

【栄養成分&アレルギー情報】

◎栄養成分は原則として「日本食品標準成分表」による計算値です。数値は標準的なレシピ表に基づいたものですが、商品は手作りであるため若干の誤差を生じる場合がありますのでご了承ください。また商品内容変更に伴い情報は随時変更されますのでご注意ください。

◎この一覧表に表示したアレルギー情報は、全ての原材料を調査した理論上のものです。アレルギー物質の含有量に関わらず原材料に使用しているものを表示しています。

しかし、本来はその商品に使わない食材が調理時に調理器具を共有する場合がありますので、接触する可能性があり絶対的なものではありません。

また、アレルギー物質に対する感受は個人によって差があります。このデータはあくまでも一つの目安としてご覧いただき、最終的にはお客様ご自身が専門医にご相談の上、ご判断下さいようお願い申し上げます。

◎原材料に使用している物質には●印をつけています。 ◎原材料には含まれておりませんが、店舗にて調理器具・備品等を共有、工場製造ラインを共有しているもの等には△印をつけています。

◎タレに関しては平均的な1人前の量として算出しております。

●使用食材の変更に伴い、一部調理工程を見直したことにより栄養成分が変更になることもあります。

| | 商品名 | 特定原材料 7品目 | | | | | | | 特定原材料に準ずるもの 20品目 | | | | | | | | | | | 栄養成分 | | | | | | | | | | | | | |
|----------|-----------------------|-----------|----|---|---|-----|----|----|------------------|----|-----|------|-----|----|-----|----|----|----|----|------|------|----|----|-----|------|-----|----|------|------|-------------|----------|----------|-------|
| | | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | あわび | いか | いくら | オレンジ | キウイ | 牛肉 | くるみ | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まいたけ | もも | 山芋 | りんご | ゼラチン | バナナ | ごま | …… | …… | エネルギー【kcal】 | 食塩相当量【g】 | たんぱく質【g】 | 脂質【g】 |
| 季節商品 | かきちゃんぽん（東日本）レギュラー | ● | △ | ● | △ | ● | △ | ● | | | | | △ | | | △ | ● | ● | ● | | | | | △ | ● | ● | | | 764 | 10.0 | 29.3 | 31.6 | 87.4 |
| | かきちゃんぽん（東日本）スモール | ● | | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | ● | ● | | | 576 | 9.2 | 21.3 | 30.4 | 53.4 |
| | かきちゃんぽん（西日本）レギュラー | ● | | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | ● | ● | | | 761 | 9.3 | 29.9 | 30.9 | 87.8 |
| | かきちゃんぽん（西日本）スモール | ● | | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | ● | ● | | | 573 | 8.6 | 21.8 | 29.7 | 53.8 |
| | かきちゃんぽん（東北・北海道）レギュラー | ● | | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | ● | ● | | | 802 | 10.1 | 32.1 | 31.5 | 94.4 |
| | かきちゃんぽん（東北・北海道）スモール | ● | | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | ● | ● | | | 614 | 9.4 | 24.0 | 30.3 | 60.4 |
| | ぎょうざちゃんぽん（期間限定） | ● | | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | ● | ● | | | 1080 | 9.5 | 33.7 | 80.2 | 56.7 |
| ちゃんぽん類 I | 長崎ちゃんぽん | ● | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | ● | ● | | | 683 | 7.3 | 24.4 | 26.5 | 83.3 | |
| | 長崎ちゃんぽん 大盛り(1.5倍) | ● | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | ● | ● | | | 868 | 10.5 | 30.7 | 28.8 | 116.5 | |
| | 長崎ちゃんぽん ダブル(2倍) | ● | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | ● | ● | | | 1032 | 10.7 | 36.1 | 29.4 | 148.6 | |
| | 減塩・長崎ちゃんぽん | ● | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | △ | ● | | | 676 | 4.8 | 24.4 | 26.1 | 82.7 | |
| | 減塩・長崎ちゃんぽん(麺増量) | ● | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | △ | ● | | | 1029 | 7.5 | 36.5 | 29.2 | 147.9 | |
| | あんかけちゃんぽん | ● | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | ● | ● | | | 631 | 7.9 | 22.3 | 19.4 | 89.9 | |
| | 野菜たっぷりちゃんぽん | ● | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | ● | ● | | | 831 | 9.3 | 28.2 | 37.5 | 94.0 | |
| | 野菜たっぷりちゃんぽん(麺増量) | ● | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | ● | ● | | | 1173 | 11.7 | 39.6 | 39.8 | 159.0 | |
| | 野菜たっぷりちゃんぽん(ミドルサイズ) | ● | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | ● | ● | | | 576 | 5.7 | 19.2 | 24.5 | 69.0 | |
| | きくらげたっぷり塩ちゃんぽん(レギュラー) | ● | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | △ | ● | | | 705 | 9.4 | 24.8 | 28.6 | 85.0 | |
| | きくらげたっぷり塩ちゃんぽん(スモール) | ● | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | △ | ● | | | 368 | 6.0 | 13.2 | 15.5 | 43.0 | |
| | みそちゃんぽん | ● | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | △ | ● | | | 684 | 7.5 | 26.3 | 25.4 | 84.3 | |
| | みそちゃんぽん(麺増量) | ● | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | △ | ● | | | 1043 | 11.2 | 39.2 | 28.4 | 150.3 | |
| | 北海道みそちゃんぽん | ● | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | ● | ● | | | 762 | 9.7 | 30.4 | 28.4 | 93.4 | |
| | 北海道みそちゃんぽん(麺増量) | ● | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | ● | ● | | | 1150 | 14.3 | 44.9 | 32.1 | 163.7 | |
| | ピリカラちゃんぽん | ● | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | ● | ● | | | 728 | 7.6 | 25.5 | 29.9 | 84.8 | |
| | ピリカラちゃんぽん(麺増量) | ● | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | ● | ● | | | 1077 | 10.9 | 37.2 | 32.8 | 150.1 | |
| | ミドルちゃんぽん | ● | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | ● | ● | | | 509 | 5.7 | 17.6 | 19.5 | 64.0 | |
| | スナック(スモール)ちゃんぽん | ● | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | ● | ● | | | 358 | 5.6 | 13.3 | 14.4 | 42.3 | |
| | ちびっこちゃんぽん | ● | △ | ● | △ | ● | △ | ● | | | | △ | | | △ | ● | ● | ● | | | | | △ | ● | ● | | | 359 | 5.6 | 13.8 | 14.1 | 42.7 | |

| | 商品名 | 特定原材料 7品目 | | | | | | | 特定原材料に準ずるもの 20品目 | | | | | | | | | | | | | | 栄養成分 | | | | | | | | | | |
|----------------|---------------------|-----------|----|---|---|-----|----|----|------------------|----|-----|------|-----|----|-----|----|----|----|----|----|------|----|------|-----|------|-----|----|-------|-------------|----------|----------|-------|---------|
| | | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | あわび | いか | いくら | オレンジ | キウイ | 牛肉 | くるみ | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まいたけ | もも | 山芋 | りんご | ゼラチン | バナナ | ごま | こんにゃく | エネルギー【kcal】 | 食塩相当量【g】 | たんぱく質【g】 | 脂質【g】 | 炭水化物【g】 |
| ちゃんぽん類Ⅱ | 牛・がつつりまぜめん(レギュラー) | ● | | △ | ● | △ | △ | △ | | △ | | | | ● | | | ● | ● | ● | ● | | | | △ | △ | | △ | | 980 | 6.0 | 36.9 | 51.1 | 83.3 |
| | 牛・がつつりまぜめん(スモール) | ● | | △ | ● | △ | △ | △ | | △ | | | | ● | | | ● | ● | ● | ● | | | | △ | △ | | △ | | 694 | 5.5 | 25.9 | 26.5 | 81.6 |
| | 牛・がつつりまぜめん(麺増量) | ● | | △ | ● | △ | △ | △ | | △ | | | | ● | | | ● | ● | ● | ● | | | | △ | △ | | △ | | 1337 | 9.1 | 49.6 | 52.8 | 152.2 |
| | まぜ辛めん | ● | | ● | ● | ● | ● | △ | | △ | | | | △ | | | ● | ● | ● | ● | | | | △ | ● | | ● | | 704 | 4.2 | 19.6 | 30.2 | 86.1 |
| | まぜ辛めん(麺増量) | ● | | ● | ● | ● | ● | △ | | △ | | | | △ | | | ● | ● | ● | ● | | | | △ | ● | | ● | | 1049 | 7.0 | 31.8 | 31.9 | 152.3 |
| | 野菜たっぷり食べるスープ | ● | | △ | ● | △ | ● | △ | | ● | | | | △ | | | △ | ● | ● | ● | | | | △ | ● | | ● | | 509 | 7.0 | 16.8 | 35.8 | 32.8 |
| | 塩味野菜たっぷり食べるスープ | ● | | △ | ● | △ | ● | △ | | ● | | | | △ | | | △ | ● | ● | ● | | | | △ | △ | | ● | | 540 | 7.2 | 17.2 | 38.6 | 33.7 |
| 皿うどん類 | 長崎皿うどん | ● | | △ | △ | △ | ● | △ | | ● | | | | △ | | | △ | ● | ● | ● | | | | △ | ● | | ● | | 767 | 6.7 | 18.1 | 38.3 | 88.1 |
| | 長崎皿うどん(麺増量) | ● | | △ | △ | △ | ● | △ | | ● | | | | △ | | | △ | ● | ● | ● | | | | △ | ● | | ● | | 1187 | 9.9 | 24.2 | 55.6 | 148.1 |
| | 野菜たっぷり皿うどん | ● | | △ | △ | △ | ● | △ | | ● | | | | △ | | | △ | ● | ● | ● | | | | △ | ● | | ● | | 834 | 6.7 | 19.8 | 43.3 | 93.1 |
| | 野菜たっぷり皿うどん(麺増量) | ● | | △ | △ | △ | ● | △ | | ● | | | | △ | | | △ | ● | ● | ● | | | | △ | ● | | ● | | 1250 | 9.9 | 26.2 | 60.7 | 151.9 |
| | 太めん皿うどん | ● | | △ | △ | △ | ● | △ | | ● | | | | △ | | | △ | ● | ● | ● | | | | △ | ● | | ● | | 816 | 9.0 | 22.9 | 28.9 | 112.4 |
| | 太めん皿うどん(麺増量) | ● | | △ | △ | △ | ● | △ | | ● | | | | △ | | | △ | ● | ● | ● | | | | △ | ● | | ● | | 1224 | 12.8 | 33.0 | 32.0 | 193.8 |
| | ミドル皿うどん | ● | | △ | △ | △ | ● | △ | | ● | | | | △ | | | △ | ● | ● | ● | | | | △ | ● | | ● | | 687 | 6.2 | 14.3 | 32.8 | 85.2 |
| | ミドル皿うどん(北海道) | ● | | △ | △ | △ | ● | △ | | ● | | | | △ | | | △ | ● | ● | ● | | | | △ | ● | | ● | | 503 | 6.1 | 11.6 | 23.9 | 61.3 |
| | スナック(スモール)皿うどん | ● | | △ | △ | △ | ● | △ | | ● | | | | △ | | | △ | ● | ● | ● | | | | △ | ● | | ● | | 388 | 3.6 | 9.6 | 19.1 | 44.6 |
| | ちびっこ皿うどん | ● | | △ | △ | △ | ● | △ | | ● | | | | △ | | | △ | ● | ● | ● | | | | △ | ● | | ● | | 388 | 3.6 | 9.6 | 19.1 | 44.6 |
| | 減塩・長崎皿うどん | ● | | △ | △ | △ | ● | △ | | ● | | | | △ | | | △ | ● | ● | ● | | | | △ | △ | | ● | | 582 | 4.8 | 15.9 | 29.8 | 63.3 |
| 減塩・長崎皿うどん(麺増量) | ● | | △ | △ | △ | ● | △ | | ● | | | | △ | | | △ | ● | ● | ● | | | | △ | △ | | ● | | 999 | 6.8 | 22.3 | 47.2 | 122.2 | |
| 限定商品 | 龍が如く辛ちゃんぽん | ● | | △ | ● | △ | ● | △ | | ● | | | | △ | | | △ | ● | ● | ● | | | | △ | ● | | ● | | 1062 | 9.6 | 40.2 | 53.7 | 101.5 |
| | 辛うまちゃんぽん | ● | | △ | ● | △ | ● | △ | | ● | | | | △ | | | △ | ● | ● | ● | | | | △ | △ | | ● | | 1038 | 7.9 | 37.0 | 55.4 | 94.1 |
| | からまるちゃんぽん | ● | | △ | ● | △ | ● | △ | | ● | | | | △ | | | △ | ● | ● | ● | | | | △ | ● | | ● | | 1017 | 9.6 | 40.2 | 48.7 | 101.5 |
| | 醤油ちゃんぽん尾道風 | ● | | △ | ● | △ | ● | △ | | ● | | | | △ | | | ● | ● | ● | ● | | | | △ | △ | | ● | | 1121 | 8.1 | 27.6 | 72.4 | 86.7 |
| | ちゃポリタン | ● | | △ | ● | △ | ● | △ | | ● | | | | △ | | | △ | ● | ● | ● | | | | ● | △ | | ● | | 609 | 4.5 | 17.6 | 17.9 | 91.3 |
| | 角煮ちゃんぽん(イオンモール福岡限定) | ● | | △ | ● | △ | ● | △ | | ● | | | | △ | | | △ | ● | ● | ● | | | | △ | ● | | ● | | 712 | 6.4 | 31.4 | 33.9 | 68.4 |
| | ふかひれ姿煮めん | ● | | △ | ● | △ | △ | △ | | △ | | | | ● | | | ● | ● | ● | ● | | | | △ | △ | | ● | | 548 | 8.0 | 24.1 | 13.2 | 80.2 |
| | 佐野ちゃんぽん(レギュラー)佐野限定 | ● | | △ | ● | △ | ● | △ | | ● | | | | △ | | | ● | ● | ● | ● | | | | △ | △ | | ● | | 714 | 9.3 | 26.8 | 27.8 | 85.9 |
| | とり天ちゃんぽん | ● | | △ | ● | △ | ● | △ | | ● | | | | △ | | | ● | ● | ● | ● | | | | △ | △ | | ● | | 908 | 7.3 | 40.1 | 38.6 | 94.9 |
| | 旭川風醤油ちゃんぽん | ● | | △ | ● | △ | ● | △ | | ● | | | | △ | | | ● | ● | ● | ● | | | | △ | ● | | ● | | 1105 | 9.5 | 28.2 | 69.9 | 87.9 |
| | からまる坦々ちゃんぽん | ● | | △ | ● | △ | ● | △ | | ● | | | | △ | | | △ | ● | ● | ● | | | | △ | ● | | ● | | 1069 | 8.8 | 36.4 | 58.3 | 96.9 |
| | きくらげ塩コクちゃんぽん(レギュラー) | ● | | △ | ● | △ | ● | △ | | ● | | | | △ | | | △ | ● | ● | ● | | | | △ | △ | | ● | | 706 | 10.2 | 24.9 | 28.6 | 85.1 |
| | きくらげ塩コクちゃんぽん(ミドル) | ● | | △ | ● | △ | ● | △ | | ● | | | | △ | | | △ | ● | ● | ● | | | | △ | △ | | ● | | 522 | 7.6 | 17.8 | 20.7 | 65.2 |
| | きくらげ塩コクちゃんぽん(スモール) | ● | | △ | ● | △ | ● | △ | | ● | | | | △ | | | △ | ● | ● | ● | | | | △ | △ | | ● | | 370 | 7.5 | 13.4 | 15.5 | 43.2 |
| | 博多ニラもつちゃんぽん | ● | | △ | ● | △ | △ | △ | | △ | | | | △ | | | ● | ● | ● | ● | | | | △ | △ | | △ | | 805 | 7.6 | 29.9 | 43.4 | 112.1 |
| | 濃厚牛辛ちゃんぽん(宮崎・新橋限定) | ● | | △ | ● | △ | ● | △ | | ● | | | | ● | | | △ | ● | ● | ● | | | | △ | ● | | ● | | 1336 | 9.7 | 48.1 | 79.2 | 102.2 |
| | 豆腐チゲ鍋ちゃんぽん | ● | | △ | ● | △ | ● | ● | | △ | | | | ● | | | △ | ● | ● | ● | | | | △ | ● | | △ | | 785 | 8.5 | 35.3 | 33.5 | 82.0 |
| 豆腐みそ鍋ちゃんぽん | ● | | △ | ● | △ | △ | △ | | △ | | | | ● | | | △ | ● | ● | ● | | | | △ | △ | | ● | | 660 | 6.9 | 33.9 | 27.9 | 65.8 | |

| | 商品名 | 特定原材料 7品目 | | | | | | | 特定原材料に準ずるもの 20品目 | | | | | | | | | | | | | | | 栄養成分 | | | | | | | | | | |
|------|-------------------------|-----------|----|---|---|-----|----|----|------------------|----|-----|------|-----|----|-----|----|----|----|----|----|------|----|----|------|------|-----|----|-----|-----|-----------------|--------------|--------------|-----------|-------------|
| | | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | あわび | いか | いくら | オレンジ | キウイ | 牛肉 | くるみ | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まったり | もも | 山芋 | りんご | ゼラチン | バナナ | ごま | ... | ... | エネルギー 【kcal】 | 食塩相当量 【g】 | たんぱく質 【g】 | 脂質 【g】 | 炭水化物 【g】 |
| ギョウザ | ぎょうざ (3個) | ● | | △ | ● | | | | | | | | | | | | ● | ● | ● | | | | | | | | ● | | | 119 | 0.4 | 2.8 | 8.5 | 7.9 |
| | ぎょうざ (5個) | ● | | △ | ● | | | | | | | | | | | | ● | ● | ● | | | | | | | | ● | | | 199 | 0.7 | 4.7 | 14.1 | 13.1 |
| | ぎょうざ定食 (15個) | ● | | △ | ● | | | | | | | | ● | | | | ● | ● | ● | | | | | ● | | | ● | | | 821 | 4.0 | 17.8 | 42.8 | 88.6 |
| | ぎょうざ定食 (10個) | ● | | △ | ● | | | | | | | | ● | | | | ● | ● | ● | | | | | ● | | | ● | | | 622 | 3.3 | 13.0 | 28.7 | 75.5 |
| | 大葉巻きぎょうざ | ● | | △ | ● | | | | | | | | | | | | ● | ● | ● | | | | | | | | ● | | | 211 | 1.3 | 5.4 | 14.1 | 15.6 |
| ご飯類 | チャーハン (レギュラー) | ● | | ● | ● | | | | △ | | | | △ | | | △ | ● | ● | ● | | | △ | △ | △ | △ | △ | △ | △ | 522 | 2.4 | 9.5 | 16.7 | 83.5 | |
| | チャーハン (ミニ) | ● | | ● | ● | | | | △ | | | | △ | | | △ | ● | ● | ● | | | △ | △ | △ | △ | △ | △ | △ | 273 | 1.2 | 4.7 | 9.6 | 41.7 | |
| | ちびっこチャーハン | ● | | ● | ● | | | | △ | | | | △ | | | △ | ● | ● | ● | | | △ | △ | △ | △ | △ | △ | △ | 522 | 2.4 | 9.5 | 16.7 | 83.5 | |
| | ふかひれ姿煮あんかけチャーハン | ● | | ● | ● | | | | △ | | | | ● | | | △ | ● | ● | ● | | | △ | △ | ● | △ | △ | △ | △ | 728 | 7.2 | 24.5 | 32.2 | 105.0 | |
| | ミニふかひれセット用ふかひれチャーハン | ● | | ● | ● | | | | △ | | | | ● | | | △ | ● | ● | ● | | | △ | △ | ● | △ | △ | △ | △ | 318 | 2.8 | 9.8 | 9.6 | 48.0 | |
| | 野菜ふりかけ | ● | | ● | ● | | | | | | | | | | | | ● | | | | | | | | | | ● | | | 13 | 0.1 | 0.4 | 0.9 | 0.9 |
| | ごはん130グラム | △ | | | | | | | | | | | | | | | | | | | | | | | | | | | | 218 | 0.0 | 3.3 | 0.4 | 48.2 |
| | 長崎うま辛ごはん | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | 231 | 0.8 | 3.7 | 0.4 | 51.1 |
| | 生姜みそ漬 (10gあたり) | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | 14 | 0.5 | 0.2 | 0.0 | 3.4 |
| | ぎょうざのタレ10gあたり | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | 8 | 1.0 | 0.6 | 0.0 | 1.2 |
| 調味料類 | 塩タレ 10ccあたり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 3 | 2.4 | 0.4 | 0.0 | 0.3 |
| | ゆず胡椒 2gあたり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 1 | 0.4 | 0.0 | 0.0 | 0.2 |
| | ピリカラ 1辛(8g)あたり | ● | | | | | | | | | | | | | | | ● | | ● | | | | | | | | ● | | | 22 | 0.1 | 0.5 | 1.7 | 0.8 |
| | ちゃんぽンドレッシング 1人前(15g)あたり | | | | | | | | | | | | | | | | △ | | | | | | | | | | | | | 33 | 0.4 | 0.1 | 2.5 | 1.4 |
| | ゆず胡椒ドレッシング 1人前(15g)あたり | △ | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | 48 | 0.5 | 0.2 | 4.4 | 1.7 |
| | 酢10gあたり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 3 | 0.0 | 0.0 | 0.0 | 0.2 |
| | ねりからし1パックあたり | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | 4 | 0.1 | 0.0 | 0.2 | 0.3 |
| | ウスターソース10gあたり | | | | | | | | | | | | | | | | | ● | | | | | ● | | | | | | | 12 | 0.8 | 0.1 | 0.0 | 2.7 |
| | スープ (コンソメ) | | | | ● | | | | | | | | ● | | | | | ● | ● | ● | | | | ● | | | ● | | | 5 | 1.9 | 0.3 | 0.0 | 1.1 |
| | スープ (エビスープ) | ● | | | | | ● | | | | | | | | | | ● | ● | ● | | | | | | | | | | | 33 | 1.6 | 1.5 | 2.4 | 1.5 |
| その他 | 揚げしゅうまい 5個 | ● | | △ | △ | | | | | | | | | | | | ● | ● | ● | | | | | | | | | | | 349 | 2.1 | 14.6 | 22.4 | 22.2 |
| | 唐揚げ 5個 | ● | | ● | ● | | | | | | | | | | | | ● | ● | △ | | | | | | | | | | | 335 | 2.5 | 23.1 | 17.7 | 20.7 |
| | 肉みそトッピング (30gあたり) | ● | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | | 60 | 0.7 | 2.5 | 3.4 | 4.7 |
| | 温度卵トッピング | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | 82 | 0.2 | 6.2 | 5.9 | 0.1 |
| | 温度卵 (タレ付) | ● | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | | 84 | 0.4 | 6.2 | 5.9 | 0.6 |
| | とり天 | ● | | △ | △ | △ | △ | △ | | △ | | | △ | | | | △ | ● | ● | △ | | | △ | △ | | △ | | | | 254 | 0.9 | 16.3 | 14.3 | 12.8 |
| | 長崎おでん盛り合わせ (100gあたり) | ● | | ● | | | | | | ● | | | | | | | △ | ● | | △ | | | △ | △ | | △ | | | | 220 | 1.3 | 9.9 | 16.8 | 6.0 |
| 小鉢 | 漬物 (白菜漬け) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | - | - | - | - | - |
| | 漬物 (キャベツ漬け) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | - | - | - | - | - |
| デザート | 杏仁豆腐 (グレープ) 【ぶちあんになん】 | | | △ | ● | | | | | | △ | | | | | | | | | | | | | ● | | | | | | 110 | 0.1 | 2.7 | 5.0 | 14.0 |
| | 杏仁豆腐 (オレンジ) 【ぶちあんになん】 | | | △ | ● | | | | | | ● | | | | | | | | | | | | | ● | | | | | | 110 | 0.1 | 2.8 | 5.0 | 14.0 |
| | ちびっこセットグレープゼリー | | | | | | | | | | △ | | | | | | | | | | | | | | | | | | | 54 | 0.1 | 0.1 | 0.1 | 14.6 |
| | ちびっこセットオレンジゼリー | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | 54 | 0.1 | 0.1 | 0.2 | 14.6 |
| | ちびっこセットパインゼリー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 62 | 0.0 | 0.0 | 0.0 | 15.3 |

| | 商品名 | 特定原材料 7品目 | | | | | | | 特定原材料に準ずるもの 20品目 | | | | | | | | | | | | | 栄養成分 | | | | | | | | | | | | |
|--------------|--------------------------|-----------|----|---|---|-----|----|----|------------------|----|-----|------|-----|----|-----|----|----|----|----|----|------|------|----|-----|------|-----|----|-----|-------------|----------|----------|-------|---------|------|
| | | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | あわび | いか | いくら | オレンジ | キウイ | 牛肉 | くるみ | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まったり | もも | 山芋 | りんご | ゼラチン | バナナ | ごま | その他 | エネルギー【kcal】 | 食塩相当量【g】 | たんぱく質【g】 | 脂質【g】 | 炭水化物【g】 | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| デザート | ふわふわかき氷（マンゴー&ミルクセーキ） | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | 419 | 0.2 | 4.6 | 5.4 | 91.0 | |
| | ふわふわかき氷（マンゴー&ミルクセーキ）スモール | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | 247 | 0.1 | 2.7 | 3.2 | 53.6 |
| | ふわふわかき氷（イチゴ&ミルクセーキ） | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | 353 | 0.2 | 5.0 | 5.4 | 75.6 |
| | ふわふわかき氷（イチゴ&ミルクセーキ）スモール | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | 211 | 0.1 | 2.9 | 3.1 | 46.9 |
| | あんにな白玉 | | | △ | ● | | | | | | | | | | | | △ | | | | | | | | ● | | | | | 216 | 0.1 | 5.4 | 7.6 | 31.0 |
| | まっちゃ白玉 | | | △ | △ | | | | | | | | | | | | △ | | | | | | | | ● | | | | | 128 | 0.0 | 2.8 | 0.2 | 29.4 |
| | みるくせーき白玉 | | | ● | ● | | | | | | | | | | | | △ | | | | | | | | △ | | | | | 154 | 0.1 | 3.2 | 4.0 | 26.5 |
| | 長崎あんにん（マンゴー） | | | △ | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | 174 | 0.1 | 4.3 | 7.5 | 22.7 |
| | 長崎あんにん（イチゴ） | | | △ | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | 158 | 0.1 | 4.3 | 7.5 | 18.4 |
| | 長崎あんにん（ブルーベリー） | | | △ | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | 159 | 0.1 | 4.2 | 7.5 | 18.7 |
| | 長崎あんにん（ぜいたく盛り） | | | △ | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | 190 | 0.2 | 4.6 | 7.6 | 26.7 |
| | コーラフロート | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | 142 | 0.0 | 1.4 | 2.8 | 27.8 |
| | コーヒーフロート | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | 81 | 0.1 | 1.8 | 2.8 | 11.8 |
| | メロンソーダフロート | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | 150 | 0.0 | 1.4 | 2.8 | 30.0 |
| カルピスメロンフロート | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | 155 | 0.0 | 1.6 | 2.9 | 30.9 | |
| ジュース | コカコーラ180mlあたり | | | | | | | | | | | | | | | | | | | | | | | | | | | | 78 | 0.0 | 0.0 | 0.0 | 19.4 | |
| | メロンソーダ180mlあたり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 86 | 0.0 | 0.0 | 0.0 | 21.6 |
| | Qooオレンジ180mlあたり | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | 79 | 0.0 | 0.2 | 0.0 | 19.6 |
| | カルピス180mlあたり | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | 97 | 0.0 | 0.4 | 0.2 | 23.4 |
| | カルピスソーダ180mlあたり | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | 97 | 0.0 | 0.4 | 0.2 | 23.4 |
| | カルピスメロンソーダ180mlあたり | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | 92 | 0.0 | 0.2 | 0.1 | 22.5 |
| | 爽健美茶180mlあたり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 1 | 0.0 | 0.0 | 0.0 | 0.4 |
| | 紅茶花伝180mlあたり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 13 | 0.0 | 0.4 | 0.0 | 2.9 |
| | アイスコーヒー180mlあたり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 17 | 0.1 | 0.4 | 0.0 | 3.4 |
| | キリン オレンジジュース | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | 85 | 0.0 | 2.3 | 0.0 | 19.8 |
| | キリン アップルジュース | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | 86 | 0.2 | 0.0 | 0.0 | 21.6 |
| | アサヒ オレンジジュース | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 92 | 0.0 | 0.0 | 0.0 | 21.8 |
| アサヒ アップルジュース | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 86 | 0.0 | 0.0 | 0.0 | 21.3 | |
| ビール・ノンアルコール | キリン フリー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 56 | 0.1 | 1.1 | 0.0 | 15.1 |
| | キリン 一番搾り(中瓶) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 205 | 0.0 | 2.0 | 0.0 | 14.0 |
| | キリン 一番搾り(中ジョッキ) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 154 | 0.0 | 1.4 | 0.0 | 10.9 |
| | キリン 一番搾り(グラス) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 110 | 0.0 | 1.0 | 0.0 | 7.8 |
| | アサヒ ポイントゼロ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 77 | 0.1 | 0.0 | 0.0 | 19.3 |
| | アサヒ スーパードライ(中瓶) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 210 | 0.1 | 2.0 | 0.0 | 15.0 |
| | アサヒ スーパードライ(中ジョッキ) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 147 | 0.1 | 1.4 | 0.0 | 10.5 |
| | アサヒ スーパードライ(グラス) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 105 | 0.1 | 1.0 | 0.0 | 7.5 |
| | アサヒ スーパードライ(スライ) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 140 | 0.1 | 1.3 | 0.0 | 10.0 |
| | オリオンビール(中ジョッキ) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 160 | 0.1 | 0.7 | 0.0 | 11.8 |
| オリオンビール(グラス) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 113 | 0.1 | 0.5 | 0.0 | 8.4 | |