



3 Unique Local Delicacies from Shinshu

Traditional local insect dishes have become a premium product.

Locust	380JPY
Bee larvae	680JPY
Stonefly larvae	780JPY



Shinshu Salmon sashimi 780JPY

River Fish Dishes

Grilled Ayu sweet fish with salt 780JPY

Grilled Char with salt 880JPY



Char

Grilled skewers



Assorted grilled skewers

Assorted grilled skewers (8skewers)	980JPY
Shinshu beef skewers (a meat skewer)	380JPY



Assorted horse sashimi

Horse Dishes

Grilled horse-chitterling skewers	380JPY
Horse lean red-meat sashimi	980JPY
Horse neck-fatty sashimi	980JPY
Horse fat-marbled sashimi	1,580JPY
Assorted horse sashimi including lean (fatty and marbled meat)	2,500JPY



Miso-roasted game with bamboo leaves

“Gibier” Game Dishes

*Game dishes include boar and deer and fowl

Miso-roasted game with bamboo leaves	980JPY
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Highland vegetables from Sinshu



Shinshu highland vegetable salad

Shinshu highland vegetable salad 680JPY
(The lettuce and celery used in our salads are grown in Shinshu, the top producer of lettuce and celery in Japan)

Baked egg plant with cheese	580JPY
Baked potato with cheese	580JPY
Baked egg plant and tomatoes with cheese	680JPY

Deep-fried Dishes with Food Farmed in Shinshu



Deep-fried fresh water river shrimp

Nozawana-na pickle croquette	480JPY
Deep-fried fresh water river shrimp	580JPY

Meal · Dessert

Shinshu's Koshihikari rice	200JPY
Shinshu miso soup	250JPY
Grilled rice ball 2 pieces (Miso or soy sauce)	500 JPY
Hand-made Togakushi soba noodles	800JPY
Ice cream (raw chocolate or matcha)	250JPY