



ご朝食 Japanese style Breakfast

東京近郊の食材を使用した健康的な
由縁の朝ごはんは
温かい焼き魚やお味噌汁、有機野菜を使った
サラダと発酵食品など心も身体も喜ぶ和朝食。
穏やかな朝日が差し込む夏下冬上で
清々しい一日の始まりを。

A healthy breakfast ("Asagohan") using ingredients from
the suburbs of Tokyo
There are plenty of side dishes
that will please your body and soul,
such as warm grilled fish and miso soup
that will make you happy in the morning,
side dishes using organic vegetables and
fermented foods.

鮭の塩焼き
Salted grilled salmon

特別栽培した野菜の天婦羅二種
Two Kinds of Specially Cultivated
Vegetable Tempura

刺身湯葉
"yuba" tofu

茶碗蒸し
Savory egg custard

さつま揚げ
Deep-fried fish cake

出汁巻き卵
Japanese omelette

十六穀米 Sixteen-grain rice

減塩味噌汁 Reduced-salt miso soup

焼海苔 Roasted seaweed

お漬物 Pickled vegetable

夏下冬上 新宿 公式Instagram

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