

The background features several decorative motifs in a light gray color. These include circular patterns of crossed forks and spoons, smaller star-like shapes, and floral-like designs. The motifs are scattered across the page, creating a subtle, elegant backdrop for the text.

HANASAKA LUNCH MENU

-October-

Organic House (Akasaka-Dori)
<Seasonal Vegetable Soup>



¥200
tax-inclusive price



<Menu>
The menu is changed weekly:
•Carrot soup
•Japanese-style pumpkin soup

Allergens Name :milk

FANGSONG CAFE
<Riceball of Brown Rice Enzymes>



¥450
tax-inclusive price

<Menu>
•Riceball of brown rice enzymes(salmon)
•Fried soy-meat
•Organic pickles

Allergens Name :common wheat , soybeans

Vegetarian menu

FANGSONG CAFE
<Macrobiotic Lunch Box>

Order in Advance



¥1,500
tax-inclusive price

<Menu>
•Enzyme brown rice with red beans
•Vegetable main dishes
Dried bread-like pieces of wheat gluten fried with almonds
Croquette of Japanese millet
Fried soy-meat
•Organic vegetables sauteed with tomato sauce or ratatouille
•Steamed organic vegetables with carrot dressing
•Marinade of organic vegetables and hijiki

Allergens Name :common wheat ,soybeans

Vegetarian menu

Kita no Shunsai CHACHA
<Mother's Curry From Hokkaido>

Order in Advance



¥850
tax-inclusive price

<Menu>
•Curry with ten vegetables
•Steamed vegetables
•Hash browns

Allergens Name :common wheat ,earth nut

Vegetarian menu

PITA THE GREAT

<Big Pita (Falafel)>



¥800
tax-inclusive price

- <Menu>
- Pita
 - Falafel
 - Pickle cabbage
 - Black olives
 - Sesame sauce

Allergens Name :common wheat

Vegetarian
menu

Order in Advance

Well-being

<Chapuche (Korean Spicy Noodle) Lunch Box>



¥750
tax-inclusive price

- <Menu>
- Rice
 - Chapuche (hot & spicy Korean pan-fried noodle)
 - Sunny-side up
 - Korean miso

Allergens Name :common wheat

Vegetarian
menu

Well-being

< Bibimbap (Korean) on Rice >



¥750
tax-inclusive price

- <Menu>
- Rice
 - Namuru of the season
 - Sunny-side up egg
 - Kochijan

Allergens Name :egg

FANGSONG CAFE

<1day Detox Kit>



¥1,900
tax-inclusive price

- <Menu>
- Riceball of brown rice enzymes(salmon)
 - Fried soy-meat
 - Organic pickles
 - Okara (bean curd refuse) cake
 - Hot ginger tea
 - Fruits and carrot juice
 - Discount oupon for ice gruel @ FANGSONG CAFÉ

Allergens Name :common wheat

New

Vegetarian
menu

Order in Advance

SUBIR

<Curry Naan (spicy / mild)>



¥250
tax-inclusive price

<Menu>
•curry bunny

Allergens Name :common wheat ,egg ,milk

For a snack

Nagano Bakery

<Today's special>



¥300
tax-inclusive price

<Menu>
•2 choice items from popular Nagano bakery's products

For a snack

Ogo ono loa Hawaii

<Spam musubi>



¥350
tax-inclusive price

New

<Menu>
•Spam musubi

Allergens Name :common wheat ,egg ,and shrimp

Light meal

Hostellerie Suzuki

<French chef's Special pudding>



¥250
tax-inclusive price

New

<Menu>
•pudding

Allergens Name :egg and milk

For a snack

BECKER'S DELIGHT

<German Bread Sandwich >



¥600
tax-inclusive price

New

<Menu>

- Bread with green pepper and olive oil
- Pastrami
- Natural cheese
- Lettuce
- Mustard

Allergens Name :common wheat ,egg ,milk

Light meal

Order in Advance

MEXICO LINDO

<Burrito box>



¥1,200
tax-inclusive price

<Menu>

- Two kinds of burrito (beef, four kinds of cheese, onion and beans)
(chicken, four kinds of cheese, onion and beans)
- Salad
- Avocado dip
- Salsa sauce

Allergens Name :common wheat ,milk

Nagano Bakery

<Original 3 Bread Set (October menu)>



¥700
tax-inclusive price

New

Seasonal

<Menu>

- Salmon meuniere sandwiches (white wine sauce/red wine source)
- Quiche (shimeji mushroom, mashroom, bacon, onion)
- Pumpkin crape for dessert

Allergens Name :common wheat ,egg and milk

Ogo ono loa Hawaii

<Loco-Moco Bowl>



¥800
tax-inclusive price

<Menu>

- Rice
- Hamburger with gravy
- Sunny-side up egg
- Pickles

Allergens Name :common wheat and egg

SHINAGAWA

<Cold UDON with Tempura>



¥1,000
tax-inclusive price

<Menu>

- japanese cold noodle (Udon)
- Tempura (shrimps, squids,small scallops, mitsuba)

Allergens Name :common wheat ,egg and shrimp

Order in Advance

Bistro Bourgogne

<Chicken Bourguignon>



¥950
tax-inclusive price

<Menu>

- Chicken Bourguignon
- Buttered rice
- Boiled vegetables (broccoli and carrot)

Allergens Name :milk

Vietnamese restaurant AOZAI

<Spicy Vietnamese Lunch Box>



¥800
tax-inclusive price

<Menu>

- Rice with fried onions
- Spicy fried chicken pieces with vegetables (lemongrass taste)
- Water spinach

Allergens Name : —

Order in Advance

KOKA-AN

<Bibimbap (Korean) on Rice>



¥950
tax-inclusive price

<Menu>

- Pork bibimbap(stir-fried pork and onion with a korean sauce and namuru)
- Rice

Allergens Name :common wheat ,egg

MIKAWAYA

<Healthy Salmon Lunch Box>



¥700
tax-inclusive price

<Menu>

- Baked salmon
- Sauteed vegetables (broccoli, potatoes, pumpkins, and cherry tomatoes)
- Thick omelet
- Marinated cucumbers and salmon bones
- Flower beans
- Rice with seasoning powder

Allergens Name : common wheat , egg , milk , shrimp

FUKUTSUCHI

<Sushi Lunch box>



¥850
tax-inclusive price

<Menu>

- Kyoto-style Barazushi
- Conger chirashizushi
- Baked Japanese spanish mackerel
- Boiled vegetables
- Pickled turnip

Allergens Name : common wheat , egg , shrimp

Kita no Shunsai CHACHA

<Mother's Lunch Box from Hokkaido(Autumn)>



¥850
tax-inclusive price

<Menu>

- Hokkaido-style baked salmon
- Fried oyster
- Fried fish (brevoort)
- Boiled Autumn vegetables
- rice boiled with barley

Allergens Name : common wheat and egg

New

Seasonal

Organic House (Akasaka-Dori)

<Special Curry Lunch Box>



¥750
tax-inclusive price

<Menu>

- Weekly curry special
(Thai-style Red curry or Thai-style green curry or curry of mushrooms and eggplant or dry curry of kidney beans)
- Japanese-style Caesar 's salad (cabbage and onion)
- Fried squid
- Stir-fried chicken and cashew nut
- Side dishes (bean salad or green vegetable with a sesame sauce)
- Brown rice

Allergens Name : common wheat , egg , shrimp , milk , soba

Organic House (Akasaka-dori)

Order in Advance

<Organic Lunch Box>



¥850
tax-inclusive price

<Menu>

- Rice (normal rice and brown rice mixed)
- Tofu and chicken mixed hamburger
- Salmon grill with mayonnaise
- Marinade / higiki / beans salad / boiled broccoli and shrimps
- Fresh vegetable salad

Allergens Name :common wheat ,egg and shrimp

HANAUTA (Akasaka)

<Okinawa-style Lunch Box>



¥950
tax-inclusive price
(Naan extra ¥200)

New

<Menu>

- Sauteed bitter melon ,spam ,egg , tofu ,etc
- Okinawa-style boiled pork
- Potato croquette and vegetables
- rice
- Pickled vegetables

Allergens Name :common wheat and egg

Tonkatsu SUEYOSHI

Order in Advance

<Bowl of rice topped with pork medallion and loin>



¥1,000
tax-inclusive price

<Menu>

- Bowl of rice topped with pork medallion and loin

Allergens Name :common wheat ,egg

TENSEKITEI

<Japanese-style Lunch Box>



¥1,000
tax-inclusive price

<Menu>

- Rice
- Tempura (shrimp, eggplant, japanese taro, sweet Green Pepper)
- Grilled fish
- Japanese omelet
- Boiled vegetables

Allergens Name : common wheat ,egg and shrimp

YANSANDO (Akasaka) <Special Korean Barbecue Lunch Box>



¥1,000
tax-inclusive price

<Menu>

- Grilled meat
- Boiled meat
- Namuru of the season
- Kimchi of the season
- Korean home-style dishes
- Rice

Allergens Name :common wheat ,egg ,shrimp ,milk ,soba ,earth nut ,crab meat ,shrimp

Order in Advance

Moti (front of TBS) <Two kinds of Indian Curry with Rice (Autumn Menu)>



¥1,000
tax-inclusive price
(Naan extra ¥200)

<Menu>

- Turmeric rice
- Spicy shrimp curry with tomatoes
- Vegetable curry (potatoes and cabbage)
- One piece of MALAI TIKKA
- Beans salad

Allergens Name :common wheat ,shrimp ,and egg

New

Seasonal

Sumiyaki HAYASHI <Special Oyako-don>



¥1,000
tax-inclusive price

New

<Menu>

- Oyako-don (chicken ,egg ,etc)

Allergens Name :common wheat and egg

Order in Advance

SCHOOL FOOD <Korean Roll Special Lunch Box>



¥1,000
tax-inclusive price

New

<Menu>

- 2 types of Korean roll
 - Basic roll
 - Purukogi(Korean-style sauteed beef) roll
- Salad
- Pickled Japanese radish
- Fried pork
- Wakame soup

Allergens Name :common wheat ,egg ,shrimp and milk

Order in Advance

SYUNKOTEI

Order in Advance

<Pork Cutlet Sandwich Lunch Box>



¥1,100
tax-inclusive price

New

<Menu>

- Home grown pork cutlet sandwich
- Potato salad
- Fresh vegetables (petit tomato ,lettuce ,japanese radish , cucumbers)
- Marinated mashroom
- Marinated carrot
- Pickles

Allergens Name :common wheat ,egg and milk

AKASAKA YAICHI

<Chef's Special Lunch Box with Green Tea>



¥1,100
tax-inclusive price

<Menu>

- Baked fish of the season
- Deep-fried tiger prawn (ebi tempura) with grated daikon
- Boiled foods (kiriboshi daikon or hiziki or kombu)
- Mini-kobachi (soboro or shirasu or kimpira-gobou)
- Aemono (wakame seaweed and boiled sprout)
- Rolled egg
- Fish sausage
- Pickle daikon and carrot
- Japanese pickles
- Fresh fruits tomate
- Pickled ume
- Green tea

Allergens Name :common wheat ,egg ,tiger prawn

SINGAPORE HAINAN CHI-FAN

Order in Advance

<Asian Chicken Lunch Box >



¥1,200
tax-inclusive price

New

<Menu>

- Singaporean chicken rice
- Salad with fried chicken skin
- Curry flavored boiled chicken and potato
- Sauteed chicken lever
- Fried egg with salsa sauce

Allergens Name: egg, shrimp ,common wheat ,milk ,crab ,and earth nut

ESSE DUE

Order in Advance

<Panino Lunch Box>



¥1,200
tax-inclusive price

New

<Menu>

- Panino (smoked salmon , ricotta cheese and spinach)
- Panino (grilled vegetables) with genovese sauce
- Minestrone soup with short pasta
- Chef' s Salad (Italian ham ,potato salad , broccoli ,and petit tomato)

Allergens Name :common wheat and milk

AKASAKA YAICHI

Order in Advance

<Seasonal Lunch Box (Matsutake mushrooms) with Green Tea>



¥1,200

tax-inclusive price

Seasonal

<Menu>

- Matsutake rice
- Grilled fish (Japanese spanish mackerel)
- Boiled vegetables of the day
- Kinpira gobou
- Boiled tuna (KAKUNI)
- Rolled egg
- Fish sausage
- Pickled vegetables
- Fresh fruit tomato
- Green tea

Allergens Name :common wheat ,egg

SHINAGAWA

Order in Advance

<Special Tendon>



¥1,200

tax-inclusive price

New

<Menu>

- Special tempura on rice
 - Kakiage
 - Shrimp
 - Fish
 - Seasonal vegetables

Allergens Name :common wheat ,egg and shrimp

L'Arcobaleno

Order in Advance

<Today's Special pasta and Nine Appetizers>



¥1,250

tax-inclusive price

New

<Menu>

- Today's special pasta
- Nine appetizers from following menus
 - Marinated salmon
 - Sauteed scallop
 - Frittata (mashroom and egg)
 - Boiled eggplant and autumn vegetables
 - Marinated octopus
 - Vegetable caponata
 - Mackerelcarpione
 - Prosciuto
 - Baked paprika with ricotta cheese sauce
 - baked goods with dry fruits

Allergens Name :common wheat ,egg ,and milk

AKASAKA ISEMON

<Matusaka beef ,Fresh Fish and Vegetables from Ise>



¥1,300

tax-inclusive price

<Menu>

- Grilled Matusaka beef
- Lightly-pickled organic vegetables
- Thick omelet
- Baked fish pickled in miso
- Steamed chicken
- Boiled shrimp
- Stewed deep-fried tofu
- Asparagus with kadaif
- Butter clam cream croquette
- Boiled vegetables of the season
- Boiled hijiki
- Rice

Allergens Name: egg, shrimp

Turandot YUSENKYO (Akasaka)

Order in Advance

<Special Lunch Box with 9 Chinese Side Dishes>



¥1,500
tax-inclusive price

<Menu>

- Ginger flavored fried chicken
- Special shaomai of dried scallop eyes
- Fried whitefish with a fruity sour sauce
- Boiled egg plants
- Boiled tofu with shanghai-style miso
- Shanghai-style fried Chinese noodle
- Fried shrimp
- Stir-fried squid and Chinese pickles
- Rice

Allergens Name :common wheat ,egg ,shrimp

SYUNKOTEI

Order in Advance

<Western style Lunch Box>



¥1,500
tax-inclusive price

New

<Menu>

- Potato croquette
- Fried shrimp
- Salmon meuniere
- Rolled egg with tuna
- Grilled chicken with bechamel sauce
- Rice with tomato flavor
- Rice
- Marinated mashroom
- Potato salad
- Boiled vegetables (french beans and carrot)

Allergens Name :common wheat ,egg ,shrimp and milk

AKASAKA MATSUBAYA

Order in Advance

<SUKIYAKI Box with MATSUTAKE >



¥2,000
tax-inclusive price

New

<Menu>

- Sukiyaki (Matsutake mashroom ,Hida beef ,Tofu ,shirataki ,spring onion , burdock root)
- Boiled egg
- rice
- Boiled vegetables
- Sesami tofu
- Pickled vegetables
- Boiled fish

Allergens Name :common wheat ,egg ,and shurimp

TENSEKITEI

Order in Advance

<Japanese-style Fish Autumn Lunch Box>



¥2,000
tax-inclusive price

Seasonal

<Menu>

- Grilled Japanese-style foods (Shinoda-maki ,satsuma-age ,etc)
- Rolled egg
- Boiled vegetables
- Grilled fish
- Autumn rice dish (includes adding seasonal salmon to the rice)
- Tempura (Shrimp ,sweet potato ,green pepper ,egg plant , etc)
- Pickled vegetables
- Japanese-style Sasa-daifuku

Allergens Name : common wheat ,egg and shrimp

FUKUTSUCHI

Order in Advance

<Chakin-sushi Box (Wrapped Sushi)>



¥2,000
tax-inclusive price

<Menu>

- Chakin-sushi (wrapped by sweet egg)
- Chimaki-sushi (shrimp)
- Boiled conger sushi
- Sushi roll
- Grilled fish, boiled vegetables

Allergens Name :common wheat ,egg and shrimp

Chinese Restaurant Shin-pu-en Tokyo

Order in Advance

<Chinese-style Luxury Lunch Box>



¥2,200
tax-inclusive price

<Menu>

- Chinese-style barbecued pork
- Spring rolls
- Bean-paste bun (Sweets)
- Chinese-style pickled vegetables
- Smoked duck
- Special jellyfish cold meal
- shao mai
- Shrimp with chili sauce
- Boiled soybeans

- Vegetables (broccoli ,tomato)
- bangbang chicken
- Pickled cucumbers
- Chinese-style bun with sauteed meat
- Rice
- mango pudding

Allergens Name : common
wheat ,egg ,milk and shrimp

MISAKINCHI

Order in Advance

<Spanish Full-course Lunch Box >



¥2,400
tax-inclusive price

<Menu>

- Prosciutto ham
- Salad
- Spanish omelette
- Spanish bouillabaisse
- Paella
- Gateau chocolat

Allergens Name :common wheat ,egg ,shrimp

SYUNKOTEI

Order in Advance

<Half-Japanese, half-Western Lunch Box >



¥3,800
tax-inclusive price

<Menu>

- Rice boiled with chicken pieces and vegetables
- Shunkotei's special cooking
(a slice of roast japanese beef, boiled abalone, grilled salmon, fried shrimp, boiled octopus, japanese omelet, boiled vegetables, potato salad)

Allergens Name :common wheat ,egg, milk and shrimp

YOTARO

Order in Advance

<Special Sea-bream Rice >



¥4,000
tax-inclusive price

<Menu>

- Sea-bream rice
- Baked sea-bream
- Tempura (sweet potato and green pepper)
- Tsukudani
- Pickled turnip

Allergens Name :common wheat ,egg

Akasaka TANTEI

Order in Advance

<Okinawa-style Lunch Box >



¥4,000
tax-inclusive price

<Menu>

- Black rice (from Ishigaki island) with Okinawa shallot
- Special fish and meat cooking (specialty from Okinawa)
- Special vegetable cooking (specialty from Okinawa)

Allergens Name :common wheat ,egg and shrimp



HANASAKA LUNCH awaits your visit!
Please feel free to e-mail us ,if you
have any questions ,
at: Info@hanalun.jp