

<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過程などで、混入する可能性があるもの

2022年6月16日改訂

| ★新商品 ※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 | オレノジ | キウイ | くるみ | あわび | まつたけ | さけ | バナナ | やまいも | ごま | カンショ | 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      | ○ | ○ | ○  |     |    |    |    | ○  | ○  | ○  |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| 麺大盛                             | 167.1       | 6.3      | 1.2   | 32.8    | 1.9   | 1.5      |   |   |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| 野菜ラーメン                          | 476.4       | 19.9     | 7.4   | 84.7    | 10.1  | 8.8      | ○ | ○ | ○  |     |    |    |    | ○  | ○  | ○  |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    | ○    |       |   |
| 麺大盛 野菜ラーメン(大盛分のみ)               | 178.3       | 6.7      | 1.6   | 34.4    | 2.3   | 1.9      |   |   |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ★冷たいスガキヤラーメン                    | 520.1       | 24.2     | 8.0   | 77.7    | 10.1  | 8.8      | ○ | ○ | ○  |     |    |    |    | ○  | ○  | ○  |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ★麺大盛 冷たいスガキヤラーメン(大盛分のみ)         | 171.3       | 6.3      | 0.8   | 34.7    | 2.2   | 1.9      |   |   |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ざるラーメン                          | 643.5       | 20.8     | 11.9  | 113.6   | 7.8   | 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                          | 498.9       | 17.5     | 9.6   | 85.7    | 6.9   | 5.8      | ○ | ○ | ○  |     |    |    |    | ○  | ○  | ○  |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      | ○     |   |
| 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      |   |   |    |     |    |    |    | ○  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| サラダ(玉ねぎドレッシング)                  | 43.8        | 1.0      | 2.3   | 5.0     | 0.6   | 0.6      |   |   | ○  |     |    |    |    | ○  |    |    | ○  |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| サラダセット(玉ねぎドレッシング)               | 334.9       | 7.4      | 6.3   | 59.9    | 2.5   | 2.0      |   |   | ○  |     |    |    |    | ○  |    |    | ○  |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| スガキヤビーフカレー                      | 337.4       | 6.1      | 7.5   | 58.8    | 2.0   | 1.6      | ○ | ○ |    |     |    |    |    | ○  |    | ○  | ○  | ○  |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      | ○     |   |
| カレーサラダセット                       | 381.2       | 7.1      | 9.9   | 63.8    | 2.6   | 2.2      | ○ | ○ | ○  |     |    |    |    | ○  |    | ○  | ○  | ○  |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      | ○     |   |
| ★炭火焼き豚丼                         | 423.2       | 9.5      | 16.5  | 54.7    | 0.3   | 0.7      | ○ | ○ | ○  |     |    |    |    | ○  |    | ○  | ○  | ○  |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ★炭火焼き豚丼サラダセット                   | 467.0       | 10.4     | 18.8  | 59.7    | 0.9   | 1.3      | ○ | ○ | ○  |     |    |    |    | ○  |    | ○  | ○  | ○  |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| チャーハン                           | 372.8       | 8.8      | 12.4  | 56.6    | 2.5   | 2.1      | ○ | ○ | ○  |     |    |    |    | ○  |    | ○  | ○  | ○  |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| チャーハンサラダセット                     | 416.6       | 9.8      | 14.7  | 61.6    | 3.2   | 2.7      | ○ | ○ | ○  |     |    |    |    | ○  |    | ○  | ○  | ○  |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| 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      |   | ○ |    |     |    |    |    | ○  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| お子様セット(アップル)                    | 437.7       | 11.2     | 4.8   | 86.3    | 4.1   | 3.5      | ○ | ○ | ○  |     |    |    |    | ○  |    | ○  | ○  | ○  |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      | ○     |   |
| スガキヤまるごとミニセット(サラダ+玉ねぎドレッシング)    | 554.2       | 15.7     | 14.5  | 89.4    | 5.7   | 4.3      | ○ | ○ | ○  |     |    |    |    | ○  |    | ○  | ○  | ○  |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| 半熟玉子                            | 73.0        | 6.2      | 5.4   | 0.0     | 0.5   | 0.2      | ○ |   |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ネギ トッピング                        | 11.2        | 0.2      | 0.0   | 2.9     | 0.2   | 0.0      |   |   |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| メンマ トッピング                       | 11.6        | 0.4      | 0.2   | 2.1     | 0.9   | 0.8      |   |   | ○  |     |    |    |    | ○  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| 肉 トッピング                         | 58.2        | 4.1      | 4.6   | 0.0     | 0.4   | 0.3      |   |   | ○  |     |    |    |    | ○  |    | ○  |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| コーン トッピング                       | 39.0        | 1.5      | 0.7   | 7.4     | 0.5   | 0.4      |   |   |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| もやし トッピング                       | 14.0        | 1.7      | 0.1   | 2.6     | 0.2   | 0.0      |   |   |    | □   |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| 野菜 トッピング                        | 49.5        | 2.7      | 0.6   | 10.3    | 0.4   | 0.2      |   |   | □  |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| 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      |   | ○ | □  |     |    |    |    | ○  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ★ライチクリーム                        | 250.6       | 3.5      | 7.8   | 41.5    | 1.1   | 0.4      |   | ○ |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ★ソルティライチ氷                       | 154.2       | 0.0      | 0.4   | 39.9    | 0.4   | 0.5      |   |   |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ★抹茶氷                            | 220.1       | 1.6      | 2.5   | 51.1    | 0.4   | 0.1      |   |   |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ★宇治金時氷                          | 288.2       | 3.1      | 2.7   | 66.2    | 0.5   | 0.1      |   |   |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| いちご氷                            | 228.8       | 1.2      | 2.4   | 50.5    | 0.3   | 0.1      |   | ○ |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ラムネ氷                            | 184.5       | 1.2      | 2.4   | 42.9    | 0.3   | 0.2      |   | ○ |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| スガキヤアップルジュース                    | 288.2       | 0.0      | 0.0   | 24.0    | 0.0   | 0.0      |   |   |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       | ○ |
| ※抹茶ソフトクリーム レギュラー                | 269.8       | 5.9      | 6.6   | 46.6    | 1.2   | 0.3      | ○ | ○ | ○  |     |    |    |    | ○  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ※抹茶カップソフトクリーム レギュラー             | 172.8       | 4.6      | 4.4   | 28.6    | 1.1   | 0.2      |   | ○ |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ※抹茶ソフトクリーム ミニ                   | 212.2       | 4.4      | 5.1   | 37.1    | 0.9   | 0.2      | ○ | ○ | ○  |     |    |    |    | ○  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ※抹茶カップソフトクリーム ミニ                | 115.2       | 3.0      | 3.0   | 19.0    | 0.7   | 0.2      |   | ○ |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ※抹茶クリームぜんざい                     | 331.7       | 8.2      | 4.8   | 63.9    | 1.3   | 0.2      |   | ○ |    |     |    |    |    |    |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ※抹茶カップクリームぜんざい                  | 299.8       | 7.2      | 4.8   | 56.9    | 1.2   | 0.2      | ○ | ○ | ○  |     |    |    |    | ○  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       | □ |
| ※抹茶あんみつ                         | 234.8       | 4.2      | 2.2   | 49.7    | 0.9   | 0.2      |   | ○ | □  |     |    |    |    | ○  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |
| ※デザートセット抹茶ソフト(抹茶カップソフトミニ+五目ごはん) | 406.4       | 9.5      | 6.9   | 73.9    | 2.5   | 1.6      |   | ○ |    |     |    |    |    | ○  |    |    |    |    |      |     |    |    |     |      |     |     |     |      |    |     |      |    |      |       |   |

<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。