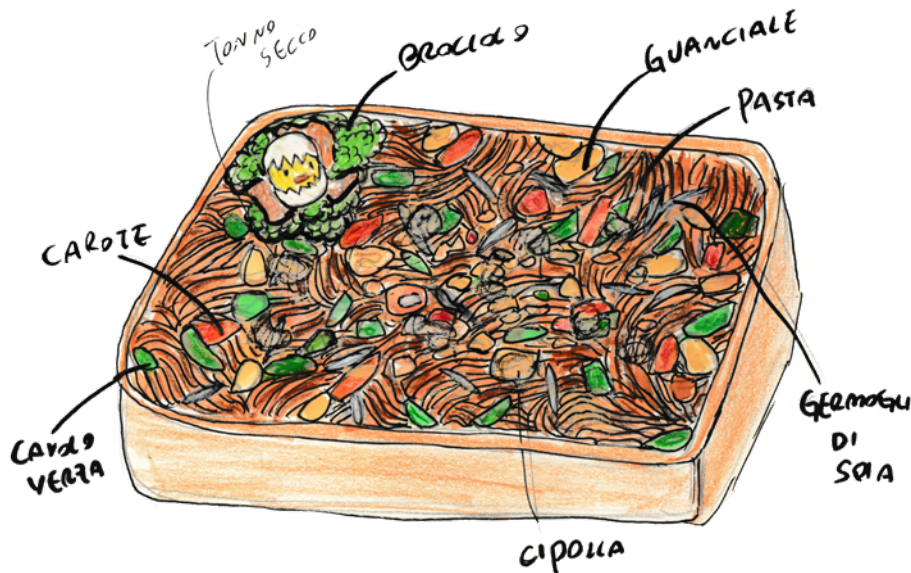


YAKISOBA BENTŌ

€12,00

✧ INGREDIENTI ✧

- SPAGHETTI INTEGRALE *
- SALSA YAKISOBA
[SALSA DI SOIA, SALE, ZUCCHERO, ACETO DI MELE]
[SPEZIE (PEPE, CANNELLA, TIMO, NOCE MOSCATA) POMODORO (CONCENTRATO)]
- CIPOLLA - TONNO SECCO *
- CAROTA
- CAVOLO VERZA
- GERMOGLI DI SOIA
- GUANCIALE DI MAIALA (CHIAPPI)



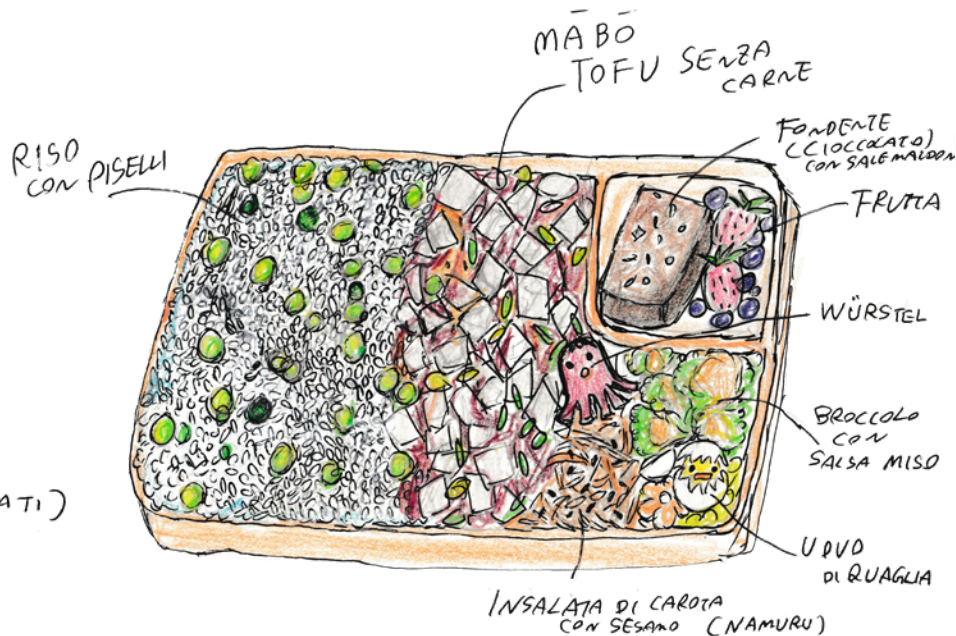
Whole-wheat noodles*, yakisoba sauce, onion, **dried smoked tuna***, carrot, savoy cabbage, soybean sprout, pork cheek

BENTO VEGETARIANO ベジタリアン弁当

€10,00

✿ INGREDIENTI ✿

- RISO
- PISELLI - ZUCCHINE - CIPOLLA - ZENZERO
- TÔFU*
- MISO DI RISO
- SALSA DI SOIA
- OLIO DI SEMI DI SESAMO*
- AMIDO DI MAIS
- MIRIN (SORTA DI SAKE DOLCE DA CUCINA)
- ZUCCHERO - SALE
- TO-BAN-JAN (FAVE E PEPERONCINO FERMENTATI)



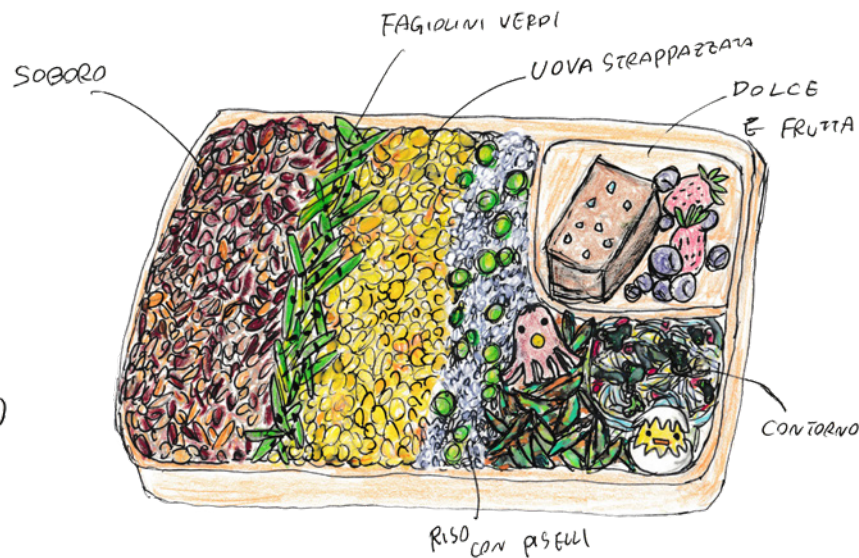
Rice, peas, courgettes, onion, ginger, **Tofu***, rice miso, soy sauce, **sesame seeds oil***, cornstarch, mirin, sugar, salt, to-ban-jan (broad beans and fermented chilli)

BENTO CARNE (SOBORO) 牛 しゃぶ 弁当

€12,00

INGREDIENTI

- RISO
- PISELLI - FAGIOLINI VERDI - ZENZERO
- CARNE DI MANZO (MACINATA)
- UOVA *
- SEMI DI SESAMO NERO *
- Salsa di soia *
- VINO BIANCO
- ZUCCHERO - SALE
- MIRIN (SORTA DI SASSO DOLCE DA CUCINARE)



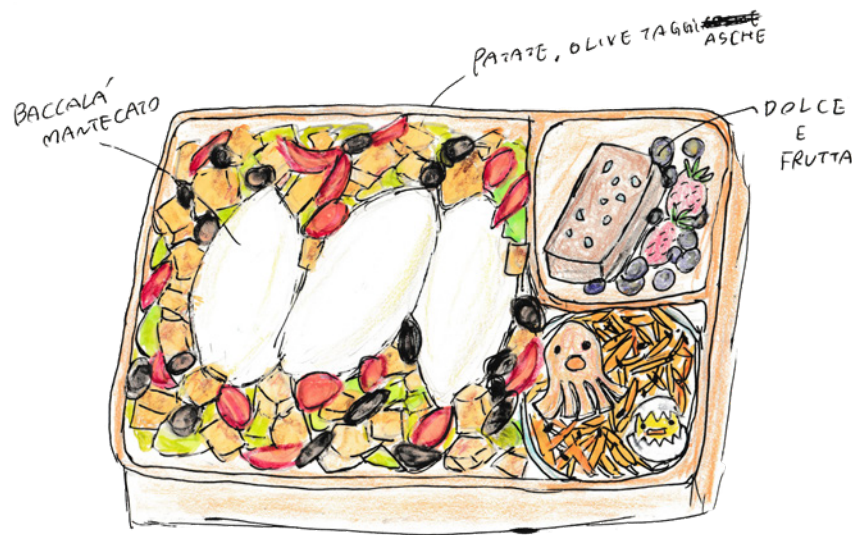
Rice, peas, flat green beans, ginger, ground beef, **eggs***, **black sesame seeds***, **soy sauce***, white wine, sugar, salt, mirin (sweet cooking rice wine)

BACCALA' MANTECATO CON VERDURE

€13,00

✿ INGREDIENTI ✿

- BACCALA'*
- OLIO EXTRAVERGINE DI OLIVA
- OLIO DI SEMI DI GIRASOLE
- BUCCIA DI LIMONE
- PATATE
- POMODORINO
- OLIVE TAGGIASCHE*
- ZUCCHINE
- SALE -PEPE



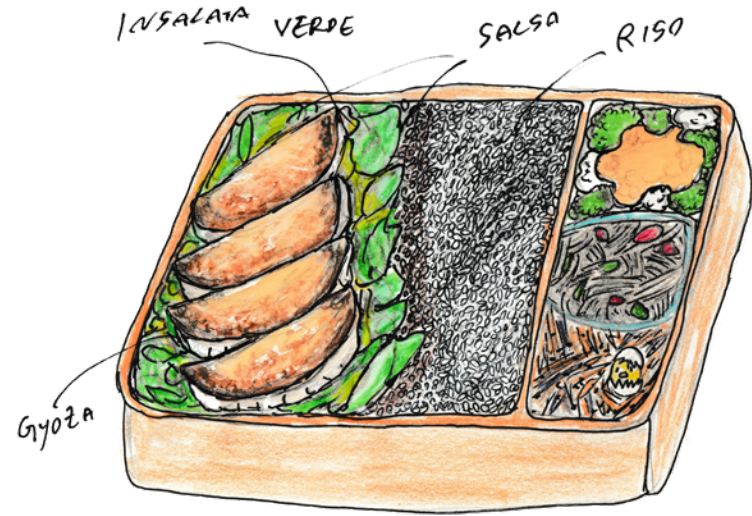
Cod fish*, extra virgin olive oil, sunflower seeds oil, lemon peel, potatoes, date tomatoes, **taggiasca olives***, courgettes, salt, pepper

GYŌZA VEGETARIANO

€12,50

✧ INGREDIENTI ✧

- EDAMAME *
 - FUNGHI CHAMPIGNON
 - FAGIOLINI VERDI
 - VERMICELLI DI SOIA *
 - CAVOLO VERZA
 - SALSA DI SOIA* - ZENZERO
 - SALE - PEPE - ZUCCHERO
 - OLIO DI SEMI DI SESAMO - ACETO DI RISO
- FARINA "0"



Edamame (soy beans)*, wheat flour, champignon mushrooms, flat green beans, **soy vermicelli noodles***, savoy cabbage, **soy sauce***, ginger, salt, pepper, sugar, **sesame seeds oil***, rice vinegar

ONIGIRI BENTO おにぎり弁当

€12,00

✧ INGREDIENTI ✧

- RISO
- ALGA NORI
- SHISO ROSSO (UN TIPO DI ERBA GIAPPONESE)
- TONNO SECCO*
- SALSA DI SOIA*
- SEMI DI SESAMO NERO E BIANCO*
- SGOMBRIO O TONNO IN SCATOLA*
- LATTE DI SOIA* - SUCCO DI LIMONE
- OLIO DI SEMI DI GIRASOLE - SALE - ZUCCHERO

3 GUSTI
DI ONIGIRI



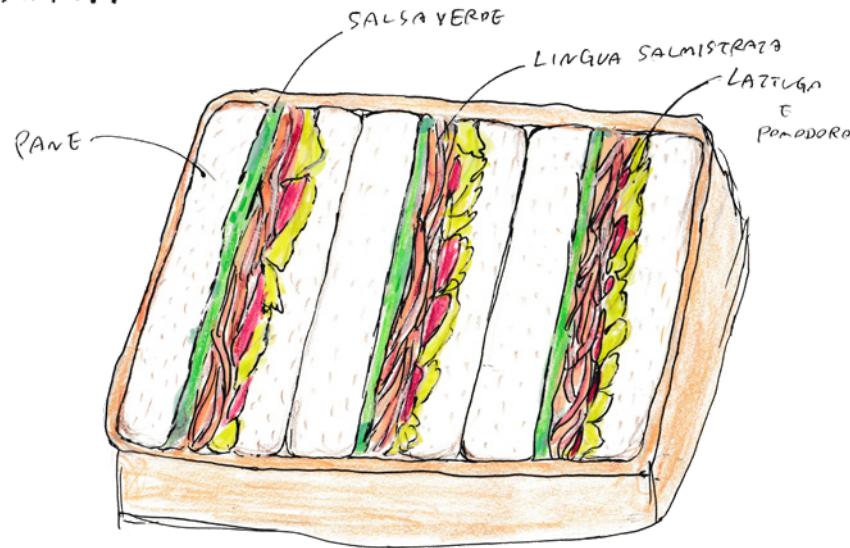
Rice, nori seaweed, red shies (japanese herb), **dried smoked tuna***, **soy sauce***, **white and black sesame seeds***
canned mackerel or tuna*, **soy milk***, lemon juice, sunflower seeds oil, salt, sugar

SANDWICH DI LINGUA SALMISTRATA

€11,00

✧ INGREDIENTI ✧

- PANE (FARINA DI GRANO)*
- LINGUA DI VITELLO
- PREZZEMOLO - POMODORO - LATTUGA
- LATTE DI SOIA*
- ACCIUGHE SOTTO OLIO
- CAPPERI
- SUCCO DI LIMONE
- OLIO DI SEMI DI GIRASOLE
- OLIO EXTRAVERGINE DI OLIVA
- SALE



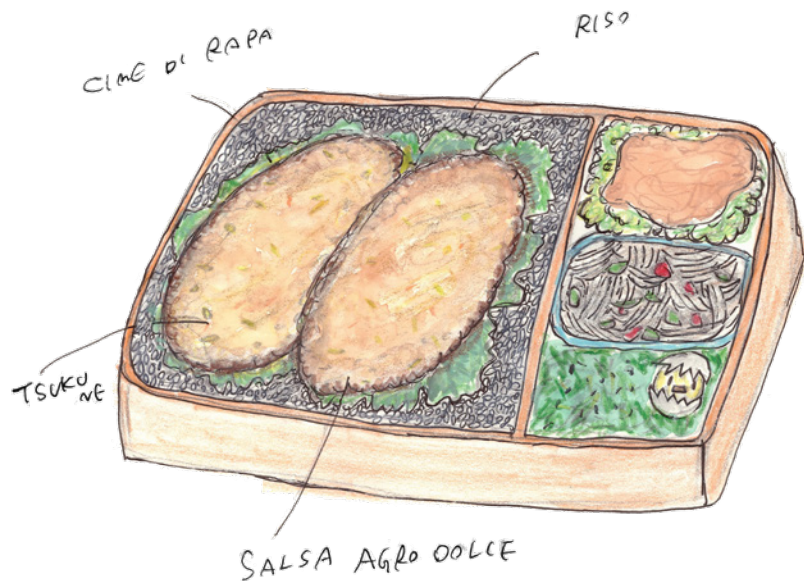
Bread*, corned veal tongue, parsley, tomatoes, lettuce, **soy milk***, anchovies in oil, capers, lemon juice, sunflower seeds oil, extra virgin olive oil, salt

TOAI no Tsukune Bento 鶏つくね弁当

€12,00

✦ INGREDIENTI ✦

- POLLO MACINATO (PETTO, COSCIE)
- CIPOLLOTTI
- TOPINAMBUR
- FAGIOLI VERDI
- LIMONE
- PEPE, SALE, MAIZENA*
- UOVA*
- SALSA DI SOIA*
- ZUCCHERO
- MIRIN
- CIME DI RAPA



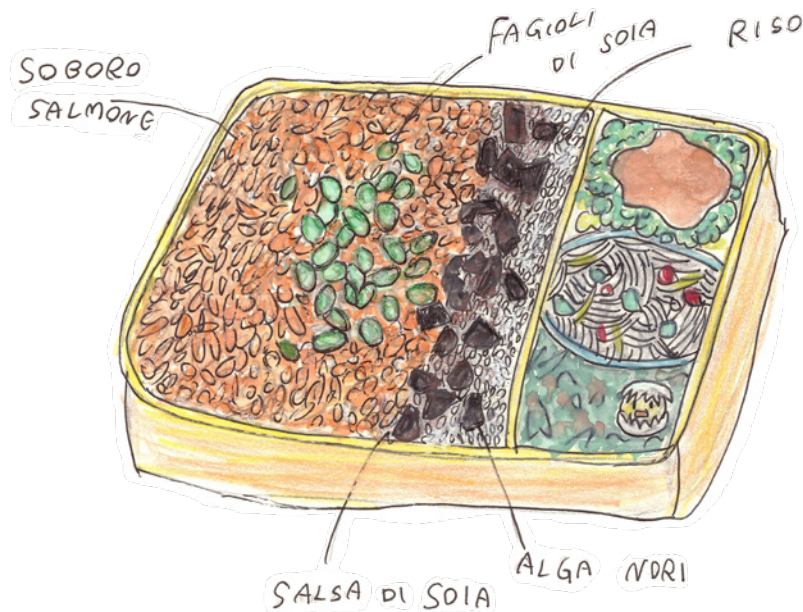
Minced chicken (breast, thighs), spring onions, topinambur, green beans, lemon juice, pepper, salt, **cornstarch***, **eggs***, **soy sauce***, sugar, mirin (sweet cooking rice wine), turnip greens,

SAKE SOBORO BENTŌ さけ そぼろ 弁当

€12,00

✧ INGREDIENTI ✧

- SALMONE
- MIRIN
- SAKÉ
- SALE, ZUCCHERO
- SALSA DI SOIA*
- ALGA NORI
- FAGIOLI DI SOIA*
- (EDAMAME)



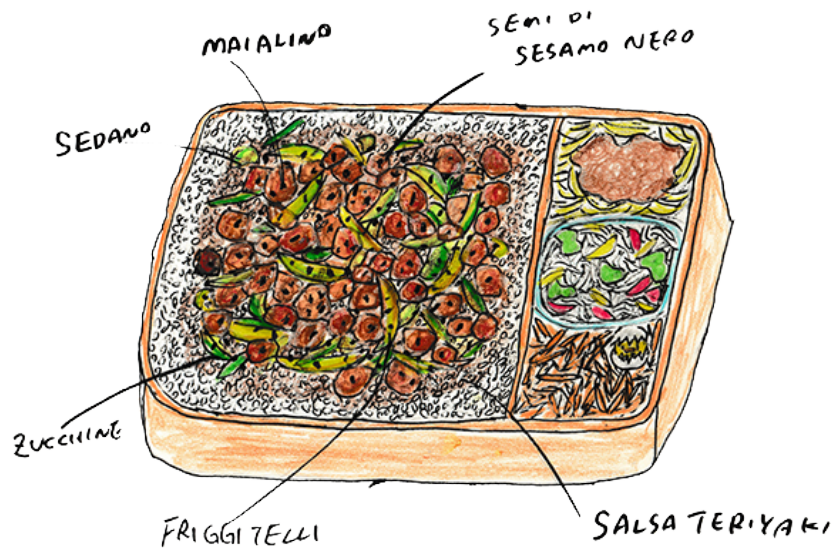
Salmon, mirin (sweet cooking rice wine), sake, salt and sugar,
soy sauce*, nori seaweed **edamame (soy beans)***

MAIALINO TERIYAKI 豚の照り焼き 弁当

€12,50

INGREDIENTI

- RISO
- MAIALINO
- FRIGGITELLI
- ZUCCHINE
- SEDANO*
- SEMI DI SESAMO NERO*
- SALSA DI SOIA*
- MIRIN (SORTA DI SAKÉ DOLCE DA CUI NARE)
- ZUCCHERO



Rice, pork, friggirelli peppers, courgettes, **celery***, **black sesame seeds***, **soy sauce***, mirin (sweet cooking rice wine), sugar

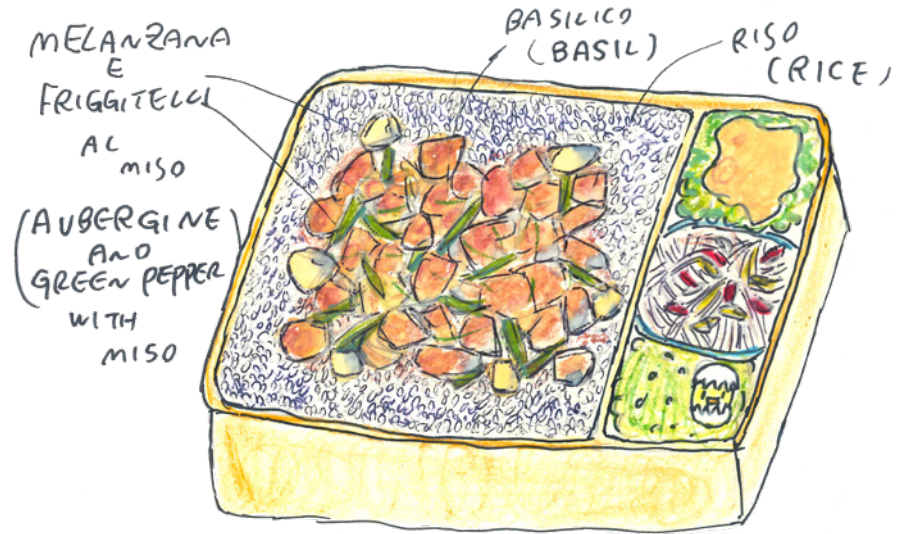
BENTŌ NASU

MELANZANA AL MISO

€12,00

✧ INGREDIENTI ✧

- MELANZANA*
- FRIGGITELLI*
- BASILICO
- MISO*
- ZUCCHERO
- SAKÉ
- OLIO DI SESAMO*
- OLIO DI SEMI DI GIRASOLE



Eggplant and freen peppers* with **miso***, basil, rice, sake, **sesame*** and sunflowers seeds oil

BENTŌ AJI-TAMAGO

UOVO MARINATO

€12,00

✧ INGREDIENTI ✧

- UOVO
- SALSA DI SOIA*
- SAKE
- ZUCCHERO
- CAVOLO VERZA
- SESAMO BIANCO*

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PEANUT RĀYU {食べるラー油}

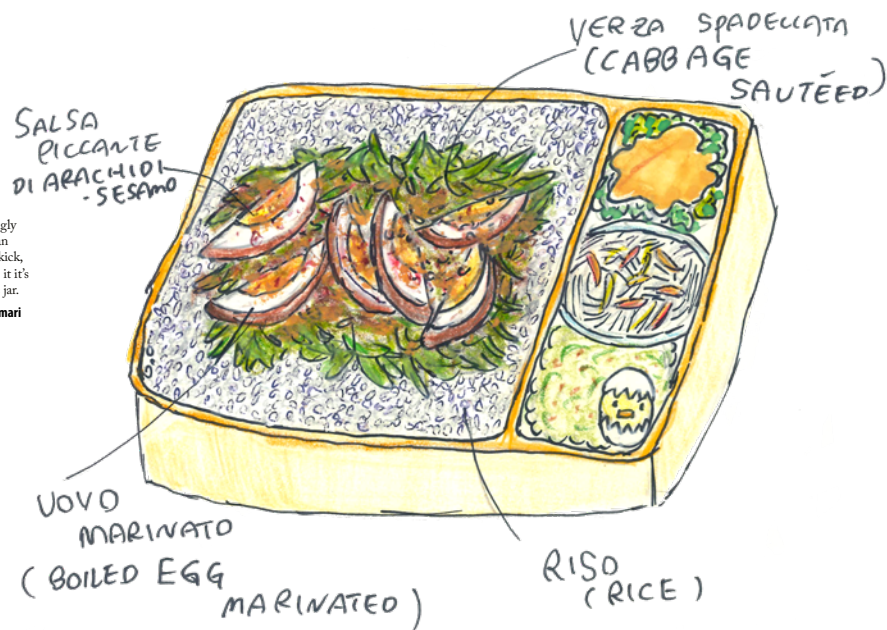
Packed full of peanuts, sesame and chilli this devastatingly delicious condiment fuses Japanese, Chinese and Korean flavours with echoes of umami. Give your vegetables a kick, jazz up a stir-fry, eggs or avocado on toast. Rumour has it it's great with a steak or (shhhh!)... just eat straight from the jar.

Ingredients: Sunflower Oil, Peanuts (27%), Sesame Seeds, Tamari (Soya), Gochugaru, Honey, Chilli Flake, Garlic, Sea Salt.

Store in a cool dry place. Stir well before use.

Nutrition Typical values.	per 100g	%RI (per 100g)
Energy:	2896 kJ – 703 kcal,	33%
Fat:	71g	94%
of which saturates	9.6g	47%
Carbohydrate:	5.8g	3%
of which Sugars	3.2g	3%
Protein:	8.8g	20%
Salt:	1.2g	20%

PEANUT RĀYU {食べるラー油}



Spicy peanut and sesame sauce (peanut rāyu)*, sautéed savoy cabbage marinated egg*, rice, white sesame*