

<栄養成分・アレルギー表示一覧>

●=食材由来のもの □=その食材以外に製造・調理過程で、混入する可能性があるもの

2024年6月1日改訂

| ★新商品 ☆リニューアル ※一部店舗販売              | エネルギー(kcal) | たんぱく質(g) | 脂質(g) | 炭水化物(g) | 灰分(g) | 食塩相当量(g) | 卵 | 乳 | 小麦 | 落花生 | そば | えび | かに | 大豆 | さば | 豚肉 | 鶏肉 | 牛肉 | ゼラチン | りんご | もも | いか | いくら | オレンジ | キウイ | くるみ | あわび | まつたけ | さけ | バナナ | やまいも | ごま | カシュー | アーモンド |   |
|-----------------------------------|-------------|----------|-------|---------|-------|----------|---|---|----|-----|----|----|----|----|----|----|----|----|------|-----|----|----|-----|------|-----|-----|-----|------|----|-----|------|----|------|-------|---|
| ラーメン                              | 378.8       | 15.8     | 5.2   | 67.5    | 7.8   | 6.8      | ● | ● |    |     |    |    |    | ●  | ●  |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| 玉子入ラーメン                           | 451.8       | 21.9     | 10.6  | 67.5    | 8.2   | 6.9      | ● | ● |    |     |    |    |    | ●  | ●  |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| 肉入ラーメン                            | 437.0       | 19.9     | 9.8   | 67.5    | 8.2   | 7.0      | ● | ● |    |     |    |    |    | ●  | ●  |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| 特製ラーメン                            | 510.0       | 26.1     | 15.2  | 67.5    | 8.6   | 7.2      | ● | ● |    |     |    |    |    | ●  | ●  |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| メンマラーメン                           | 390.4       | 16.2     | 5.3   | 69.6    | 8.7   | 7.6      | ● | ● |    |     |    |    |    | ●  | ●  |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| 肉マシマシラーメン                         | 495.2       | 24.0     | 14.4  | 67.5    | 8.6   | 7.3      | ● | ● |    |     |    |    |    | ●  | ●  |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ワンタン麺                             | 438.8       | 19.3     | 5.0   | 79.1    | 8.2   | 7.1      | ● | ● |    |     |    |    |    | ●  | ●  |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| 麺大盛                               | 167.1       | 6.3      | 1.2   | 32.8    | 1.9   | 1.5      |   |   |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| 野菜ラーメン                            | 490.3       | 19.5     | 10.0  | 82.2    | 9.5   | 8.2      | ● | ● |    |     |    |    |    | ●  | ●  |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      | ●     |   |
| 麺大盛 野菜ラーメン(大盛分のみ)                 | 181.5       | 6.6      | 2.1   | 34.0    | 2.3   | 1.9      |   |   |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ざるラーメン                            | 729.0       | 24.9     | 16.8  | 119.6   | 8.0   | 6.7      |   | ● |    |     |    |    |    | ●  | ●  |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      | ●     |   |
| 大盛 ざるラーメン(大盛分のみ)                  | 157.9       | 5.6      | 0.6   | 32.4    | 0.5   | 0.3      |   |   |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| 冷しラーメン                            | 486.5       | 17.0     | 8.3   | 86.1    | 6.5   | 5.9      | ● | ● | ●  |     |    |    |    | ●  | ●  |    |    |    |      | ●   |    |    |     |      |     |     |     |      |    |     |      |    |      | ●     |   |
| 大盛 冷しラーメン(大盛分のみ)                  | 178.1       | 6.1      | 0.6   | 37.0    | 2.0   | 1.8      |   |   |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ミニラーメン                            | 193.2       | 8.0      | 2.8   | 34.0    | 3.2   | 2.7      | ● | ● |    |     |    |    |    | ●  | ●  |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| 五目ごはん                             | 291.2       | 6.4      | 3.9   | 54.9    | 1.8   | 1.4      |   |   |    |     |    |    |    | ●  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| 五目ごはん(大盛)                         | 404.1       | 8.9      | 5.5   | 76.2    | 2.5   | 2.0      |   |   |    |     |    |    |    | ●  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| (ミニ五目ごはん)                         | 145.6       | 3.2      | 2.0   | 27.5    | 0.9   | 0.7      |   |   |    |     |    |    |    | ●  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| サラダ(玉ねぎドレッシング)                    | 45.6        | 1.0      | 2.4   | 5.3     | 0.8   | 0.5      |   | ● |    |     |    |    |    | ●  |    |    | ●  |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| 五目サラダセット(玉ねぎドレッシング)               | 336.8       | 7.4      | 6.4   | 60.2    | 2.6   | 2.0      |   | ● |    |     |    |    |    | ●  |    |    | ●  |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| 炙り焼き牛カルビ丼                         | 395.9       | 10.0     | 13.9  | 55.3    | 1.2   | 0.7      | □ | □ |    |     |    |    |    | □  | □  |    | ●  |    |      | ●   |    |    |     |      |     |     |     |      |    |     |      |    |      | ●     |   |
| 炙り焼き牛カルビ丼サラダST                    | 441.5       | 11.0     | 16.3  | 60.6    | 2.0   | 1.3      | □ | □ | ●  |     |    |    |    | □  | □  |    | ●  |    |      | ●   |    |    |     |      |     |     |     |      |    |     |      |    |      | ●     |   |
| 直火炒めチャーハン                         | 319.7       | 7.6      | 10.6  | 48.5    | 2.2   | 1.8      | ● | ● |    |     |    |    |    | ●  |    | ●  |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| チャーハンサラダセット                       | 381.5       | 8.6      | 14.7  | 54.1    | 3.0   | 2.3      | ● | ● |    |     |    |    |    | ●  |    | ●  | ●  |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| セットチョコ                            | 126.9       | 2.5      | 5.0   | 18.0    | 0.7   | 0.2      |   | ● |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| デザートセットチョコ(セットチョコ+五目ごはん)          | 418.1       | 8.9      | 8.9   | 72.9    | 2.5   | 1.6      |   | ● |    |     |    |    |    | ●  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| セットベリー                            | 128.3       | 2.4      | 4.9   | 18.9    | 0.7   | 0.2      |   | ● |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| デザートセットベリー(セットベリー+五目ごはん)          | 419.5       | 8.8      | 8.8   | 73.8    | 2.5   | 1.6      |   | ● |    |     |    |    |    | ●  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| デザートセットオリジナル(カップソフトミニ+五目ごはん)      | 405.6       | 8.8      | 8.8   | 70.2    | 2.5   | 1.6      |   | ● |    |     |    |    |    | ●  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| キッズセット(アップルジュース付)                 | 433.9       | 11.2     | 4.8   | 85.3    | 4.1   | 3.5      | ● | ● |    |     |    |    |    | ●  | ●  | ●  |    |    |      | ●   |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| キッズセット(ジュースなし)                    | 337.9       | 11.2     | 4.8   | 61.3    | 4.1   | 3.4      | ● | ● |    |     |    |    |    | ●  | ●  | ●  |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| スガキヤまるごとミニセット(ミニ五目+サラダ+玉ねぎドレッシング) | 556.0       | 15.7     | 14.5  | 89.7    | 5.9   | 4.2      | ● | ● |    |     |    |    |    | ●  | ●  | ●  | ●  |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| 半熟玉子                              | 73.0        | 6.2      | 5.4   | 0.0     | 0.5   | 0.2      | ● |   |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| トッピング ネギ                          | 11.2        | 0.2      | 0.0   | 2.9     | 0.2   | 0.0      |   |   |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| トッピング メンマ                         | 11.6        | 0.4      | 0.2   | 2.1     | 0.9   | 0.8      |   | ● |    |     |    |    |    | ●  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| トッピング 肉                           | 58.2        | 4.1      | 4.6   | 0.0     | 0.4   | 0.3      |   | ● |    |     |    |    |    | ●  |    | ●  |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| トッピング コーン                         | 44.4        | 1.4      | 1.0   | 7.4     | 0.4   | 0.2      |   |   |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| トッピング 野菜                          | 49.5        | 2.7      | 0.6   | 10.3    | 0.4   | 0.2      |   |   | □  |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| トッピング ワンタン                        | 74.6        | 4.5      | 1.0   | 11.6    | 0.6   | 0.4      |   | ● |    |     |    |    |    | ●  |    | ●  |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ソフトクリーム レギュラー                     | 233.3       | 4.7      | 9.4   | 32.5    | 1.3   | 0.4      |   | ● | ●  |     |    |    |    | ●  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       | □ |
| カップソフトクリーム                        | 171.6       | 3.5      | 7.3   | 22.9    | 1.0   | 0.3      |   | ● |    |     |    |    |    | ●  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       | □ |
| ソフトクリーム ミニ                        | 161.8       | 3.3      | 6.3   | 23.0    | 0.9   | 0.3      |   | ● | ●  |     |    |    |    | ●  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       | □ |
| カップソフトクリーム ミニ                     | 114.4       | 2.3      | 4.9   | 15.3    | 0.6   | 0.2      |   | ● |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| チョコクリーム                           | 214.7       | 4.1      | 8.3   | 30.9    | 1.1   | 0.3      | ● | ● | ●  |     |    |    |    | ●  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      | □     | □ |
| ベリークリーム                           | 217.5       | 3.8      | 8.1   | 32.7    | 1.0   | 0.4      | ● | ● | ●  |     |    |    |    | ●  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      | □     | □ |
| クリームぜんざい                          | 330.5       | 7.1      | 7.7   | 58.2    | 1.2   | 0.3      | ● | ● |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| カップクリームぜんざい                       | 297.3       | 6.3      | 7.1   | 51.9    | 1.1   | 0.3      | ● | ● | ●  |     |    |    |    | ●  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      | □     | □ |
| あんみつ                              | 234.1       | 3.8      | 3.4   | 47.3    | 0.9   | 0.2      |   | ● | □  |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| いちご水                              | 228.8       | 1.2      | 2.4   | 50.5    | 0.3   | 0.1      |   | ● |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ラムネ水                              | 184.5       | 1.2      | 2.4   | 42.9    | 0.3   | 0.2      |   | ● |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| 抹茶水                               | 220.1       | 1.6      | 2.5   | 51.1    | 0.4   | 0.1      |   | ● |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| 芋冶金時水                             | 288.2       | 3.1      | 2.7   | 66.2    | 0.5   | 0.1      |   | ● |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ピーチ水                              | 173.5       | 0.2      | 0.0   | 46.1    | 0.2   | 0.1      |   |   |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ピーチクリーム                           | 232.6       | 3.6      | 7.4   | 38.1    | 1.1   | 0.3      |   | ● | ●  |     |    |    |    | ●  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ★ ※ ※ スーびよちゃんプリンパフェ(6/13~販売)      | 305.2       | 5.7      | 11.1  | 45.7    | 1.2   | 0.4      | ● | ● | ●  | □   |    |    |    | ●  |    |    |    |    |      | ●   |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| メロンソーダフロート                        | 152.9       | 1.8      | 3.7   | 28.3    | 0.5   | 0.1      |   | ● |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| コーラフロート                           | 146.4       | 1.8      | 3.7   | 26.6    | 0.5   | 0.1      |   | ● |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| スガキヤアップルジュース                      | 96.0        | 0.0      | 0.0   | 24.0    | 0.0   | 0.0      |   |   |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ラーメンこしょう                          | 390.0       | 8.9      | 8.3   | 69.8    | 0.8   | 0.0      |   |   |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| おみやげ五目の素                          | 313.6       | 14.2     | 17.1  | 25.6    | 10.2  | 9.3      |   |   |    |     |    |    |    | ●  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| おみやげメンマ                           | 25.0        | 1.1      | 0.3   | 4.4     | 2.1   | 2.0      |   |   | ●  |     |    |    |    | ●  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| スガキヤラーメンの肉                        | 742.0       | 29.2     | 64.8  | 2.4     | 6.8   | 5.6      |   | ● |    |     |    |    |    | ●  |    | ●  |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |

<お客様へ> 調理・盛りつけ過程においては、アレルギー物質の2次的混入を防ぐために細心の注意を払っておりますが、絶対的なものではありません。重篤な方、過敏な方は十分にご理解・ご留意頂きますようお願い申し上げます。