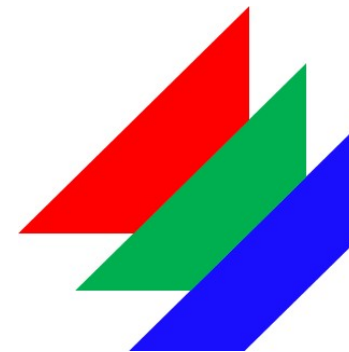


食樂彩白 そば処

みよ田



ShokuRaku-

SaiSai

Soba-Dokoro Miyota

◆Facebook



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

◆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

【Alcoholic Drinks info】

- The consumption of alcoholic beverages is forbidden for persons under the age of 20 (minors) under Japanese law.
- We charge ¥100 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



Set Menus

A

Miyota Set ¥1,350

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

Included in the Set is a Donburi + Soup + 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
3. Pork-Don : Bowl of rice topped with Roast Pork

B

Zenkoji Gozen Set ¥1,990

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 ¥1,350

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** ¥710
General Mix made of 70% buckwheat.
- ◆ **Shinshu Nagaimo-Tororo Seiro** ¥830
With grated yam potato (Tororo) from Shinshu-Nagano.
- ◆ **Goma-Jiru Seiro** ¥830
With fish broth (sesame flavor)
- ◆ **Hiya-Kake Oroshi Soba** ¥830
With grated radishes and white radish sprouts.
- ◆ **Tomoe Seiro** ¥1,030
With three different kinds of dips
(sesame, grated white Japanese radish *Daikon*, grated Japanese yam *Nagaimo*.)
- ◆ **Hiya-Kake Tanuki Soba** ¥1030
With Tenkasu (bits of deep fried tempura batter) , Kamaboko,grated radishes,leafy green vegetables and Shiitake mashrooms.
- ◆ **Tempura Seiro** ¥1,390
With mixed Tempura of shrimp, mushroom, and vegetables.
Tempura is a Japanese dish of seafood or vegetables that have been battered and deep fried.
- ◆ **Hiya-kake Tempura** ¥1,390
with grated radishes, white radish sprouts and Tempura.

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** ¥1,000
Seiro with **HOT Tsuyu** (roast duck meat broth) and Japanese leek.



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** ¥880
With grated yam potato (Tororo) from Shinshu-Nagano.
- ◆ **Tanuki soba** ¥910
With Tenkasu (bits of deep fried tempura batter) ,Kamaboko and leafy green vegetables
- ◆ **Shinshu Kinoko soba** ¥930
With selected seasonal mushrooms from Nagano.
- ◆ **Kamo namban soba** ¥1,100
With roast duck and Japanese leek.
- ◆ **Tempura soba** ¥1,390
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 or C Set: Each + ¥300

- ◆ B Set = Your ordered buckwheat noodles + Mini Tempura Bowl +Pickles
- ◆ C Set = Your ordered buckwheat noodles + Coffee+ Seasonal gelato or Sobanomi Ice-cream (Buckwheat ice)

All dishes are served in a standard size.

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

- Small Size : (- ¥130)
- Medium or Large Size : (+ ¥240)



Drinks

Please Notice

We charge ¥100 for all customers who ordered alcoholic drinks.
(We serve you an appetizer)

[Alcoholic Drinks]

◆ Beer

- Suntory Premium Malt's¥600
- Sapporo Kuro-Label¥650
- Miyota's Buckwheat Beer* ¥650

*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¥530
- Bottle¥2,600

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¥500
- Bottle 720ml¥3,000

White • chardonnay **Red** • Melrot

◆ BYO (Bring your own bottle)

- 1,000ml and less¥1,000
- Over 1,000ml¥1,500

◆ Chu-Hi

Choose how you would like to drink your Chu-Hi

- Each (Glass)¥530

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

◆ Ume-Shu

Choose how you would like to drink your Ume-Shu

- Each (Glass)¥530

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

◆ Highball

Whiskey and soda

- Glass¥480

◆ 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)¥500
Katakuchi(180ml • cold)¥800
Tokkuri(Hot)¥850

- Miyota (Junmai-ginjo) • • • • • Medium dry
Size : shot(100ml • cold)¥550
Katakuchi(180ml • cold)¥850

- Miyota(Junmai-ginjo Nama) • • • Medium dry
Size : Bottle Only(300ml cold)¥1,050

[Non Alcoholic Drinks]

◆ Non-Alcohol Beer

- Suntory All Free¥400

◆ Soft Drinks

Each¥350

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



Desserts

Each desserts made from buckwheat
*excluded seasonal gelato.

Each¥400

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





A La Carte Dishes

[Japanese Styles]

- O-toshi (for all customers who ordered alcoholic drinks)¥100
we serve you an appetizer
- Itawasa¥360
cold Japanese Kamaboko (boiled fish paste)
with Japanese horse radish wasabi.
Please dip it in soy sauce!
- Yakimiso¥380
baked miso (Japanese bean paste)
- Soba-Tofu¥380
soy bean curd made with buckwheat
- Kawaebi¥400
fried Shrimps
- Tamagoyaki¥650
traditional made Japanese omelet
- Toriyaki¥680
roast chicken
- Kamoyaki¥780
roast

[Salad]

- Seasonal Mixed Salad¥500
- Caesar Salad¥680

[Shinshu Pickles]

- Nozawana¥300
It has known famous vegetable for pickles, historic and traditional in Nagano.
- Ha-Wasabi¥360
Made from leaves of Wasabi

[Assorted Plate]

- O-shinko¥480
selected seasonal pickles of Nagano
- Seasonal Tempura¥780
selected seasonal Tempura
- Tempura Mix¥880
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 seasonal alcoholic beverage)
 The Sake we serve you is a selection of Nagano`s Best !!

Size : shot(100ml • cold)¥500
 Katakuchi(180ml • cold)¥850




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¥1,000
- Over 1,000ml¥1,500



CONTACT US

◆Facebook
 Find us on: **facebook**[®] <https://www.facebook.com/SobaDokoroMiyota/>

◆Official Website
<http://www.nikkoku.co.jp/miyota/>