



itadaku

Gluten Free Menu

We have gluten free soy sauce.

If you would like to use it for dipping just ask us.

炭火焼き | Robata : Charcoal Grill

肉 | Meat

焼鳥 もも (醤油タレ) Yakitori Momo	28
Skewered chicken thigh with sweet soy sauce	[2skewers]
[Allergy] Soybean , Honey	
焼鳥 手羽先 (柚子胡椒) Yakitori Tebasaki	28
Skewered chicken wings with spicy yuzu sauce	[2skewers]
焼鳥 つくね (味噌タレ) Yakitori Tsukune	28
Skewered chicken meatballs with garlic miso sauce	[2skewers]
[Allergy] Soybean , Egg	
串焼き 黒毛和牛 (塩、ワサビ) Kushiyaki Kuroge-Wagyu	98
Skewered Japanese wagyu beef with sea salt and wasabi	[2skewers]
「黒樺牛」和牛ステーキ "Kurohanagyu" Wagyu Steak	198
Japanese wagyu beef steak 200g	
[Allergy] Fish , Soybean	
鶏照り焼き Tori Teriyaki	58
Grilled chicken with sweet soy sauce	
[Allergy] Soybean , Honey	
焼鳥三種盛り Yakitori Sanshumori	
Yakitori assortment of 3 kinds	[2skewers each] 82
[Allergy] Soybean , Egg , Honey	[3skewers each] 120

Please note

"itadaku" is an authentic, traditional and 100% pure Japanese restaurant.

If you like fusion Japanese restaurants, you may not like us.

If you would like to experience Real Japanese Cuisine,
you can taste it at "itadaku" without having to travel to Japan.

炭火焼き | Robata : Charcoal Grill

魚介 | Seafood

串焼き メカジキ (塩、ワサビ)	Kushiyaki Mekajiki	58
Skewered swordfish with sea salt and wasabi		[2skewers]
[Allergy] Fish		
勘ハカマ塩焼き	Kampachi Kama Shioyaki	78
Salt-grilled collar of greater amberjack		
[Allergy] Fish		
鮭柚庵焼き	Shake Yuan Yaki	88
Salmon marinated in yuzu soy sauce		
[Allergy] Fish , Soybean , Honey		
銀鱈西京焼き	Gindara Saikyo Yaki	148
Black cod marinated in sweet miso		
[Allergy] Fish , Soybean , Honey		

野菜 | Vegetable

串焼き 埼玉県産さつまいも (柚子胡椒)	Kushiyaki Satsumaimo	48
Skewered sweet potato imported from Japan with spicy yuzu sauce		[2skewers]
[Vegan]		
串焼き 岩手県産原木椎茸 (塩)	Kushiyaki Iwate Shiitake	48
Skewered shiitake mushroom imported from Japan with sea salt		[2skewers]
[Vegan]		
串焼き 日本産オクラ (梅タレ)	Kushiyaki Okura	48
Skewered lady's finger imported from Japan with pickled plum sauce		[2skewers]
[Vegan]		
串焼き 日本産ししとう (醤油タレ)	Kushiyaki Shishito	48
Skewered sweet pepper imported from Japan with soy sauce		[2skewers]
[Vegan] [Allergy] Soybean		
淡路島産玉葱のステーキ	Awajishima Tamanegi Steak	68
Onion steak imported from Awaji Island, Japan		
[Allergy] Soybean , Milk		

鮓 | Nigiri Sushi

おまかせ握り五種 Omakase Nigiri Goshu

Chef selection sushi assortment of 5 kinds [2pcs each] 298

[Allergy] Fish , Soybean [3pcs each] 438

握り 本鮓赤身 Hommaguro Akami Nigiri 78

Bluefin lean tuna imported from Japan [2pcs]

[Allergy] Fish , Soybean

握り 本鮓中トロ Hommaguro Chutoro Nigiri 98

Bluefin medium fatty tuna imported from Japan [2pcs]

[Allergy] Fish , Soybean

握り 本鮓大トロ Hommaguro Otoro Nigiri 148

Bluefin super fatty tuna imported from Japan [2pcs]

[Allergy] Fish , Soybean

握り サーモン Salmon Nigiri 38

Salmon imported from Scotland [2pcs]

[Allergy] Fish , Soybean

握り とろサーモン Toro Salmon Nigiri 58

Fatty belly part salmon imported from Scotland [2pcs]

[Allergy] Fish , Soybean

握り 勘八 Kampachi Nigiri 48

Greater amberjack imported from Japan [2pcs]

[Allergy] Fish , Soybean

握り トロ勘八 Toro Kampachi Nigiri 68

Fatty belly part greater amberjack imported from Japan [2pcs]

[Allergy] Fish , Soybean

握り 真鯛 Tai Nigiri 58

Red sea bream imported from Japan [2pcs]

[Allergy] Fish , Soybean

鮓 | Nigiri Sushi

握り 穴子 Anago Nigiri	68
Conger eel imported from Japan	[2pcs]
[Allergy] Fish , Soybean , Honey	
握り 帆立 Hotate Nigiri	78
Scallop imported from Japan	[2pcs]
[Allergy] Molluscs , Fish , Soybean	
握り 縞鰯 酢 Shima-Aji Sujime Nigiri	78
Striped jack imported from Japan marinated in vinegar	[2pcs]
[Allergy] Fish , Soybean	
軍艦 甘海老 Ama-Ebi Gunkan	98
Japanese sweet shrimp imported from Japan	[2pcs]
[Allergy] Crustacean , Fish , Soybean	
軍艦 イクラ Ikura Gunkan	98
Salmon roe imported from Alaska marinated in soy sauce	[2pcs]
[Allergy] Fish , Soybean	
軍艦 雲丹 Uni Gunkan	198
Sea urchin imported from Japan	[2pcs]
[Allergy] Fish , Soybean	

Sushi restaurant etiquette in Japan

At "itadaku", chef puts Nikiri (original blend soy sauce)
on the Nigiri Sushi.

Chef also puts Wasabi into the Nigiri Sushi.
So it's already seasoned just right by Nikiri and Wasabi.

If you would like to taste the fish and rice carefully,
you do not need to add soy sauce and wasabi.

If you like strong flavours,
you can also dip in a little soy sauce and wasabi.

In Japanese sushi restaurant etiquette,
it is not classy to put more soy sauce on the plate than you can use.

刺身 | Sashimi

お刺身五点盛り Osashimi Gotemmori

Chef selection sashimi assortment of 5 kinds [2pcs each] 268

[Allergy] Fish [3pcs each] 398

本鰯赤身 Hommaguro Akami Sashimi

148

Bluefin lean tuna imported from Japan [5pcs]

[Allergy] Fish

本鰯中トロ Hommaguro Chutoro Sashimi

188

Bluefin medium fatty tuna imported from Japan [5pcs]

[Allergy] Fish

本鰯大トロ Hommaguro Otoro Sashimi

298

Bluefin super fatty tuna imported from Japan [5pcs]

[Allergy] Fish

サーモン Salmon Sashimi

78

Salmon imported from Scotland [5pcs]

[Allergy] Fish

勘八 Kampachi Sashimi

108

Greater amberjack imported from Japan [5pcs]

[Allergy] Fish

勘八薄造り Kampachi Usuzukuri

138

Greater amberjack thin sashimi with ponzu sauce

[Allergy] Fish , Soybean

真鯛 Tai Sashimi

118

Red sea bream imported from Japan [5pcs]

[Allergy] Fish

帆立 Hotate Sashimi

148

Scallop imported from Japan [5pcs]

[Allergy] Molluscs

縞鰯酢 Shima-Aji Sujime Sashimi

158

Striped jack imported from Japan marinated in vinegar [5pcs]

[Allergy] Fish

巻物	Makimono : Maki Rolls Sushi
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手巻き | Hand Rolls / 細巻き | Cut Rolls

ねぎトロ巻き Negi-Toro Maki Hand 48 / Cut 72

Chopped toro and Japanese leeks with wasabi [1pc] [6pcs]

[Allergy] Fish

Negi-Salmon Maki Hand 38 / Cut 57

Chopped salmon and Japanese leeks with wasabi	[1pc]	[6pcs]
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[Allergy] Fish

穴きゅう巻き Ana-Kyu Maki Hand 38 / Cut 57

Conger eel, cucumber and shiso leaf [1pc] [6pcs]

[Allergy] Fish , Soybean , Honey

かんぴょう巻き Kampo Maki Hand 28 / Cut 42

Dried gourd simmered in sweet soy sauce with wasabi [1pc] [4pcs]

[Vegan] [Allergy] Soybean , Sesame seed

梅きゅう巻き Ume-Kyu Maki Hand 28 / Cut 42

Pickled plums sauce, cucumber and shiso leaf [1pc] [6pcs]

[Vegan]

かっぱ巻き Kappa Maki Hand 28 / Cut 42

Cucumber	[1pc]	[6pcs]
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[Vegan]

What is Uramaki?

Traditional sushi rolls have seaweed on the outside.

Uramaki has seaweed inside. It was created in the USA by Japanese chefs for foreigners who dislike dark looking foods.

Japanese call Uramaki "California roll" instead of "sushi".

Since itadaki is a 100% pure Japanese restaurant,
we do not serve Uramaki.

お惣菜：冷菜 | Side Dish : Cold Appetizer

ケール胡麻和え Kale Gomaae 38

Kale with sweet sesame sauce

[Vegan] [Allergy] Soybean , Sesame seed

紫キャベツ甘酢漬け Murasaki Cabbage Amazuzuke 38

Red cabbage pickled with Sichuan pepper

[Vegan]

柚子白菜漬け Yuzu Hakusai Zuke 38

Pickled Chinese cabbage with yuzu flavour

[Vegan] [Allergy] Sesame seed

海老とオクラの酢味噌和え Ebi Okura Sumisoae 58

Boiled shrimp and lady's finger with vinegar miso sauce

[Allergy] Crustacean , Soybean

豆腐ステーキサラダ Tofu Steak Salad 78

Grilled tofu with mizuna leaf and sesame dressing

[Vegan] [Allergy] Soybean , Sesame seed

黒毛和牛と春菊のサラダ Kuroge-Wagyu Shungiku Salad 128

Japanese Wagyu and crown daisy salad with wasabi ponzu sauce

[Allergy] Fish , Soybean

お惣菜：温菜 | Side Dish : Hot Appetizer

枝豆柚子胡椒和え	Edamame Yuzukoshoae	38
Boiled young soybeans with spicy yuzu sauce		
[Vegan] [Allergy] Soybean		
茄子田楽	Nasu Dengaku	48
Eggplant with sweet yuzu miso		
[Vegan] [Allergy] Soybean , Sesame seed		
肉じゃが	Nikujoyaga	48
Stewed beef and potatoes		
[Allergy] Fish , Soybean		
チューリップ唐揚げ	Churippu Karaage	48
Japanese fried chicken with bone		[4pcs]
[Allergy] Egg , Fish , Soybean		
和牛餃子	Wagyu Gyoza	68
Grilled wagyu gyoza		[6pcs]
[Allergy] Soybean		
黒毛和牛味噌煮込み	Kuroge-Wagyu Misonikomi	78
Stewed Japanese wagyu beef with miso		
[Allergy] Fish , Soybean		
真鯛兜煮付け	Madai Kabuto Nitsuke	78
Simmered red sea bream head in sweetened soy sauce		
[Allergy] Fish , Soybean		
黒毛和牛すき焼きItadaku仕立て	Wagyu Sukiyaki	198
Japanese wagyu beef sukiyaki plate style		
[Allergy] Fish , Soybean		

ご飯物 | Rice

甘海老とイクラの小丼 Amaebi Ikura Kodon 298

A small bowl of rice topped with sweet shrimp and salmon roe
[Allergy] Crustacean , Fish , Soybean

ウニと甘海老とイクラの小丼 Uni Amaebi Ikura Kodon 398

A small bowl of rice topped with sea urchin, sweet shrimp, and salmon roe
[Allergy] Crustacean , Fish , Soybean

ウニとイクラの小丼 Uni Ikura Kodon 458

A small bowl of rice topped with sea urchin and salmon roe
[Allergy] Fish , Soybean

ウニと甘海老の小丼 Uni Amaebi Kodon 458

A small bowl of rice topped with Iwate sea urchin and sweet shrimp
[Allergy] Crustacean , Soybean

牛丼 Gyu Don 98

Simmered Japanese wagyu beef rice bowl
[Allergy] Fish , Soybean

焼きおむすび Yaki Omusubi 28

Grilled rice ball
[Allergy] Fish , Soybean

銀しゃり 岩手県産銀河のしずく Gin Shari Ginga No Shizuku 15

Steamed white rice from Iwate prefecture
[Vegan]

汁物 | Soup

ワカメと豆腐の味噌汁 Wakame Tofu Miso-Shiru 15

Miso soup of wakame seaweed and tofu
[Allergy] Fish , Soybean

ナメコの赤だし Nameko Akadashi 20

Soybean miso soup with nameko mushrooms
[Allergy] Fish , Soybean

鰻 | Unagi : Freshwater Eel

うな重 Una Ju

Grilled eel rice box

[上 | Jo : 1pc]

258

[Allergy] Fish , Soybean , Honey

[特上 | Tokujo : 2pcs]

498



What is so special about itadaku's Unagi?

In Japan, grilled eel with sweet soy sauce is called Unagi Kabayaki.
Most of the Unagi Kabayaki you find outside of Japan comes from China,
but our eel comes from Japan.

Most of the Unagi Kabayaki you find outside of Japan is flavoured and
ready-to-eat, but we prepare our Unagi Kabayaki from raw here.

In Japan, it is said that it takes a long time to train to be able to
cook delicious Unagi Kabayaki.

That's why there is a saying "Three years of skewering,
eight years of cutting open, and a lifetime of grilling".

There are very few restaurants outside of Japan
that serves Japanese eel cooked from raw and served as Unagi Kabayaki.

Please try the taste of genuine Unagi Kabayaki.

甘味 | Dessert

北海道ミルクソフトクリーム	Hokkaido Milk Soft Cream	
	プレーン	Plain 35
	ほうじ茶	Hojicha 40
	ミックス	Mix 38
Hokkaido milk soft serve ice cream		
[Allergy] Milk		
昔ながらの固めのプリン	Purin	35
Old-fashioned Japanese caramel custard		
[Allergy] Milk , Egg		
さつまいも白玉最中	Satsumaimo Shiratama Monaka	35
Japanese sweet potato jam and shiratama dumplings with Japanese wafers		
[Allergy] Milk , Soybean		
抹茶あんみつ	Matcha Ammitsu	38
Matcha jelly, sweet red bean paste, and shiratama dumplings		
[Vegan]		
抹茶パフェ	Matcha Pafue	48
Soft serve ice cream, Matcha jelly, sweet red bean paste, and shiratama dumplings		
[Allergy] Milk		
クラウンメロン	Crown Melon	128
Japanese earls melon cut to 1/6 of a piece		
[Vegan]		

What is "Mochi"?

The true meaning of Mochi is "rice cake".

However, outside of Japan, "Mochi Ice Cream" is often called Mochi.

Most of Mochi is a product, and it is made in factories.

We are particular about making all our dishes by hand,
so we don't serve Mochi.

So at itadaki, please enjoy handmade Japanese desserts instead of Mochi.