

<アレルギーについて>

- ・この表は国が「食品表示基準」にて定める「特定原材料」及び「特定原材料に準ずるもの」28品目のうち、原材料に含まれるアレルギーに○印を表示しています。
- ・アレルギーに対する反応は個人によって差があり、この表はお客様にアレルギー症状が発症しないことを保証するものではありません。**お客様ご自身が専門医にご相談のうえ、ご判断ください。**
- ・**28品目以外のアレルギーのご案内は行っていません。**
- ・**食材の変更や取り除く等のアレルギー除去対応は行っていません。**
- ・**店内では、○印以外のアレルギーを含む原材料と共通の設備、調理器具等を使用し調理しているため、意図せずアレルギーの混入（コンタミネーション）が生じています。**

<カロリーについて>

- ・商品のカロリーは、1食当たりのkcal単位で表記しています。
- ・日本食品標準成分表等及びレシピ等に基づいた計算値ですので、実際の商品には誤差が出る場合があります。

<その他>

- ・お客様ご自身のお好みで追加していただく調味料やトッピング等のカロリー・アレルギーは、商品と組み合わせてご確認ください。
- ・商品は一部、都合により販売をしていない場合があります。
- ・酒類（いわゆるノンアルコール飲料を含む）のカロリー・アレルギーについてはご案内を行っていません。また、この表に掲載のないメニューについては、カロリー・アレルギーのご案内ができない場合があります。

<About allergies>

- ・This table indicates allergens present in raw materials specified by Japanese regulations. Among the 28 items, the allergens contained in the ingredients are marked with a circle.
- ・Allergic reactions differ to each individuals , so this list does not guarantee that allergic reactions will not occur.
If you have serious allergies we recommend to consult your doctor before purchasing our food products.
- ・We are only able to provide information about allergies to 28 specific items.
- ・We do not offer allergy-related services, such as changing or removing ingredients.
- ・Our restaurant uses the same equipment and utensils for cooking raw materials that contain allergens other than marked by circle.
So allergen contamination has occurred unintentionally.

<About calories>

- ・Product calories are expressed in kcal units per meal.
- ・Figures are calculated values based on the Japanese Food Standard Composition Table and recipes, so there may be errors in the actual product.

<Others>





























- ・Please check the calories and allergens such as seasonings and toppings that you add your preference, in combination with the product.
- ・Some products may be unavailable for sale due to unforeseen circumstances.
- ・We do not provide information on calories or allergies of alcoholic beverages.
Additionally, we may not be able to provide calorie and allergic information for unlisted menus in this table.





























※そばとうどんは、同じ釜で茹でておりますのでご注意ください。





























※「大盛（特盛）増量分」のカロリーは、通常サイズにプラスしてご確認ください。





























※朝食時間帯以外のセット商品は単品を組み合わせてください。





























- ・Soba and udon are boiled in the same pot.
- ・Please check the calories of the "large portion" by adding it to the regular size.
- ・Check the combination of single items for set items, other than the breakfast menu.





























| 商品名称 | カロリー 1食当たり (kcal) | アレルギー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-------|---------|-----|------|
| | | 特定原材料 8品目 | | | | | | | 特定原材料に準ずるもの 20品目 | | | | | | | | | | | | | | | | | | | | | | |
| | | えび | かに | くるみ | 小麦 | そば | 卵 | 乳成分 | 落花生 | アーモンド | あわび | いか | いくら | オレンジ | ナッツ | カシュー | フルーツ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | ナッツ | マカダミア | もも | やまいも | りんご | ゼラチン |
| | | Shrimp | Crab | Walnut | Wheat | Buckwheat | Egg | Milk ingredients | Peanut | Almond | Abalone | Squid | Salmon roe | Orange | Cashew nut | Kiwi fruit | Beef | Sesame | Salmon | Mackerel | Soybean | Chicken | Banana | Pork | Macadamia nut | Peach | Wild yam | Apple | Gelatin | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | | | |
| 【季節メニュー】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 桜海老の冷しちらしそば | 513 | ○ | | | ○ | ○ | ○ | | | | | | | | | | ○ | ○ | | ○ | ○ | ○ | | ○ | | | | | | ○ | |
| 桜海老の冷しちらしうどん | 395 | ○ | | | ○ | | ○ | | | | | | | | | | ○ | ○ | | ○ | ○ | ○ | | ○ | | | | | | ○ | |
| 小柱とそら豆のぼら天そば | 748 | | | | ○ | ○ | ○ | | | | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| 小柱とそら豆のぼら天うどん | 631 | | | | ○ | | ○ | | | | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| 小柱とそら豆の冷しぼら天そば | 753 | | | | ○ | ○ | ○ | | | | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| 小柱とそら豆の冷しぼら天うどん | 635 | | | | ○ | | ○ | | | | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| 穴子一本天そば（冷） | 672 | | | | ○ | ○ | ○ | | | | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| 穴子一本天うどん（冷） | 554 | | | | ○ | | ○ | | | | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| 穴子一本天そば（温） | 663 | | | | ○ | ○ | ○ | | | | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| 穴子一本天うどん（温） | 546 | | | | ○ | | ○ | | | | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| 薬味を楽しむ 冷しごまだれつけそば | 459 | | | | ○ | ○ | | ○ | ○ | | | | | | | | | ○ | | ○ | ○ | | | | | | | | | | |
| 薬味を楽しむ 冷しごまだれつけうどん | 342 | | | | ○ | | | | ○ | ○ | | | | | | | | ○ | | ○ | ○ | | | | | | | | | | |
| 薬味を楽しむ 冷しごまだれつけそば（大盛） | 657 | | | | ○ | ○ | | ○ | ○ | | | | | | | | | ○ | | ○ | ○ | | | | | | | | | | |
| 薬味を楽しむ 冷しごまだれつけうどん（大盛） | 481 | | | | ○ | | | | ○ | ○ | | | | | | | | ○ | | ○ | ○ | | | | | | | | | | |
| 薬味を楽しむ 冷しごまだれつけそば（特盛） | 825 | | | | ○ | ○ | | ○ | ○ | | | | | | | | | ○ | | ○ | ○ | | | | | | | | | | |





























| 商品名称 | カロリー 1食当たり (kcal) | アレルギー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-------|---------|-----|------|
| | | 特定原材料 8品目 | | | | | | | 特定原材料に準ずるもの 20品目 | | | | | | | | | | | | | | | | | | | | | | |
| | | えび | かに | くるみ | 小麦 | そば | 卵 | 乳成分 | 落花生 | アーモンド | あわび | いか | いくら | オレンジ | ナッツ | カシュー | フルーツ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | ナッツ | マカダミア | もも | やまいも | りんご | ゼラチン |
| | | Shrimp | Crab | Walnut | Wheat | Buckwheat | Egg | Milk ingredients | Peanut | Almond | Abalone | Squid | Salmon roe | Orange | Cashew nut | Kiwi fruit | Beef | Sesame | Salmon | Mackerel | Soybean | Chicken | Banana | Pork | Macadamia nut | Peach | Wild Yam | Apple | Gelatin | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | | | |
| 納豆朝定食 冷そば | 699 | | | | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | ○ | | |
| 納豆朝定食 温うどん | 628 | | | | ○ | | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | ○ | | |
| 納豆朝定食 冷うどん | 641 | | | | ○ | | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | ○ | | |
| ミニ明太子丼セット 温そば | 636 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | ○ | |
| ミニ明太子丼セット 冷そば | 644 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | ○ | |
| ミニ明太子丼セット 温うどん | 518 | | | | ○ | | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | ○ | |
| ミニ明太子丼セット 冷うどん | 526 | | | | ○ | | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | ○ | |
| 【定番そばメニュー】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| かけそば | 383 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| ざるそば | 376 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 冷しぶっかけそば | 391 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| かき揚げそば | 708 | | | | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 冷しかき揚げそば | 717 | | | | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| かき揚げ天玉そば | 787 | | | | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 冷しかき揚げ天玉そば | 795 | | | | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| コロッケそば | 589 | | | | ○ | ○ | | ○ | | | | | | | | | | | | | ○ | | ○ | ○ | | | | | | | |
| 冷しコロッケそば | 598 | | | | ○ | ○ | | ○ | | | | | | | | | | | | | ○ | | ○ | ○ | | | | | | | |





























| 商品名称 | カロリー 1食当たり (kcal) | アレルギー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-------|---------|-----|------|
| | | 特定原材料 8品目 | | | | | | | 特定原材料に準ずるもの 20品目 | | | | | | | | | | | | | | | | | | | | | | |
| | | えび | かに | くるみ | 小麦 | そば | 卵 | 乳成分 | 落花生 | アーモンド | あわび | いか | いくら | オレンジ | ナッツ | カシュー | フルーツ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | ナッツ | マカダミア | もも | やまいも | りんご | ゼラチン |
| | | Shrimp | Crab | Walnut | Wheat | Buckwheat | Egg | Milk ingredients | Peanut | Almond | Abalone | Squid | Salmon roe | Orange | Cashew nut | Kiwi fruit | Beef | Sesame | Salmon | Mackerel | Soybean | Chicken | Banana | Pork | Macadamia nut | Peach | Wild yam | Apple | Gelatin | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | | | |
| ちくわ天そば | 560 | | | | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 冷しちくわ天そば | 568 | | | | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| たぬきそば | 564 | | | | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 冷したぬきそば | 573 | | | | ○ | ○ | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| きつねそば | 476 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 冷しきつねそば | 485 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 山菜そば | 402 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 冷し山菜そば | 411 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| わかめそば | 387 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 冷しわかめそば | 396 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 鴨そば | 507 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 鴨つけそば | 496 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| そば大盛り（増量分）※カロリーは通常サイズにプラスしてください | 168 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | | | | | | | | | | |
| そば特盛り（増量分）※カロリーは通常サイズにプラスしてください | 336 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | | | | | | | | | | |
| 【定番うどんメニュー】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| かけうどん | 265 | | | | ○ | | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| ざるうどん | 258 | | | | ○ | | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |

| 商品名称 | カロリー 1食当たり (kcal) | アレルギー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-------|---------|-----|------|
| | | 特定原材料 8品目 | | | | | | | 特定原材料に準ずるもの 20品目 | | | | | | | | | | | | | | | | | | | | | | |
| | | えび | かに | くるみ | 小麦 | そば | 卵 | 乳成分 | 落花生 | アーモンド | あわび | いか | いくら | オレンジ | ナッツ | カシュー | フルーツ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | ナッツ | マカダミア | もも | やまいも | りんご | ゼラチン |
| | | Shrimp | Crab | Walnut | Wheat | Buckwheat | Egg | Milk ingredients | Peanut | Almond | Abalone | Squid | Salmon roe | Orange | Cashew nut | Kiwi fruit | Beef | Sesame | Salmon | Mackerel | Soybean | Chicken | Banana | Pork | Macadamia nut | Peach | Wild Yam | Apple | Gelatin | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | | | |
| 冷しぶっかけうどん | 274 | | | | ○ | | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| かき揚げうどん | 591 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 冷しかき揚げうどん | 599 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| かき揚げ天玉うどん | 669 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 冷しかき揚げ天玉うどん | 677 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| コロッケうどん | 472 | | | | ○ | | ○ | | | | | | | | | | ○ | | | | ○ | ○ | | | | | | | | | |
| 冷しコロッケうどん | 480 | | | | ○ | | ○ | | | | | | | | | | ○ | | | | ○ | ○ | | | | | | | | | |
| ちくわ天うどん | 442 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 冷しちくわ天うどん | 451 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| たぬきうどん | 447 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 冷したぬきうどん | 455 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| きつねうどん | 359 | | | | ○ | | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 冷しきつねうどん | 367 | | | | ○ | | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 山菜うどん | 285 | | | | ○ | | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 冷し山菜うどん | 293 | | | | ○ | | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| わかめうどん | 270 | | | | ○ | | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 冷しわかめうどん | 278 | | | | ○ | | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |

| 商品名称 | カロリー 1食当たり (kcal) | アレルギー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-------|---------|-----|------|
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| | | えび | かに | くるみ | 小麦 | そば | 卵 | 乳成分 | 落花生 | アーモンド | あわび | いか | いくら | オレンジ | ナッツ | カシュー | フルーツ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | ナッツ | マカダミア | もも | やまいも | りんご | ゼラチン |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | | | |
| 鴨うどん | 390 | | | | ○ | | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 鴨つけうどん | 379 | | | | ○ | | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| うどん大盛り（増量分）※カロリーは通常サイズにプラスしてご確認ください | 109 | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| うどん特盛り（増量分）※カロリーは通常サイズにプラスしてご確認ください | 219 | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【ごはんメニュー】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カツ丼（スープ付）※エキソト店舗除く | 982 | | | | ○ | | ○ | | | | | | | | | | | | | | ○ | ○ | | | ○ | | | | | | |
| カツ丼（セット用）※エキソト店舗除く（セットにした商品と組み合わせて参照してください） | 963 | | | | ○ | | ○ | | | | | | | | | | | | | | ○ | | | ○ | | | | | | | |
| カレーライス | 460 | | | | ○ | | | | | | | | | | | | ○ | | | | ○ | | | ○ | | | | | | | |
| 単品ミニカツカレー丼 | 531 | | | | ○ | | ○ | | | | | | | | | | ○ | | | | ○ | | | ○ | | | | | | | |
| 単品ミニカツ丼※エキソト店舗除く | 561 | | | | ○ | | ○ | | | | | | | | | | | | | | ○ | | | ○ | | | | | | | |
| 単品ミニかき揚げ丼 | 573 | | | | ○ | | ○ | | | | | | | | | | | | | | ○ | | | | | | | | | | |
| 単品ミニカレー | 315 | | | | ○ | | | | | | | | | | | | ○ | | | | ○ | | | ○ | | | | | | | |
| 単品ミニ明太子丼 | 253 | | | | ○ | | | | | | | | | | | | | | | | ○ | | | | | | | | | | ○ |
| 単品 いなり（2個） | 207 | | | | ○ | | | | | | | | | | | | | | | | ○ | | | | | | | | | | |
| 単品ライス | 235 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【単品メニュー】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| 商品名称 | カロリー 1食当たり (kcal) | アレルギー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-------|---------|-----|------|
| | | 特定原材料 8品目 | | | | | | | 特定原材料に準ずるもの 20品目 | | | | | | | | | | | | | | | | | | | | | | |
| | | えび | かに | くるみ | 小麦 | そば | 卵 | 乳成分 | 落花生 | アーモンド | あわび | いか | いくら | オレンジ | ナッツ | カシュー | フルーツ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | ナッツ | マカダミア | もも | やまいも | りんご | ゼラチン |
| | | Shrimp | Crab | Walnut | Wheat | Buckwheat | Egg | Milk ingredients | Peanut | Almond | Abalone | Squid | Salmon roe | Orange | Cashew nut | Kiwi fruit | Beef | Sesame | Salmon | Mackerel | Soybean | Chicken | Banana | Pork | Macadamia nut | Peach | Wild yam | Apple | Gelatin | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | | | |
| 単品かき揚げ | 326 | | | | ○ | | ○ | | | | | | | | | | | | | | ○ | | | | | | | | | | |
| 単品ちくわ天 | 177 | | | | ○ | | ○ | | | | | | | | | | | | | | ○ | | | | | | | | | | |
| 単品たまご | 78 | | | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | |
| 単品半熟たまご | 62 | | | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | |
| 単品わかめ | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 単品たぬき | 182 | | | | ○ | | ○ | | | | | | | | | | | | | | ○ | | | | | | | | | | |
| 単品きつね | 94 | | | | ○ | | | | | | | | | | | | | | | | ○ | | | | | | | | | | |
| 単品山菜 | 20 | | | | ○ | | | | | | | | | | | | | | | | ○ | | | | | | | | | | |
| 単品コロッケ | 207 | | | | ○ | | | ○ | | | | | | | | | ○ | | | | ○ | | | | | | | | | | |
| 単品おろし | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 単品納豆 | 76 | | | | ○ | | | | | | | | | | | | | | | | ○ | | | | | | | | | | ○ |
| 単品薬味ねぎ | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 単品刻み海苔 | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 単品カツ | 432 | | | | ○ | | ○ | | | | | | | | | | | | | | ○ | | | ○ | | | | | | | |
| 単品カツ煮※エキソト店舗除く | 571 | | | | ○ | | ○ | | | | | | | | | | | | | | ○ | | | ○ | | | | | | | |
| 単品鴨肉 | 125 | | | | ○ | | | | | | | | | | | | | | | | ○ | | | | | | | | | | |
| 【季節単品メニュー】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| 商品名称 | カロリー 1食当たり (kcal) | アレルギー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-------|---------|-----|------|
| | | 特定原材料 8品目 | | | | | | | 特定原材料に準ずるもの 20品目 | | | | | | | | | | | | | | | | | | | | | | |
| | | えび | かに | くるみ | 小麦 | そば | 卵 | 乳成分 | 落花生 | アーモンド | あわび | いか | いくら | オレンジ | ナッツ | カシュー | フルーツ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | ナッツ | マカダミア | もも | やまいも | りんご | ゼラチン |
| | | Shrimp | Crab | Walnut | Wheat | Buckwheat | Egg | Milk ingredients | Peanut | Almond | Abalone | Squid | Salmon roe | Orange | Cashew nut | Kiwi fruit | Beef | Sesame | Salmon | Mackerel | Soybean | Chicken | Banana | Pork | Macadamia nut | Peach | Wild Yam | Apple | Gelatin | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | | | |
| 冷しおろしそば | 404 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| メのそば（冷） | 207 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| メのそば（温） | 194 | | | | ○ | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 【エキソト（新高円寺店、人形町店） 限定 うどんメニュー】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| まんぶく天うどん | 754 | ○ | | | ○ | | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 冷しまんぶく天うどん | 762 | ○ | | | ○ | | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 海老天うどん | 566 | ○ | | | ○ | | ○ | | | | | | | | | | ○ | | | | ○ | ○ | | | | | | | | | |
| 冷し海老天うどん | 575 | ○ | | | ○ | | ○ | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 冷しおろしうどん | 287 | | | | ○ | | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |
| 【エキソト（新高円寺店、人形町店） 限定 ごはんメニュー】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カツカレー | 892 | | | | ○ | | ○ | | | | | | | | | | ○ | | | | ○ | | | ○ | | | | | | | |
| ミニ海老天丼 | 457 | ○ | | | ○ | | ○ | | | | | | | | | | | | | | ○ | | | | | | | | | | |
| 海老天丼 | 735 | ○ | | | ○ | | ○ | | | | | | | | | | | | | | ○ | | | | | | | | | | |
| まんぶく天丼 | 869 | ○ | | | ○ | | ○ | | | | | | | | | | | | | | ○ | | | | | | | | | | |
| カツ丼（スープ付）※エキソト | 981 | | | | ○ | | ○ | | | | | | | | | | | | | | ○ | ○ | | | ○ | | | | | | |
| カツ丼（セット用）※エキソト（セット にした商品と組み合わせて参照してくだ さい） | 962 | | | | ○ | | ○ | | | | | | | | | | | | | | ○ | | | ○ | | | | | | | |

| 商品名称 | カロリー | アレルギー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | | 特定原材料 8品目 | | | | | | | 特定原材料に準ずるもの 20品目 | | | | | | | | | | | | | | | | | | | | | | |
| | | えび | かに | くるみ | 小麦 | そば | 卵 | 乳成分 | 落花生 | アーモンド | あわび | いか | いくら | オレンジ | ナッツ | カシュー | キウイ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | ナッツ | マカダミア | もも | やまいも | りんご | ゼラチン |
| | | Shrimp | Crab | Walnut | Wheat | Buckwheat | Egg | Milk ingredients | Peanut | Almond | Abalone | Squid | Salmon roe | Orange | Cashew nut | Kiwi fruit | Beef | Sesame | Salmon | Mackerel | Soybean | Chicken | Banana | Pork | Macadamia nut | Peach | Wild Yam | Apple | Gelatin | | |
| 1食当たり (kcal) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | | |
| 単品ミニカツ丼 ※エキソト | 560 | | | | ○ | | ○ | | | | | | | | | | | | | | ○ | | | ○ | | | | | | | |
| 【エキソト（新高円寺店、人形町店）限定 単品メニュー】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 単品 海老天 | 100 | ○ | | | ○ | | ○ | | | | | | | | | | | | | | ○ | | | | | | | | | | |
| 単品 カツ煮 ※エキソト | 570 | | | | ○ | | ○ | | | | | | | | | | | | | | ○ | | | ○ | | | | | | | |
| そば屋の揚げ出し豆腐 | 239 | | | | ○ | | ○ | | | | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| とろっと半熟揚げ出したまご | 335 | | | | ○ | | ○ | | | | | | | | | | | ○ | | ○ | ○ | | | | | | | | | | |
| わさび香るおつまみ鴨ねぎ | 141 | | | | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| 揚げししとうおかかみれ | 38 | | | | ○ | | | | | | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| やみつき揚げそば | 111 | | | | ○ | | ○ | | | | | | | | | | | | | | ○ | | | | | | | | | | |
| たぬき冷奴 | 134 | | | | ○ | | ○ | | | | | | | | | | | | | ○ | ○ | | | | | | | | | | |
| 枝豆 | 126 | | | | | | | | | | | | | | | | | | | | ○ | | | | | | | | | | |
| 鶏の竜田揚げ | 392 | | | | ○ | | ○ | ○ | | | | | | | | | | | | | ○ | ○ | | | | | | | | | |