

# 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



## 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



## 7, 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

## 8, 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



## 11, 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



## 9, 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



## 12, 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



## 10, Ayurvedic curry

	Source only	With rice
	¥972	¥1,188

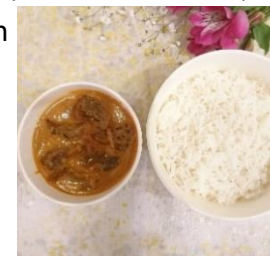
Based on Ayurvedic ideas, we use a lot of good spices for our stomach and liver. Serve with seasonal vegetables.  
Spicy★★★★☆  
\* Uses soy , sesam



## 13, 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



A, Basmati rice  
or

B, germinated brown rice (with red beans)

Please choose one.

A,



B,



A large serving is +¥108 .

## Soup

### 14, 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



## Side dish

### 15, Quiche

¥756

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



## Rice flour bread

### 18, Soft rice flour bread

¥864

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



### 16, Amazake pickles

¥540

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



### 19, 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



### 17, Fried tofu

¥648

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



# Scone and financier

20, 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



23, 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



21, 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



24, 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



22, 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



25, 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

### 26, 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



### 29, 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



### 27, 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



### 30, 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



### 28, 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



## Chai and spice

### 31, 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



### 32, 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.



### 33, Spices tea

15 bags

¥1,296

3 bags

¥324

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

