

# menu

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Gluten free

Vegan

Flour, egg, meat, fish and dairy products are white sugar and chemical seasoning stuff nonuse for all our dishes.

I have soybeans, nuts and something which uses sesame.  
Please confirm the raw material name in the menu table.

# Lunch box

\* Vegetables may change.

## 1, Germination brown rice

¥1,080

Germinated brown rice cooked by mixing red beans with germinated brown rice.

Fried vegetables, salad wrap, pickles.

\* Uses soy ,apple,sesam



## 4, Hamburger and germinated brown rice

¥1,404

Gluten-free hamburger made of root vegetables, flavored vegetables and beans, and germinated brown rice mixed with red beans.

\* Uses soy ,apple,sesam



## 7, Taco rice with nut cheese

¥1,296

Taco meat with ground meat texture with tofu, cream cheese made with cashew nuts, and aurora sauce that goes well with salads. Rice is easy to eat basmati rice.

\* Uses soy,cashew nut



## 2, Medicinal food rice

¥1,296

Rice cooked using Chen, cloves, pepper, wolfberry, sesame, cinnamon, burdock, and mushrooms used in medicinal meals.

Fried vegetables, salad wrap, pickles.

\* Uses soy , apple,sesam



## 5, Hamburger and medicinal rice

¥1,728

Gluten-free hamburger made of root vegetables, flavored vegetables and beans, and Rice cooked using Chen, cloves, pepper, wolfberry, sesame, cinnamon, burdock, and mushrooms used in medicinal meals.

Fried vegetables, salad wrap, pickles.\* Uses soy ,apple,sesam



## 3, Spice pilaf

¥1,296

Spice pilaf fried with a lot of vegetables and basmati rice in original masala.

Fried vegetables, salad wrap, pickles.

\* Uses soy ,apple,sesam



## 6, Hamburger and Spice Pilaf

¥1,728

Gluten-free hamburger made of root vegetables, flavored vegetables and beans, and spice pilaf fried with a lot of vegetables and basmati rice in original masala.

Fried vegetables, salad wrap, pickles.

\* Uses soy ,apple,sesam



## 8, Vegetable sushi

¥1,728

A sushi lunch box with vegetables that are bright to the eye. The back menu of Gen .

**We accept reservations only and orders of 3 or more.**

\* Uses soy ,apple



# Curry

**9, Original spice curry**

	Source only	With rice
	¥972	¥1,188

Curry sauce made with original spice mix, topped with fried tofu slices. It is a curry that you can enjoy the texture of chicken curry.

Spicy★★★★☆  
\* Uses soy ,sesam



**12, Green curry with spinach**

	Source only	With rice
	¥972	¥1,188

Ayurvedic curry with spinach. It is a curry rich in iron. Topped with cheese made of nuts.

Spicy★★★★☆  
\* Uses soy ,cashew nut,sesam




**15, Vegan butter chicken curry**

	Source only	With rice
	¥1,080	¥1,296

For spice curry With coconut milk

A mild and rich curry with creamy cashew nuts and vegan butter.

Spicy★★★★☆  
\* Uses soy ,cashew nut,sesam



**10, Vegetable spice curry**

	Source only	With rice
	¥972	¥1,188

It is a curry where you can enjoy the original blend of spices and the taste of many vegetables.

Spicy★★★★☆  
\* Uses soy , sesam



**13, Curry of roasted tofu and bean**

	Source only	With rice
	¥972	¥1,188

It is a curry with ground meat texture with roasted tofu. Tofu and chickpeas are high in protein and fiber.

Spicy★★★★☆  
\* Uses soy , sesam




**11, Ayurvedic curry**

	Source only	With rice
	¥972	¥1,188

Based on Ayurvedic ideas, we use a lot of good spices for our stomach and liver. Serve with seasonal vegetables.

Spicy★★★★☆  
\* Uses soy , sesam




**14, Brawn sauce rice**

	Source only	With rice
	¥972	¥1,188

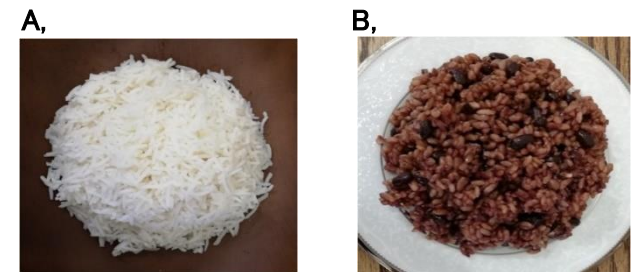
Simmered flavored vegetables and combined with tomato sauce. Veggie meat has the texture of meat. A little cinnamon scent.

Spicy☆☆☆☆☆  
\* Uses soy



A, Basmati rice  
or  
B, germinated brown rice (with red beans)

Please choose one.



A large serving is +¥108 .



## Soup

### 16, Ayurvedic soup

¥756

I use plenty of spices, garlic, ginger, and onions that are good for the stomach and liver. The body warms and you can expect a detox effect.



### 17, Soy milk cream soup with cashew nut and salt koji

¥864

A cream soup with cashew nuts as a paste, and salt koji, soy milk, potatoes, cabbage, and carrots.  
\* Uses soy, cashew nut



### 18, Brawn stew

¥972

Vegetable toppings were added to brawn stew made by simmering flavored vegetables. A little cinnamon scent.  
\* Uses soy



## Side dish

### 19, Quiche

¥756

A quiche baked with tofu, cashew nuts, pumpkin cream sauce and lots of vegetables.  
\* Uses soy, cashew nut, almond, sesame



### 20, Hamburg steak

¥756

Hamburger with tofu, root vegetables and flavored vegetables. There is a response to eating without using flour, eggs and meat.  
\* Uses soy



### 21, Salad wrap

Half size

¥1,080    ¥756

Homemade rice flour and corn tortillas combined with generous salad and fried tofu chips. Seasoned with aurora sauce.  
\* Uses soy, sesame



### 22, Amazake pickles

¥540

Vegetables are pickled in a pickled liquid that combines fermented food amazake and apple vinegar.  
\* Uses apple



### 23, Fried tofu

¥648

Tofu, konjac, garlic and ginger were fried savory.  
\* Uses soy



## Rice flour bread

### 24, Soft rice flour bread

¥864

Rice flour bread made of 100% rice flour fermented with natural yeast.



### 25, Rice flour round bread

¥540

The same fluffy rice flour bread recipe that has been popular since our founding, Easy to eat size I made it into a round bread



## Scone and financier

### 26, Chai scone

¥432

Tofu and almond dough mixed with our original spice chai and baked.

It is a gluten-free scone with a rich fragrance.

\* Uses soy ,almond ,sesam



### 27, Chocolate chip scone

¥432

Tofu and almond dough mixed with organic chocolate chips and baked. Contains a lot of chocolate chips.

\* Uses soy ,almond ,sesam



### 28, Financier

¥432

Moist gluten-free financier. It features the fragrant aroma of almonds and cashew nuts, and the gentle sweetness of coconut milk.

\* Uses almond ,cashew nut,sesam



### 29, Florentin

¥432

Full of almonds Florentine is thick and filling. It's vegan and gluten-free, so it's not heavy, it's not too sweet, and it's a guilt-free baked confectionery.

\*Uses almond



### 30, Apple pie

¥756

Apple pie wrapped in baked apple and cashew nut cream with cinnamon in a dough made of rice flour, corn and nuts.

\*Uses apple ,almond ,cashew nut, sesame



### 31, Rum raisin sand

¥756

A special cream that combines white bean paste and cashew nut cream and raisins with rum are sandwiched between cookie dough that has a satisfying taste.

\* We use rum  
\* Uses soy , almond ,cashew nut,sesam



# Cake

## 32, Cream cookie boule

¥864

A savory dough with nuts and plenty of special vegan vanilla cream with cashew nuts, coconut milk and vanilla beans.

\*Uses soy ,almond ,cashew nut



## 33, Baked cheese cake

¥756

A baked cheesecake made by kneading vegetable cheese made from nuts and sake lees into dough.

\* Uses soy , almond ,cashew nut,sesam



## 34, Chocolate cake

¥756

A chocolate cake baked with cocoa and coconut milk.It is a thick cake that you can't imagine as a vegetable cake.

\* Uses soy , sesam



## 35, Matcha cake

¥756

It is a cake like a matcha gateau chocolate.An adult cake that is not too sweet, accented by the aroma of green tea and a bit of bitterness.

\* Uses soy , sesam



## 36, Rice flour roll cake

¥756

A roll cake made from rice flour, soy milk, and banana, wrapped in plenty of characteristic cashew nut cream.

\*Uses soy ,cashew nut ,banana



## 37, Vegan cheese terrine

¥3,456

A rich vegan cheese terrine with plenty of almonds and cashew nuts. Store it in a freezer, cut it into pieces for eating, and then thaw it naturally.

\*Uses soy ,almond ,cashew nut, apple



# Chai and spice mix

## 38, Soy milk chai

¥756

Original spice chai and ginger boiled in soy milk.Sweetness is served with sugar beet.Both heart and body warm.

\* Uses soy



## 39, Spices mix

¥648

A spice mix that blends spices from South India with an original formula.Min, coriander, turmeric, chili powder, fennel, feneglique, and tour bean.





# Tea

## 40, Spices tea

A spicy tea that combines tea and spices in a unique combination. Tea, cardamom, cloves, cinnamon, fennel.



15 bags

¥1,296

3 bags

¥324

## 41, Rose blend tea

The gorgeous scent of rose, the refreshing taste of lemon balm and lemongrass, and the slight bitterness of mulberry leaf make this a recommended tea for relaxing.



30g

15bags

3bags

¥1,836

¥1,296

¥324

## 42, Rooibos & mint tea

A blended tea based on rooibos red with spearmint and several herbs. Rooibos is said to have antioxidant properties, and Echinacea is said to have an immune-boosting effect.



30g

15bags

3bags

¥1,836

¥1,296

¥324



080-2400-9659

Enjoy your stay in Japan!

Payment method Cash only