



itadaku

Vegan Menu

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 flavor [Vegan] / [Allergy] Sesame seed	
白滝キンピラ Shirataki Kimpira	38
Stir-fried konjac noodles and carrots [Vegan] / [Allergy] Soybean , Gluten , Sesame seed	
オクラの酢味噌和え Okura Sumisoae	68
Lady's finger with vinegar miso sauce [Vegan] / [Allergy] 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	

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	
豆腐ステーキ Tofu Steak	48
Grilled tofu with garlic soy sauce [Vegan] / [Allergy] Soybean , Sesame seed	

炭火焼き | Robata : Charcoal Grill

串焼き 埼玉県産さつまいも (柚子胡椒) Kushiyaki Satsumaimo 48
Skewered sweet potato produced in Japan with spicy yuzu sauce [2skewers]
[Vegan]

串焼き 岩手県産原木椎茸 (塩) Kushiyaki Iwate Shiitake Shio 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 produced in 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 produced in Japan with soy sauce [2skewers]
[Vegan] / [Allergy] Soybean

天麩羅 | Tempura

天麩羅 埼玉県産さつま芋 Satsumaimo Tempura 58
Sweet potato produced in Japan
[Vegan] / [Allergy] Gluten

天麩羅 岩手県産原木椎茸 Iwate Shitake Tempura 48
Shitake mushroom imported from Iwate, Japan [4pcs]
[Vegan] / [Allergy] Gluten

天婦羅 淡路島産玉葱 Awajishima Tamanegi Tempura 48
Onion tempura imported from Awaji Island, Japan [4pcs]
[Vegan] / [Allergy] Gluten

天麩羅 ししとう Shishito Tempura 48
Sweet pepper produced in Japan [8pcs]
[Vegan] / [Allergy] Gluten

天麩羅 オクラ Okura Tempura 48
Lady's finger produced in Japan [6pcs]
[Vegan] / [Allergy] Gluten

天麩羅 大葉 Oba Tempura 28
Shiso leaf produced in Japan [8pcs]
[Vegan] / [Allergy] Gluten

天麩羅 茄子 Nasu Tempura 28
Eggplant [4pcs]
[Vegan] / [Allergy] Gluten

巻物 | Makimono : Maki Rolls Sushi

手巻き | Hand Rolls / 細巻き | Cut Rolls

精進巻き Shojin Maki Hand 38 / Cut 57

6 kinds of vegetables and sesame seeds [1pc] [4pcs]

[Vegan] [Allergy] Sesame seed , Soybean , Gluten

かんぴょう巻き Kampyo 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 and cucumber [1pc] [6pcs]

[Vegan] / [Allergy]

かっぱ巻き Kappa Maki Hand 28 / Cut 42

Cucumber [1pc] [6pcs]

[Vegan] / [Allergy]

なみだ巻き Namida Maki Hand 28 / Cut 42

Chopped wasabi stalk [1pc] [6pcs]

[Vegan] / [Allergy] Soybean , Gluten

ご飯物 | Rice

野菜天井 Yasai Ten Don 98

Vegetables tempura rice bowl

(Sweet potato, Shitake mushroom, Eggplant, Okura, Shishito, Shiso leaf)

[Vegan] / [Allergy] Soybean , Gluten

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]

甘味 | Dessert

抹茶あんみつ Matcha Ammitsu 38

Matcha jelly, sweet red bean paste, and shiratama dumplings

[Vegan]

クラウンメロン Crown Melon 128

Japanese earls melon cut to 1/6 of a piece

[Vegan]