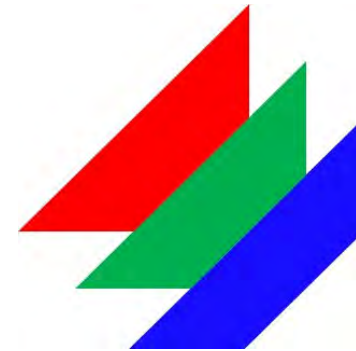


食楽彩白 そば処  
みよ田



ShokuRaku-  
SaiSai  
Soba-Dokoro Miyota

◆Facebook



[https://www.facebook.com/  
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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) .....¥880  
Tokkuri(200ml • Hot) .....¥920

• Miyota (Junmai-ginjo) • • • • • Medium dry  
Size : shot(100ml • cold) .....¥600  
Katakuchi(200ml • cold) .....¥910

• Miyota(Junmai-ginjo Nama) • • • Medium dry  
Size : Bottle Only(300ml cold) .....¥1,240

#### 【Non Alcoholic Drinks】

##### ◆Non-Alcohol Beer

• Sapporo Premium Alcohol Free  
.....¥580

##### ◆Soft Drinks

Each .....¥400

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



## 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) .....¥690
- Sapporo Kuro-Label (Bottle 500ml) .....¥750
- Buckwheat Beer (Bottle 330ml)\* ..... ¥850

#### ◆ Shochu

Choose how you would like to drink your Shouchu:

- Size: Glass .....¥580
- Bottle .....¥3,300

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

- Touge (Soba-Shochu) made from buckwheat

#### ◆ Wine

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

- Size: Glass 90ml .....¥620

- 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) .....¥580

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

#### ◆ Ume-Shu

Choose how you would like to drink your Ume-Shu

- Each (Glass) .....¥580

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

#### ◆ Highball

Whiskey and soda

- Glass .....¥600

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



## Set Menus

### A Miyota Set .....¥1,540

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 ..... ¥2,400

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 .....¥1,800

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

Bukkake 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** ..... ¥870  
General Mix made of 70% buckwheat.
- ◆ **Shinshu Nagaimo-Tororo Seiro** ..... ¥1,000  
With grated yam potato (Tororo) from Shinshu-Nagano.
- ◆ **Goma-Jiru Seiro** ..... ¥1,010  
With fish broth (sesame flavor)
- ◆ **Bukkake Oroshi Soba** ..... ¥990  
With grated radishes and white radish sprouts.
- ◆ **Tomoe Seiro** ..... ¥1,240  
With three different kinds of dips  
(sesame, grated white Japanese radish **Daikon**, grated Japanese yam **Nagaimo**.)
- ◆ **Bukkake Ebiten Tanuki Soba** ..... ¥1,380  
With Shrimp tempura, Tenkasu (bits of deep fried tempura batter) , Kamaboko, grated radishes, leafy green vegetables and Shiitake mushrooms.
- ◆ **Tempura Seiro** ..... ¥1,570  
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** ..... ¥1,340



## 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** ..... ¥1,010  
With grated yam potato (Tororo) from Shinshu-Nagano.
- ◆ **Ebiten Tanuki soba** ..... ¥1,380  
With Shrimp tempura, Tenkasu (bits of deep fried tempura batter) , Kamaboko and leafy green vegetables.
- ◆ **Shinshu Kinoko soba** ..... ¥1,110  
With selected seasonal mushrooms from Nagano.
- ◆ **Kamo namban soba** ..... ¥1,430  
With roast duck and Japanese leek.
- ◆ **Tempura soba** ..... ¥1,580  
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 + ¥440

- ◆ 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) .....¥270  
we serve you an appetizer.
- Itawasa .....¥510  
cold Japanese Kamaboko (boiled fish paste)  
with Japanese horse radish wasabi.  
Please dip it in soy sauce!
- Yakimiso .....¥490  
baked miso ( Japanese bean paste).
- Kawa-Ebi .....¥560  
fried Shrimps.
- Tamagoyaki .....¥830  
traditional made Japanese omelet.
- Kamoyaki .....¥920  
roast duck.

### 【Salad】

- Seasonal Mixed Salad .....¥700
- Caesar Salad .....¥820

### 【Shinshu Pickles】

- Nozawana .....¥420  
It has known famous vegetable for pickles,historic and traditional in Nagano.
- Ha-Wasabi .....¥470  
made from leaves of Wasabi.

### 【Assorted Plate】

- Seasonal Tempura .....¥780  
selected seasonal Tempura set.
- Tempura Mix .....¥840  
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) .....¥600

Katakuchi(180ml • cold) .....¥980



## 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

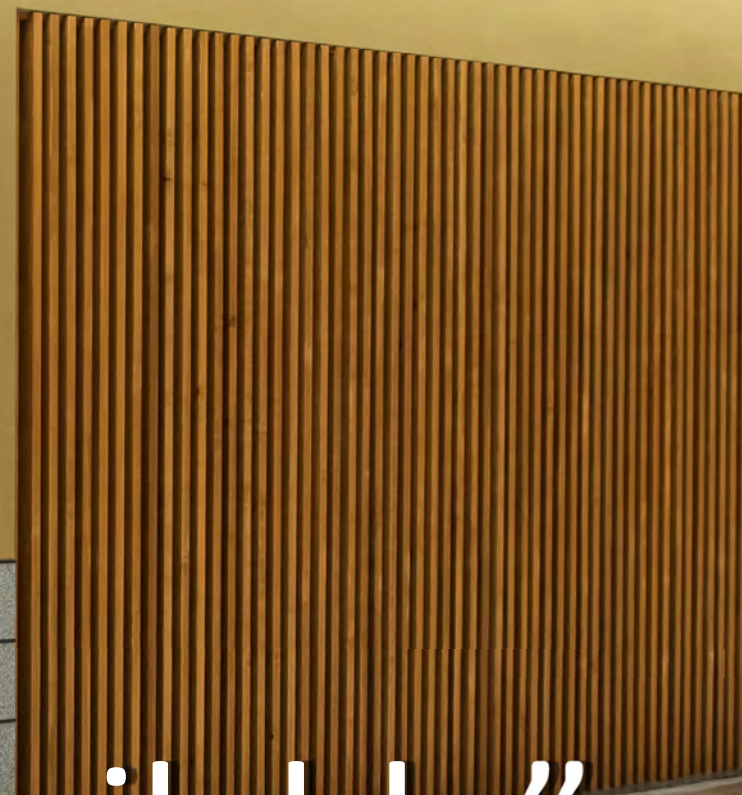
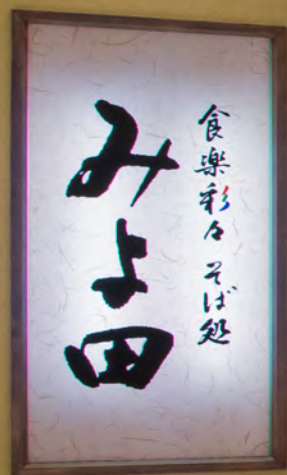
### ◆Facebook



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

### ◆Official Website

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



“English Menu Available”