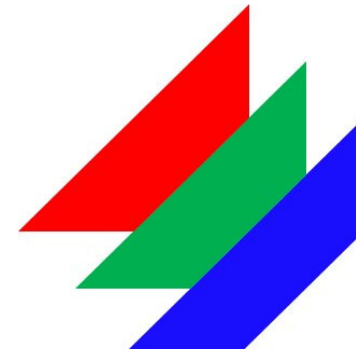
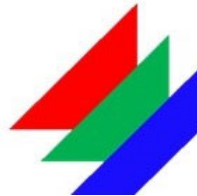


食楽彩白 そば処

みよ田



ShokuRaku-

SaiSai

Soba-Dokoro Miyota

◆Facebook



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◆Official Website

<http://www.nikkoku.co.jp/miyota/>





## A Note To Our Visitor

**No smoking in any part of Our Restaurant. Thank you.**

### 【Allergy info】

If you have a food allergy, intolerance or sensitivity, please inform your server upon arrival !!

#### Allergens:

Buckwheat, cereal , crustacean , egg, fish, milk, mollusc, mustard, nut, peanut, sesame seed, soya, sulphur dioxide

Please note, our dishes are prepared in areas where allergenic ingredients are present, so we cannot guarantee that dishes are 100% free of these ingredients .

### 【Alcoholic Drinks info】

- The consumption of alcoholic beverages is forbidden for persons under the age of 20 (minors) under Japanese law.
- We charge ¥250 for all customers who ordered alcoholic drinks.  
(We serve you an appetizer)
- Good sake, good quantity, not too much.
- Never drink and drive.

### 【Price info】

All prices listed on Miyota's recommended Menu are correct at the time of entering the information, however, we reserve the right to change prices of any product at any time.

**All prices include sales tax**

### 【Opening Times】

Everyday 11am-10pm (Lunch time service till 3pm)  
※Last Order 9:30pm

### ◆The Sake (The Japanese alcoholic beverage)

We serve you "Miyota" is our best recommend one of Nagano.  
Choose types of taste, sizing, and enjoy it !!

• Miyota (tokubetsu-honjozo) • • • Sweet taste  
Size : shot(100ml • cold) .....¥540  
Katakuchi(200ml • cold) .....¥850  
Tokkuri(200ml • Hot) .....¥910

• Miyota (Junmai-ginjo) • • • • • Medium dry  
Size : shot(100ml • cold) .....¥590  
Katakuchi(200ml • cold) .....¥900

• Miyota(Junmai-ginjo Nama) • • • Medium dry  
Size : Bottle Only(300ml cold) .....¥1,200

### 【Non Alcoholic Drinks】

#### ◆Non-Alcohol Beer

• Suntory All Free .....¥560

#### ◆Soft Drinks

Each .....¥380

- Coca Cola
- Apple Juice(100% Nagano Apple)
- Oolong tea
- Hot Coffee
- Iced Coffee



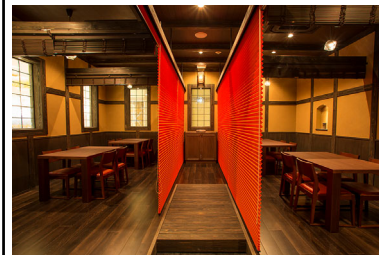
## Desserts

Each desserts made from buckwheat  
\*excluded seasonal gelato.

Each .....¥460

- Sobanomi Ice-cream (Buckwheat ice)
- Bon Sarrasin Soba Roll cake (1 piece)
- Soba Cheese Cake (1 piece)
- Seasonal

Gelato





## Drinks

### Please Notice

We charge ¥250 for all customers who ordered alcoholic drinks.  
(We serve you an appetizer)

#### 【Alcoholic Drinks】

##### ◆ Beer

- Suntory Premium Malt's (Draft 330ml) .....¥670
- Sapporo Kuro-Label (Bottle 500ml) .....¥710
- Buckwheat Beer (Bottle 330ml)\* ..... ¥800

\*Please pardon when sold out for seasonal products.

Quantities are limited, so ask NOW !!

##### ◆ Shochu

Choose how you would like to drink your Shouchu:

- Size: Glass .....¥560
- Bottle .....¥3,000

Served with \* Soba-yu , \*water, \*hot water, \*on the rock, \*straight

- Touge (Soba-Shochu) made from buckwheat

※BYO (Bring your own bottle)750ml .....¥1,580

##### ◆ Wine

Our selected Wine is made from Nagano Grapes (100%)

- Size: Glass 90ml .....¥600
- Bottle 720ml .....¥3,800

##### White

- chardonnay

##### Red

- Merlot

◆BYO (Bring your own bottle)~1,000ml .....¥1,050  
1,001ml~ .....¥1,580

##### ◆ Chu-Hi

Choose how you would like to drink your Chu-Hi

- Each (Glass) .....¥560

Served with \* Soba-Tea , \*Lemon tonic, \*Oolong tea

##### ◆ Ume-Shu

Choose how you would like to drink your Ume-Shu

- Each (Glass) .....¥560

Served with \* Soda , \*Hot water, \*On the rock,\*Straight

##### ◆ Highball

Whiskey and soda

- Glass .....¥580



## Set Menus

### A Miyota Set .....¥1,500

Please choose your buckwheat noodles: Seiro (cold) or Kakesoba (hot)

Included in the Set is a Donburi + Mini side dish + Japanese Pickles +

Please choose one Donburi:

1. Neigitoro-Don :Bowl of rice topped with Raw chopped Tuna
2. Ten-Don : Bowl of rice topped with Seasonal Tempura

### B Zenkoji Gozen Set..... ¥2,310

Please choose your buckwheat noodle:Seiro(cold) or Kakesoba(hot)

Included in the set is a **Shinshu Premium Beef Miso-Sukiyaki** + Rice + mini side dish + pickles + seasonal tempura + seasonal gelato + coffee or soft drink

### C Shinshu Premium Beef Miso-Suki Set .....¥1,710

Included in the Set are Shinshu Premium Beef Miso-Sukiyaki + rice + pickles + mini side dish + Hiya-kake Oroshi Soba.

Hiya-kake Oroshi Soba is served with grated Japanese white radish Daikon.



《 Miyota Set 》

《 Shinshu Premium Beef Miso-Suki Set 》

### About “Shinshu Premium Beef”

The original beef is raised by certified farmers from Nagano Prefecture. It is renowned for its excellent taste and flavor with Miso Sukiyaki. Please enjoy it !!



## Seiro Soba

Our Seiro Soba is ...  
Home-made buckwheat noodles are served after being boiled and rinsed under the cold running water, in a traditional way on a bamboo basket, with **Cold Tsuyu** (fish broth)



《Seiro》

- ◆ **Seiro** ..... ¥860  
General Mix made of 70% buckwheat.
- ◆ **Shinshu Nagaimo-Tororo Seiro** ..... ¥990  
With grated yam potato (Tororo) from Shinshu-Nagano.
- ◆ **Goma-Jiru Seiro** ..... ¥990  
With fish broth (sesame flavor)
- ◆ **Hiya-Kake Oroshi Soba** ..... ¥980  
With grated radishes and white radish sprouts.
- ◆ **Tomoe Seiro** ..... ¥1,200  
With three different kinds of dips  
(sesame, grated white Japanese radish **Daikon**, grated Japanese yam **Nagaimo**.)
- ◆ **Hiya-Kake Tanuki Soba** ..... ¥1,360  
With Tenkasu (bits of deep fried tempura batter) , Kamaboko,grated radishes,leafy green vegetables and Shiitake mashrooms.
- ◆ **Tempura Seiro** ..... ¥1,560  
With mixed Tempura of shrimp, mushroom, and vegetables.  
**Tempura** is a Japanese dish of seafood or vegetables that have been battered and deep fried.

### How to eat Seiro

On the side of noodles you will find the cold tsuyu (fish broth)and on an extra small plate the wasabi (Japanese horseradish),Daikon(Japanese white radish) and some Japanese leek. Add the wasabi, daikon and Japanese leek into the broth as to your liking.

You dip the noodles into the broth and slurp noisily!



## Tsuke Soba

- ◆ **Kamo-Jiru Seiro** ..... ¥1,330



## Kake Soba

Our Kake Soba is ...  
Home-made buckwheat noodles are boiled and served In **HOT Tsuyu** (fish broth)



《Kamo namban Kakesoba》

- ◆ **Shinshu Nagaimo-Tororo soba** ..... ¥990  
With grated yam potato (Tororo) from Shinshu-Nagano.
- ◆ **Tanuki soba** ..... ¥1,070  
With Tenkasu (bits of deep fried tempura batter) ,Kamaboko and leafy green vegetables
- ◆ **Shinshu Kinoko soba** ..... ¥1,090  
With selected seasonal mushrooms from Nagano.
- ◆ **Kamo namban soba** ..... ¥1,400  
With roast duck and Japanese leek.
- ◆ **Tempura soba** ..... ¥1,560  
with mixed Tempura of shrimp, mushroom and vegetables. tempura is a Japanese dish of seafood or vegetables that have been battered and deep fried.

### Lunch Service 《only available from 11:00am~3:00pm》 <L.O. 2:30pm>

Turn your ordered buckwheat noodles (hot or cold) into a Lunch-Set!

Choose from B Set + ¥420

- ◆ B Set = Your ordered buckwheat noodles + Mini Tempura Bowl

### All dishes are served in a standard size.

If you would like you can change the quantity of each soba per dish:

- Medium Size : ( + ¥150)
- Large Size : ( + ¥300)



## A La Carte Dishes

### 【Japanese Styles】

- O-toshi (for all customers who ordered alcoholic drinks) .....¥250  
we serve you an appetizer.
- Itawasa .....¥500  
cold Japanese Kamaboko (boiled fish paste)  
with Japanese horse radish wasabi.  
Please dip it in soy sauce!
- Yakimiso .....¥480  
baked miso ( Japanese bean paste).
- Kawa-Ebi .....¥550  
fried Shrimps.
- Tamagoyaki .....¥800  
traditional made Japanese omelet.
- Kamoyaki .....¥920  
roast duck.

### 【Salad】

- Seasonal Mixed Salad .....¥600
- Caesar Salad .....¥790

### 【Shinshu Pickles】

- Nozawana .....¥400  
It has known famous vegetable for pickles,historic and traditional in Nagano.
- Ha-Wasabi .....¥460  
made from leaves of Wasabi.

### 【Assorted Plate】

- Seasonal Tempura .....¥750  
selected seasonal Tempura set.
- Tempura Mix .....¥820  
mixed Tempura of shrimp, mushroom and vegetables. Tempura is a Japanese dish of seafood or vegetables that have been battered and deep fried.



《Yakimiso & Ha-wasabi》

《Tamagoyaki》

《Kamoyaki》



《Seasonal Mixed Salad》

《Nozawana》

《Tempura Mix》





## Saesonal Alcoholics

### ◆ Sake (The Japanese alcoholic beverage)

The Sake we serve you is a selection of Nagano's Best !!

Size : shot(100ml • cold) .....¥550

Katakuchi(180ml • cold) .....¥930



## BYO

### ◆BYO

We welcome BYO (Bring your own), any kind of alcoholic drinks.

If you bought a bottled Nagano Wine 750ml at Shinshu-Kuraudo (MIDORI Nagano 2F), We will charge you only ¥500 !!

• 1,000ml and less .....¥1,050

• Over 1,000ml .....¥1,580



## CONTACT US

### ◆Facebook

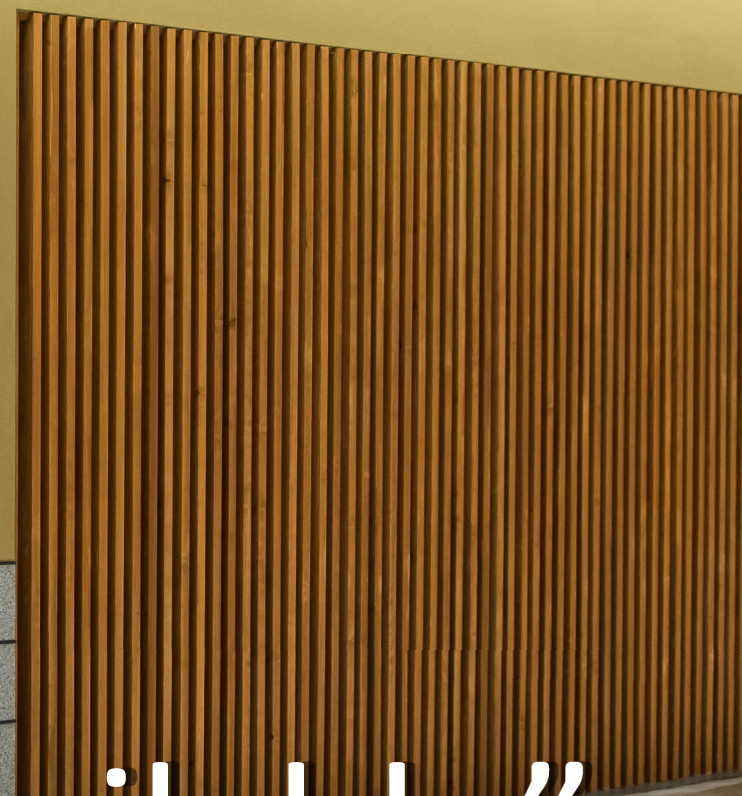
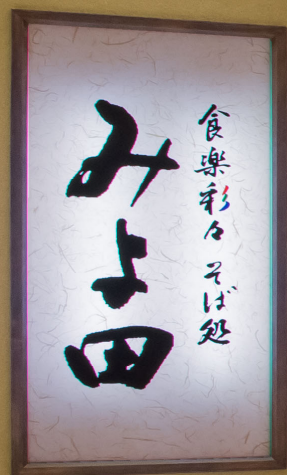


<https://www.facebook.com/SobaDokoroMiyota/>

### ◆Official Website

<http://www.nikkoku.co.jp/miyota/>





“English Menu Available”