

Dinner time course

5:00pm~10:00pm (9:00pm L.O.)



糖質を抑えた

「ロカボ®コース」

Locabo Course

¥ 5,500

季節のおばんざい5種盛り合わせ
Five assorted seasonal obanzai

季節の前菜
Seasonal starter

季節の主菜(肉または魚から選択)
Seasonal main dish
Please select one of the following; meat or fish

メの逸品(小井または魚介出汁ラーメンから選択)
Other dishes
Please select one of the following;
rice bowl or ramen with seafood broth

季節の甘味
Seasonal dessert

ロカボ®の定義

「美味しく楽しく食べて健康的になれる食事法」

ロカボとは食・楽・健康協会が提唱している「ゆるやかな糖質制限」のこと。
糖質を抑え、その分カラダにとって大切なたんぱく質や脂質でお腹を満たす食事方法。

詳しくはスタッフまで、お尋ねください。

※「ロカボ®」は一般社団法人食・楽・健康協会の登録商標です

About Locabo

“Healthy dishes that are delicious and enjoyable to eat”

Locabo (moderately low-carbohydrate diet) is
a method of gently restricting carbohydrates,
as advocated by Shokuraku [eat&fun] Health Association.

This dietary approach reduces carbohydrates and replaces them
with proteins and fats that are good for the body to satisfy the appetite.

* “Locabo” is a registered trademark of Eat & Fun Health Association.

価格は全て税込表示です
Tax included