

釜寅 東京・神奈川・埼玉・千葉(市川中央店・花見川店) カロリー・アレルギー一覧表

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※お問い合わせ先  
【お客様相談室】フリーダイヤル  
0120-594-096

① カロリー情報は、原則として検査機で分析した数値です。(一部の食材については、5訂日本食品標準成分表による計算値です。)  
また、店舗でひとつひとつ手作りしているため、実際の商品では数値に誤差が出る場合もございますので、あくまでも『目安』として表示しております。

② アレルギー情報は、商品の原材料についてのものです。  
ただし、工場での食材製造時や店舗での調理時に多くの食材を扱いますが、他の食材が付着・混入する可能性があり、絶対的なものではありません。  
下記表の●印は原材料としてアレルギーが含まれるものを表示しております。

※『銀のさし』『金貨』『すし上等』店舗では卵、乳、小麦、えび、かに、そばを含む商品を調理しています。  
※ご購入の際は、専門医とご相談のうえ、お客様ご自身が最終的にご判断下さい。

※通常メニューのカロリー・アレルギー情報は『金貨』『おだし(250ml)』『薬味』『漬物』を含んでおります。  
※ランチメニューのカロリー・アレルギー情報は『金貨』『おだし(250ml)』『金貨』『漬物』を含んでおります。  
※金貨KIDSメニューに『薬味』『漬け物』は付きません。

|          | 商品名               | カロリー<br>(Kcal) | アレルギー |   |    |    |     |     |    |     |    |      |    |     |    |     |    |    |    |    |    |         |    |      |     |     |      |    |         |         |       |   |
|----------|-------------------|----------------|-------|---|----|----|-----|-----|----|-----|----|------|----|-----|----|-----|----|----|----|----|----|---------|----|------|-----|-----|------|----|---------|---------|-------|---|
|          |                   |                | 卵     | 乳 | 小麦 | そば | 落花生 | あわび | いか | いくら | えび | オレンジ | かに | キウイ | 牛肉 | くるみ | さけ | さば | 大豆 | 鶏肉 | 豚肉 | カダミアナッツ | もも | やまいも | りんご | バナナ | ゼラチン | ゴマ | カシューナッツ | 魚醤（魚介類） | アーモンド |   |
| キャンペーン商品 | 松茸五目釜飯            | 960            | ●     |   | ●  |    |     |     |    |     | ●  |      |    |     |    |     |    | ●  | ●  | ●  |    |         |    |      |     |     |      |    |         |         |       |   |
|          | 松茸と蛙の釜飯           | 595            | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     | ●  | ●  | ●  |    |    |         |    |      |     |     |      |    |         |         |       |   |
|          | 松茸土瓶蒸し風お吸い物       | 56             | ●     |   | ●  |    |     |     |    |     | ●  |      |    |     |    |     |    | ●  | ●  |    |    |         |    |      |     |     |      |    |         |         |       |   |
| 釜炊き御膳    | うなぎ蒲焼御膳（松）        | 1195           | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  |    |    |         |    |      | ●   |     |      |    |         |         |       |   |
|          | うなぎ蒲焼御膳（竹）        | 1039           | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  |    |    |         |    |      | ●   |     |      |    |         |         |       |   |
| 五目       | 「金寅」五目            | 651            | ●     |   | ●  |    |     |     |    |     | ●  |      |    |     |    |     |    | ●  | ●  | ●  |    |         |    |      |     |     |      |    |         |         |       |   |
|          | 特選五目釜飯            | 725            | ●     |   | ●  |    |     |     |    | ●   | ●  |      |    |     |    |     |    | ●  | ●  | ●  |    |         |    |      | ●   |     |      |    |         |         |       |   |
|          | 極上釜飯              | 720            | ●     |   | ●  |    |     |     |    | ●   | ●  |      | ●  |     |    | ●   |    | ●  | ●  | ●  |    |         |    |      | ●   |     |      |    |         |         |       |   |
| うなぎ      | うなぎまぶし            | 857            |       |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  |    |    |         |    |      |     |     |      |    |         | ●       |       |   |
|          | うなぎごぼう            | 757            |       |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  |    |    |         |    |      |     |     |      |    |         | ●       |       |   |
|          | うなたままぶし           | 815            | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  |    |    |         |    |      |     |     |      |    |         | ●       |       |   |
|          | うな寅               | 1104           |       |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  |    |    |         |    |      |     |     |      |    |         | ●       |       |   |
| お肉       | とり釜飯              | 777            | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  |    |    |         |    |      |     |     |      |    |         | ●       |       |   |
|          | 炭火焼鳥釜飯            | 758            | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |         |    |      |     |     |      |    |         | ●       |       |   |
|          | 豚トロキムチ釜飯          | 1001           | ●     |   | ●  |    |     |     |    |     | ●  |      |    |     |    |     |    | ●  | ●  |    | ●  |         |    |      |     |     |      |    |         | ●       |       | ● |
|          | 黒毛和牛釜飯            | 784            | ●     |   | ●  |    |     |     |    |     |    |      |    | ●   |    |     |    | ●  | ●  |    |    |         |    |      |     |     |      |    |         | ●       |       |   |
|          | 牛たん釜飯             | 614            |       | ● | ●  |    |     |     |    |     |    |      |    | ●   |    |     |    | ●  | ●  | ●  |    |         |    |      |     |     | ●    |    | ●       |         |       |   |
|          | 牛たん釜飯(肉1.5倍)      | 678            |       | ● | ●  |    |     |     |    |     |    |      |    | ●   |    |     |    | ●  | ●  | ●  |    |         |    |      |     |     | ●    |    | ●       |         |       |   |
| 海鮮       | 鯛釜飯               | 666            | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  |    |    |         |    |      |     |     |      |    |         |         |       |   |
|          | 鯛と蛙ハラスの釜飯         | 620            | ●     |   | ●  |    |     |     |    | ●   |    |      |    |     |    |     | ●  | ●  | ●  | ●  |    |         |    |      | ●   |     |      |    |         |         |       |   |
|          | 銀だら釜飯             | 688            | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  |    |    |         |    |      |     |     |      |    |         |         |       |   |
|          | しらすと桜エビの釜飯        | 623            | ●     |   | ●  |    |     |     |    | ●   |    | ●    |    |     |    |     |    | ●  | ●  |    |    |         |    |      |     |     |      |    |         |         |       |   |
|          | 鮭いくら釜飯            | 670            | ●     |   | ●  |    |     |     |    | ●   |    |      |    |     |    |     | ●  | ●  | ●  | ●  |    |         |    |      | ●   |     |      |    |         |         |       |   |
|          | かにいくら釜飯           | 579            |       |   | ●  |    |     |     |    | ●   |    |      | ●  |     |    |     | ●  | ●  | ●  | ●  |    |         |    |      | ●   |     |      |    |         |         |       |   |
|          | かに釜飯              | 566            |       |   | ●  |    |     |     |    | ●   |    |      | ●  |     |    |     | ●  | ●  | ●  | ●  |    |         |    |      | ●   |     |      |    |         |         |       |   |
|          | しらすと明太子の釜飯        | 599            |       |   | ●  |    |     |     |    | ●   |    | ●    |    |     |    |     |    | ●  | ●  |    |    |         |    |      |     |     |      |    |         | ●       |       |   |
|          | あさり釜飯             | 604            |       |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  |    |    |         |    |      |     |     |      |    |         | ●       |       |   |
|          | 金目鯛釜飯             | 655            | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  |    |    |         |    |      |     |     |      |    |         | ●       |       |   |
| お重       | うな重(上)            | 952            |       |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  |    |    |    |         |    |      |     |     |      |    |         |         |       |   |
|          | うな重(特上)           | 1108           |       |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  |    |    |    |         |    |      |     |     |      |    |         |         |       |   |
|          | 鶏重                | 753            |       |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  |    |    |         |    |      |     |     |      |    |         | ●       |       |   |
|          | 胡麻だれマグロ重          | 691            |       |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  |    |    |    |         |    |      |     |     |      |    |         | ●       |       |   |
| 金寅KIDS   | トロ鉄火重             | 807            | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  |    |    |         |    |      | ●   |     |      |    |         | ●       |       |   |
|          | ハンバーグKIDS釜飯       | 695            | ●     | ● | ●  |    |     |     |    |     |    |      |    | ●   |    |     |    | ●  | ●  |    | ●  |         |    |      | ●   | ●   |      |    |         |         | ●     |   |
| ランチ      | とりKIDS釜飯          | 644            | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |         |    |      | ●   |     |      |    |         |         |       |   |
|          | ランチ五目釜飯           | 627            | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |         |    |      |     |     |      |    |         |         |       |   |
|          | ランチしらす釜飯          | 560            |       |   | ●  |    |     |     |    | ●   |    | ●    |    |     |    |     |    | ●  | ●  | ●  |    |         |    |      |     |     |      |    |         | ●       |       |   |
|          | ランチ鶏釜飯            | 715            | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  | ●  |         |    |      |     |     |      |    |         |         |       |   |
|          | ランチうなぎごぼう         | 699            |       |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  |    |    |         |    |      |     |     |      |    |         | ●       |       |   |
|          | ランチ和牛ごぼう釜飯        | 696            |       |   | ●  |    |     |     |    |     |    |      |    |     | ●  |     |    | ●  | ●  |    |    |         |    |      |     |     |      |    |         | ●       |       |   |
| 期間限定商品   | ランチ鶏チーズキムチ釜飯      | 795            |       | ● | ●  |    |     |     |    |     | ●  |      |    |     |    |     |    | ●  | ●  | ●  |    |         |    |      |     |     |      |    |         |         |       | ● |
|          | 彩うに釜飯             | 652            | ●     |   | ●  |    |     |     |    | ●   |    | ●    |    |     |    |     |    | ●  | ●  | ●  |    |         |    |      | ●   |     |      |    |         |         |       |   |
|          | お塩で食べる贅沢うに釜飯      | 675            | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  |    |    |         |    |      |     |     |      |    |         |         |       |   |
|          | 海鮮かき五目釜飯          | 649            | ●     |   | ●  |    |     |     |    | ●   |    | ●    |    |     |    |     | ●  | ●  | ●  | ●  |    |         |    |      | ●   |     |      |    |         |         |       |   |
|          | アサイージェラート         | 79             |       |   |    |    |     |     |    |     |    |      |    |     |    |     |    |    |    |    |    |         |    |      | ●   | ●   |      |    |         |         |       |   |
|          | トロピカルリッチ&コナッツアイス  | 173            | ●     | ● |    |    |     |     |    |     |    |      |    |     |    |     |    |    | ●  |    |    |         |    |      |     |     |      |    |         |         |       |   |
|          | 肉倍チーズMAX タコスミート釜飯 | 1021           |       | ● | ●  |    |     |     |    |     |    |      |    | ●   |    |     |    | ●  | ●  |    | ●  |         |    |      |     |     |      |    |         |         |       |   |
|          | 肉倍 タコスミート釜飯       | 911            |       | ● | ●  |    |     |     |    |     |    |      |    | ●   |    |     |    | ●  | ●  |    | ●  |         |    |      |     |     |      |    |         |         |       |   |
|          | チーズMAX タコスミート釜飯   | 861            |       | ● | ●  |    |     |     |    |     |    |      |    | ●   |    |     |    | ●  | ●  |    | ●  |         |    |      |     |     |      |    |         |         |       |   |
|          | タコスミート釜飯          | 751            |       | ● | ●  |    |     |     |    |     |    |      |    | ●   |    |     |    | ●  | ●  |    | ●  |         |    |      |     |     |      |    |         |         |       |   |
|          | 彩うに釜飯             | 652            | ●     |   | ●  |    |     |     |    | ●   |    |      | ●  |     |    |     |    | ●  | ●  | ●  |    |         |    |      | ●   |     |      |    |         |         |       |   |
|          | お塩で食べる贅沢うに釜飯      | 675            | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  |    |    |         |    |      |     |     |      |    |         |         |       |   |
|          | かぼちゃのクリームブリュレ     | 172            | ●     | ● |    |    |     |     |    |     |    |      |    |     |    |     |    |    | ●  |    |    |         |    |      |     |     |      | ●  |         |         |       |   |

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