

This set menu is made based on the thought of SHOJIN .

Shojin Ryori: Japan's Sophisticated Buddhist Cuisine

Shojin ryori is the traditional dining style of Buddhist monks in Japan.

Despite the lack of meat, fish, or strong flavors, Japanese buddhist cuisine is far from bland.

The monks use the "rule of five" when cooking, so that every meal offers five colors

(green●, yellow●, red●, black●, and white○)

,as well as five flavors (sweet, sour, salty, bitter, and umami),

which are drawn out naturally from the ingredients rather than added via additional flavorings.

And the five methods are "raw, boiled, grilled, fried, steamed".

This menu is designed to contain seven nutrients(Protein , Vitamin B12, Calcium, Vitamin D,

Omega-3 fatty acids,Iron,Zinc) these are especially needed by vegetarians and vegans

Please enjoy with your five sense.

Executive Chef Koji Shibata

- 1 前菜 Zensai (*Entrée*) (Target – Protein, Calcium, Zinc, Iron)
ごま豆腐 柚味噌かけ
●●●○
(Goma Tofu made of Sesame and Soy Milk)
- 2 造里 Tsukuri (*Sashimi-Raw*) (Target - Iron, Vitamin B12, Dietary Fiber)
季節野菜の刺身三種盛
●●●○●
Seasonal 3 kinds Vegetable-Sashimi w Kinzanji-miso
- 3 焼き物 Yakimono (*Grilled*) (Target- Calcium , Vitamin D, Iron, Zinc)
うなぎの蒲焼もどき
●●●○●
Looks like Grilled Eel (made of Tofu, Lotus-roots,Mushroom)
- 4 揚げ物 Agemono (*Fried*) (Target – Calcium, Zinc, Omega3 fatty acids, B12)
白身魚もどきと野菜の天ぷら
ごまつゆ
●●●○●
Looks like White Fish and Seasonal Vegetable Tempura w Sesami Sau
(Looks like white fish made of Yuba)
- 5 煮物 Nimono (*Boiled , Steamed*)(Target-Protein, Calcium, Vitamin D,)
冷やし雁もどきと野菜の煮物
●●●○●
Cold serve of Simmered Ganmodok(Looks like Chicken ball)
and Seasonal Vegetable
- 6 酢の物 Sunomono (*Vinegared*) (Target- Protein, Calcium)
季節野菜の芥子酢味噌和え
●●●○●
Seasonal Vegetables Marinated with
Japanese Krashi -musterd and vineger miso
- 7 飯物 Hanmono (*Rice*) (Target – Protein ,Calcium, Zinc, Iron)
野菜の握り寿司
●●●○●
Vegetables Nigirisushi (Looks like fresh seafood Nigiri-sushi)
- 8 汁物 Shirumono (*Soup*) (Target- Vitamin D, Vitamin B12)
味噌汁
●●●○●
Miso soup (Organic Veges and Shiitake Mushroom broth)
- 9 香物 Kounomono (*Pickles*) (Target –Calcium, Iron)
塩麴漬
●○●
Salted Koji pickles
- 10 水物 Mizumono (*Dessert*) (Target- Vitamin C, β-carotene, Dietary Fiber)
さつまいも巾着饅頭
●●●
3colours sweet potato served as " Kinchaku" bag style