | ○ | | | |
| | 薬味 | わさび | | 5 | 0.2 | 0.1 | 0.9 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | きざみのり | | 2 | 0.4 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | サービス品 | 生姜 | 10g | 2 | 0.0 | 0.0 | 0.4 | 0.6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | しょうゆ | | 8 | 0.7 | 0.0 | 1.3 | 1.3 | ○ | | | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | | 七味 | | 37 | 1.6 | 1.5 | 5.8 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | |
| | | 一味唐辛子 | | 42 | 1.6 | 0.9 | 6.7 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

吉野家　メニュー情報　Y210号

# メニュー別・栄養成分・アレルギー物質一覧

2024年12月1日現在

| | | | 栄養成分（1食当たり） | | | | | アレルギー物質 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | 特定原材料（8品目） | | | | | | | | 特定原材料に準ずるもの（20品目） | | | | | | | | | | | | | | | | | | | | |
| | | | 熱量 (kcal) | たんぱく質 (g) | 脂質 (g) | 炭水化物 (g) | 食塩相当量 (g) | 小麦 Wheat 小麦 밀 | 乳 Milk 牛奶 우유 | 卵 Egg 鸡蛋 계란 | 落花生 Peanut 花生 땅콩 | そば Buckwheat 荞麦 메밀 | えび Shrimp 虾 새우 | かに Crab 螃蟹 게 | くるみ Walnut 核桃 호두 | あわび Abalone 鲍鱼 전복 | いか Squid 魷鱼 오징어 | いくら SalmonRoe 鲑鱼卵 연어알 | オレンジ Orange 橙子 오렌지 | キウイフルーツ Kiwifruit 猕猴桃 키위 | 牛肉 Beef 牛肉 소고기 | さけ Salmon 三文鱼 연어 | さば Mackerel 鲭鱼 고등어 | 大豆 Soybean 大豆 콩 | 鶏肉 Chicken 鸡肉 닭고기 | 豚肉 Pork 猪肉 돼지고기 | まつたけ Matsutake 松蘑 송이 | バナナ Banana 香蕉 바나나 | もも Peach 桃子 복숭아 | 山芋 Yam 山药 참마 | りんご Apple 苹果 사과 | ごま Sesame 芝麻 깨 | カシューナッツ Cashew Nut 腰果 캐슈넛 | ゼラチン Gelatin 明胶 젤라틴 | アーモンド Almond 杏仁 아몬드 |
| 地域限定メニュー | 親子丼 | 並盛 | 628 | 26.7 | 12.4 | 103.9 | 4.4 | ○ | ○ | ○ | | | | | | | | | | | ○ | | ○ | ○ | ○ | ○ | | | | | ○ | | | ○ | |
| | | 大盛 | 870 | 37.6 | 20.2 | 137.3 | 4.6 | ○ | ○ | ○ | | | | | | | | | | | ○ | | ○ | ○ | ○ | ○ | | | | | ○ | | | ○ | |
| | 厚切り豚角煮定食（和からし除く） | | 1,225 | 38.8 | 70.1 | 111.7 | 4.8 | ○ | | ○ | | | ▲ | ▲ | | | | | | | | | | ○ | | ○ | | | | | | ○ | | | |
| | 厚切り豚角煮・牛定食（和からし除く） | | 950 | 27.1 | 48.8 | 103.9 | 3.8 | ○ | | ○ | | | ▲ | ▲ | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | ○ | | ○ | |
| | 和からし | 1パック | 5 | 0.1 | 0.1 | 0.8 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛麦とろ丼 | 並盛 | 585 | 18.2 | 16.5 | 96.1 | 1.9 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | ○ | ○ | | | ○ | |
| | | 大盛 | 798 | 24.6 | 24.5 | 126.6 | 2.4 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | ○ | ○ | | | ○ | |
| | 牛皿麦とろ御膳 | 並盛 | 703 | 24.2 | 24.8 | 101.1 | 4.2 | ○ | | | | | ▲ | ▲ | | | | | | | ○ | | | ○ | | | | | | ○ | ○ | | | ○ | |
| | | 肉2倍盛 | 984 | 37.7 | 47.7 | 106.3 | 6.0 | ○ | | | | | ▲ | ▲ | | | | | | | ○ | | | ○ | | | | | | ○ | ○ | | | ○ | |
| | とろろ | | 86 | 3.6 | 0.4 | 18.1 | 1.0 | | | | | | | | | | | | | | | | | ○ | | | | | | ○ | | | | | |
| | から揚げ　てりマヨ丼 | | 852 | 29.8 | 34.7 | 104.9 | 2.8 | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| | とりわさ丼 | 並盛 | 455 | 20.2 | 1.9 | 92.0 | 2.6 | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| | とりわさ丼 | 鶏肉2倍盛 | 545 | 34.3 | 3.1 | 97.6 | 4.6 | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| | TO牛鮭弁当 | | 737 | 29.6 | 30.6 | 87.5 | 3.3 | ○ | | | | | | | | | | | | | ○ | ○ | | ○ | | | | | | | ○ | | | ○ | |
| | TO牛さば弁当 | | 814 | 29.9 | 35.7 | 87.4 | 3.2 | ○ | | | | | | | | | | | | | ○ | | ○ | ○ | | | | | | | ○ | | | ○ | |
| | TOカルビ弁当（成型肉） | | 840 | 27.1 | 38.5 | 97.1 | 3.2 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | TO豚生姜焼き弁当 | | 650 | 16.4 | 22.8 | 94.9 | 2.8 | ○ | | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | TO牛焼肉弁当 | | 794 | 24.6 | 32.4 | 103.9 | 4.5 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | TO牛カルビ生姜弁当（成型肉） | | 826 | 28.0 | 39.6 | 89.8 | 2.4 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | | | | ○ | |
| | TOから揚げ弁当 | | 1,139 | 40.1 | 58.9 | 110.2 | 2.9 | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| | TO牛皿・豚生姜焼き弁当 | | 926 | 29.7 | 45.6 | 99.5 | 4.4 | ○ | | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | TO牛皿・牛焼肉弁当 | | 1,070 | 37.9 | 55.2 | 108.4 | 6.1 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | TO牛皿・牛カルビ生姜弁当（成型肉） | | 1,103 | 41.4 | 62.4 | 94.4 | 4.0 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | | | ○ | |
| | TO豚生姜焼き丼 | 小盛 | 457 | 11.4 | 15.8 | 67.4 | 1.6 | ○ | | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | 並盛 | 595 | 14.4 | 18.7 | 92.8 | 2.2 | ○ | | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | アタマの大盛 | 679 | 16.8 | 22.8 | 102.1 | 2.7 | ○ | | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | 大盛 | 788 | 18.5 | 23.0 | 128.1 | 2.7 | ○ | | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | 特盛 | 983 | 25.4 | 37.0 | 136.6 | 4.5 | ○ | | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | 超特盛 | 1,077 | 28.8 | 45.0 | 137.7 | 4.7 | ○ | | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | TO牛焼肉丼 | 小盛 | 540 | 16.5 | 21.1 | 73.2 | 2.7 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | | 並盛 | 719 | 21.7 | 26.8 | 100.7 | 4.1 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | | アタマの大盛 | 828 | 25.5 | 32.4 | 112.0 | 4.9 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | | 大盛 | 938 | 27.2 | 32.6 | 138.0 | 4.9 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | | 特盛 | 1,177 | 38.2 | 52.0 | 143.1 | 6.3 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | | 超特盛 | 1,297 | 44.0 | 62.4 | 144.0 | 6.8 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | TO牛カルビ生姜丼（成型肉） | 小盛 | 554 | 18.1 | 24.6 | 65.6 | 1.6 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | | | | ○ | |
| | | 並盛 | 717 | 22.8 | 29.9 | 90.5 | 2.3 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | | | | ○ | |
| | | アタマの大盛 | 865 | 28.7 | 39.6 | 99.2 | 2.7 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | | | | ○ | |
| | | 大盛 | 974 | 30.5 | 39.8 | 125.2 | 2.7 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | | | | ○ | |
| | | 特盛 | 1,228 | 42.1 | 59.3 | 131.9 | 4.6 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | | | | ○ | |
| | | 超特盛 | 1,394 | 50.1 | 73.8 | 131.9 | 4.8 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | | | | ○ | |
| | TOから揚げ親子丼 | 並盛 | 1,065 | 36.8 | 45.8 | 125.3 | 6.3 | ○ | ○ | ○ | | | | | | | | | | | | | ○ | ○ | ○ | ○ | | | | | | | | | |
| | | 大盛 | 1,462 | 55.7 | 63.0 | 166.1 | 7.3 | ○ | ○ | ○ | | | | | | | | | | | | | ○ | ○ | ○ | ○ | | | | | | | | | |
| | TO豚生姜焼き皿 | | 318 | 11.2 | 22.2 | 15.5 | 3.0 | ○ | | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | TO牛焼肉皿 | | 454 | 19.5 | 31.7 | 22.9 | 4.9 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | ○ | ○ | | ○ | |
| | TO牛カルビ生姜皿（成型肉） | | 478 | 22.4 | 38.8 | 7.6 | 2.2 | ○ | | | | | | | | | | | | | ○ | | | ○ | | | | | | | | | | ○ | |
| | トマトケチャップ（オレンジドリーム号） | | 54 | 0.7 | 0.3 | 12.3 | 1.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 沖縄限定メニュー | 沖縄そば | | 315 | 11.2 | 13.1 | 36.3 | 4.1 | ○ | | | | | | | | | | | | | | | | ○ | | ○ | | | | | | | | | |
| | タコライス（サルサソース） | | 678 | 27.4 | 21.5 | 97.4 | 2.1 | ○ | ○ | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | | |
| | タコライス（トマトソース） | | 681 | 27.3 | 21.5 | 98.4 | 2.3 | ○ | ○ | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | | | | | |
| | ビフタコ（サルサソース） | | 861 | 36.1 | 36.8 | 100.1 | 3.0 | ○ | ○ | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | ビフタコ（トマトソース） | | 865 | 36.1 | 36.7 | 101.1 | 3.2 | ○ | ○ | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | 激辛ソース | 1パック | 1 | 0.0 | 0.0 | 0.1 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛すき　牛すき鍋膳 | 並盛 | 1,020 | 37.1 | 39.4 | 133.1 | 7.2 | ○ | | ○ | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | 肉2倍盛 | 1,382 | 54.6 | 70.6 | 135.9 | 8.6 | ○ | | ○ | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | 牛すき　牛すき鍋膳（単品） | 並盛 | 673 | 31.5 | 38.6 | 50.9 | 6.9 | ○ | | ○ | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | 肉2倍盛 | 1,035 | 48.9 | 69.8 | 53.6 | 8.4 | ○ | | ○ | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | 牛すき　牛すき丼 | 並盛 | 673 | 21.1 | 23.3 | 98.1 | 3.3 | ○ | | ○ | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | | 大盛 | 943 | 29.3 | 34.0 | 134.4 | 4.1 | ○ | | ○ | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | ○ | | | ○ | |
| | 牛すき　牛カレー鍋膳 | 並盛 | 942 | 32.2 | 39.3 | 119.4 | 7.0 | ○ | ○ | ○ | | | | | | | | | | | ○ | ○ | | ○ | ○ | | | | | | ○ | | | ○ | |
| | | 肉2倍盛 | 1,303 | 49.7 | 70.5 | 122.2 | 8.5 | ○ | ○ | ○ | | | | | | | | | | | ○ | ○ | | ○ | ○ | | | | | | ○ | | | ○ | |
| | 牛すき　牛カレー鍋膳（単品） | 並盛 | 594 | 26.6 | 38.5 | 37.2 | 6.8 | ○ | ○ | ○ | | | | | | | | | | | ○ | ○ | | ○ | ○ | | | | | | ○ | | | ○ | |
| | | 肉2倍盛 | 956 | 44.0 | 69.8 | 39.9 | 8.2 | ○ | ○ | ○ | | | | | | | | | | | ○ | ○ | | ○ | ○ | | | | | | ○ | | | ○ | |
| | ブルーシール　バニラ | スマイルカップ1個 | 86 | 1.9 | 4.4 | 9.3 | 0.1 | | ○ | | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | ブルーシール　チョコレート | | 84 | 1.8 | 3.9 | 10.4 | 0.1 | | ○ | | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | ブルーシール　シークヮーサーソルベ | | 62 | 0.0 | 0.0 | 16.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブルーシール　紅イモ | | 85 | 1.7 | 4.0 | 10.3 | 0.1 | | ○ | | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | ブルーシール　グレープ | | 63 | 0.0 | 0.0 | 16.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブルーシール　フレヤコーン | | 16 | 0.3 | 0.0 | 3.6 | 0.0 | ○ | | | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | ブルーシール　バニラ | シングル | 166 | 3.7 | 8.6 | 18.0 | 0.2 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブルーシール　チョコレート | | 162 | 3.5 | 7.5 | 20.0 | 0.2 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブルーシール　バニラ＆クッキー | | 187 | 3.9 | 9.6 | 21.5 | 0.3 | ○ | ○ | | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | ブルーシール　ブルーウェーブ | | 135 | 1.8 | 3.7 | 23.9 | 0.1 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブルーシール　サンフランシスコミントチョコ | | 188 | 3.7 | 10.5 | 19.6 | 0.2 | | ○ | | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | ブルーシール　紅イモ | | 163 | 3.4 | 7.7 | 19.8 | 0.2 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブルーシール　ショコラクッキースワール | | 164 | 1.4 | 3.3 | 7.5 | 0.3 | ○ | ○ | | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | ブルーシール　塩ちんすこう | | 189 | 3.8 | 9.7 | 21.1 | 0.3 | ○ | ○ | | | | | | | | | | | | ○ | | | ○ | | ○ | | | | | | | | | |
| | ブルーシール　ストロベリーチーズケーキ | | 171 | 3.5 | 8.3 | 20.4 | 0.2 | ○ | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブルーシール　至福のチョコナッツ＆ストロベリー | | 165 | 3.7 | 8.6 | 19.1 | 0.2 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | ○ |
| | コカ・コーラ | 100ml | 45 | 0.0 | 0.0 | 11.3 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さんぴん茶 | | 0 | 0.0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |