

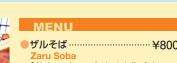


Daikokuya A local institution. Ramen fans come from far and wide for the noodles. The garlic sauce pork filet "nintare tonkatsu" is a local favorite. The small shop is often crowded, but worth the wait.

hours: 11:30-16:30 TEL: 026-275-0768







山菜そば・

▶天ぷらそば ………… Hot soba in a soup topped with shrimp tempura. Honenya Soba is Nagano's premier food, and Honenva is our premier soba shop. Plastic models of the menu items in the front window for easy selection.

Sets incl. miso, pickles, rice and a small side dish hours: 11:30-14:00 / 18:00-22:30









11 古波久 Shoyu-Mame or Eda-Mame (Beer Snacks)
Sovbeans whole (Eda-Mame) or partly fermented (Shoyu-Mame) Kohaku Features our onsen's specialty, "Oshibori Udon" with the udon's dipping sauce made from a local spicy daikon radish. Traditional interior descentible and activation of the second statement of the se

interior design with cool antiques. hours: 18:00-23:30 (Sun -22:30) TEL: 026-276-2787











串盛り 変り串盛り

Gyu (Beef) Kushi

●游来サラダ・ Yuki Salad Ceaser-style house

Yaki Onigiri Rice Balls Lightly grilled rice balls covered in









ソースかつ丼 ····· ··¥900 玉子かつ丼… ··¥900

g Tonkatsu Bowl katsu on a rice bowl topped with egg. 大盛りかつ丼 ·····¥1,000

Large serving of tonkatsu on a bowl of rice. ··¥600 Our town's most blogged-about ramer

pickles, 'kobachi', fruit and rice). Good selection of wines, beers and sake. チャーシュー麺 …… hours: 11:30-13:30 / 17:00-21:30 TEL: 026-275-0194



2 河 菜

KAWANA

Gourmet Japanese cuisine with reasonable

set menu options (sets include salad.udon

7 モーリ・ドット

ome with a salad. Choose curry spi

www.geocities.jp/morido

Closed Sundays TEL: 026-275-1155

FIX

12 裕 味

Cold beer, grilled chicken and fun conversa

get in the way of having a great time.

hours : 18:00-22:00

Closed Thursdays

TEL: 026-276-1258

The owner-chef, Yumi-san, is an ex-geisha. She

doesn't speak much English, but that doesn't

Yumi¹s

nours : 11:30-14:00, 18:00-22:00









海老フライセット L. \¥1.050

鮪丼セット ……

焼き魚……

D.\¥1,260

.....∟.\¥1.050

-----¥840~¥1,260

刺身セット ·······L. \¥1.050

●しゃぶしゃぶ···· ¥2,500 per person

マットン&野菜・ ¥850 ベジタブルカレー …… ·¥800

トマトソースパスタ ………… ···¥800

●カルボナーラパスタ ……… Serving pasta and Indian curry since 1995, Curries, ncluding our specialty featuring apricots from nearly Mori, available in heat-to-eat packages. Curry & pasta Bacon, Cheese and egg cream sauce.

Spaghtetti with bacon in a red sauce

ミックスピザ …… ·¥800 Topped with onion, pepper, bacon and more

●ビールと焼き鳥コース 並 ···· ¥2.000

■ビールと焼き鳥コース 中 ···· ¥3.000

●ビールと焼き鳥コース 上 …… ¥4.000

Yakitori A La Carte for 2 sticks

Hiyayakko Chilled Tofu

トマトスライスサラダ…

●焼きおにぎりセット…

■トムヤムクン #67 ·····

●グリーンカレー #64 ······· ¥1.300

烷飯 #77 #78 #84 ·······¥1.000

■パッドタイ #91 ……¥1.000

MENU

·¥300

·¥300

·· ¥500

····· ¥1 500



MENU

焼き鳥単品・

○冷奴 ··



3 麺'ズTable亀屋 Men's Table Kameva Men's is particular about their ramen, using

only locally grown "sarashina" flour for their hand-made noodles. Take you shoes off and relax in this all nonwww14.plala.or.jp/m-kameya



8 330

13 鮨 平

Sushi-Hei

hours: 17:00-23:00

TEL: 026-275-2234

Closed Mondays

Pasta & Pudding COCORO

Stylish shop popular with ladies (Friday Night is Ladies

types of spaghetti (Super-Size for +150 yen) and their

hours: 11:30-13:30 (until 14:30 Sat.and

Holidays); 17:30-21:00 Closed Sundays TEL: 026-275-1539 http://www.c-flight.net/cocoro.htm





Sour tang, salty soup topped with healthy wakame.

さらしなら一めん ………

味噌ら-めん …………

冷やし中華 ………

夢つけ麺

●わかめ&レモンらーめん…

焼き餃子・

チャーシューらーめん ········· ¥950

Topped with refreshing veggies. Summer Only

...¥700

· ¥1,000

¥420

煮込みハンバーグ「クリーム」…¥900 サーモンスパゲティ (35) ······¥950

ブルーチーズスパゲティ(37)…¥950 With bacon and shimeji mushrooms; cream sauce.

●大根おろしスープスパゲティー(23)····¥900 Some of Nagano's most authentic soba noodles in a 250-year old, thatched-roof building. Easy walk from Togura Station. hours: 11:00-20:00 野菜のトマトスープスパゲティ…¥900 (-19:00 on Sundays/ Holidays)

¥1.700



MENU

しにぎり 上

しにぎり 中

しにぎり 並

MENU

Nigiri-Chu Set



Chinese Restaurant Karin

Fancy Chinese cuisine at reasonable prices. Restaurant guests are invited to take an onsen bath at the adiacent Hotel

> hours : 11:00-13:30 (l.o.13:00), 17:00-21:30 (l.o. 21:00) Closed Tuesdays TEL: 026-275-5112



普

14 羽 衣

Hagoromo

hours: 18:00-24:00

Closed Irregularly

TEL: 026-275-1234







冷とろろ蕎麦 ¥1,000

天麩羅蕎麦 …………

●天麩羅 ····

TEL: 026-276-7205 http://www.sakagura.co.jp/kaya CARD TO ATOM









Colorful version sure to please the kids. ディナーコース

ディナーコース ………… Expanded version of the prix fixe meal.

宿泊プラン ········ Please Inquire



¥1000 Lg.

·¥150 ea

·¥150 ea.

···¥150 ea.

···¥500 for 8

本日の限定おす々め品…¥800-1500 Daily Specials

■宴会のコース ……… Course Meals
For Hata-san's full cuilinary skill. Reservations Req'd



Shoryuen

Of course the taste is great, but Shoryuen's chef makes tastier than normal Chinese food. In a nightclub hours: 18:00-2:00

Closed Irregularly TEL: 026-276-132





16 遊 来 Yuki

Fashionable izakaya pub featuring "kushi" and "yakitori", various creations of meat and vegetables on skewers, including hand-made "tsukune". ●焼きおにぎり hours: 18:00-23:00 (-24:00 on weekends) Closed Tuesdays

> ●イカゴロ Ikagoro Fried Squid Grilled by yourself at your table

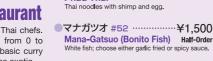


·¥480 Kawari Kushi Mori 3 pcs.

¥500 ea.

··¥370





Open Year-Round TEL: 026-275-2639



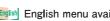






18 万 蔵



















Ona (Turnip Greens) Oyaki Still more, stuffed with slightly bitter turnip gre ●あんごおやき ……… ·····¥150 ea. Anko (Sweet Bean Paste) Oyaki
Dessert oyaki stuffed with adzuki red bean paste

Gyoza Fried Dumplings
Fat gyoza hot off the frying pan. Great with Oyal ●シューマイ… ···¥500 for 5 Shoamai Steamed Dumplings
Piping hot pork-filled dumplings.

●ラーメン …… · ¥500



Ushiwaka

Yakitori and drinks for people serious about yakitori (and drinks). Yo-chan, the man behind the counter speaks decent English. You can to one of Nagano's specialties, raw horse hours: 18:30-24:00



おとうじ(冬)・ ¥890

·¥890~

ゴマぴりうどん on in a sesame soup base with a spicy touch

生野菜うどん(夏)

そば・うどんころ ……… Koro" means delicately topped with an egg yol

●おろしそば・うどん ………

Hot or cold. Topped with grated daikon radish たぬきそば・うどん …

Hot or cold. Topped wit †"Tanuki" fried tempura batter



● ディナーコース············ ¥10.500

Wine By the Glass of Boscher French as well as Nagano wines to match the meal.



水餃子. Steamed Gyoza Dumplings served in a salt broth.

■昇龍麺 …… Shoryumen Noodles
Noodles with tofu and lots of vegetables

> ●ヤキソバ … Yakisoba Fried Noodles Choose either salty or sweet flavorin

●坦々麺 … Tantanmen Noodle Soup
Spicy dish topped with hamburger me

MENU ●焼鳥 各1本 手羽先 馬刺し

·¥1,000 Basashi (Horse Meat, Raw)
Try it -- you'll like it!

牛アミ・ ·¥800

Bacon-Wrapped Asparagus
A popular yakitori combination; 1 stick

●とん足・

Information is accurate as of June, 2010. Subject to change.

Char Shu Ramen
Ramen noodle soup topped with extra port かつ丼と小さなラーメン …¥1,200

·¥800 天ザルそば… ¥1,450

Cold soba on a zaru with a dish of tempura on the side

●とんかつ定食 ············¥1.450 breaded pork roast cutlet. With salad and the set dishe

Hot soba in a soup topped with pork.

Oshibori Udon 馬刺し ¥1,100 Basashi (Horse Meat Sash

¥600

●しょうゆ豆・枝豆… ¥300

●エリンギのバター炒め ·······¥400 Butter-sauteed Eryngii Mushroo King oyster mushrooms sauteed in butter. ●やきしいたけ ……¥300~¥400

Fried Shiitake Mushrooms Shiitake mushrooms fried with colored bell pep ●たたみいわし・ Tatami Iwashi (Fish Chips)

つくね

Benjarong 2 Restaurant ·¥530 Real Thai food made by real Thai chefs. Choose your spiciness level from 0 to 100%. Everything from the basic curry hours : 19:00-06:00

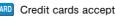


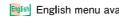
17 ベンジャロン2 レストラン



●パッカパオ #83 ·····¥1,300











¥1.400 ¥1.200

●ちらし、並 … ¥1.200 Chirashi-Nami Set Sushi toppings on a bed of ri

●鉄火巻き・ ¥1,400

●カッパ・納豆・かんぴょう巻き……¥800

Kappa, Natto or Kampyo Rolls ■サラダ巻き ¥400

"Genghis Khan" 1 Serving
Mongolian style mutton barbeque. Enjoy
grilling over our charcoal grill yourself.
Comes with vegetables to grill with the meat.

∙∙¥200~300



Sushi in ocean-less Nagano? We call it

"Mountain Sushi". Hirabayashi-san is

the funniest, baldest sushi chef in town

Sets include miso soup and tea

Manzo hinmachi. Charcoal-grilled on a Mongolian-styled grill. Our shop is tiny (only 2 tables) so reservations are recommended. Min. 2 people. hours : 18:00-23:00 Closed Irregularly Closed Irregularly TEL: 026-276-2134





hours: 18:30-23:00 Closed Sundays

TEL: 026-275-1559





··¥3,150

Lapis Lazuli's most elegant meal. hours: 12:00-13:30 l.o., 18:00-19:30 l.o.

Special for guests of Kamiyamada Hotel



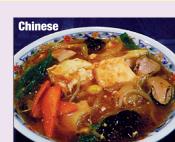
15 昇龍園

20 牛 若

Closed Sundays TEL: 026-276-1982







10 ラピス・ラズリ

match. Reservations Required.

Lapis Lazuli

Closed Mondays

●シューマイ …

Yakitori A La Carte

●しめじ巻

Lunch only

Lunch and Dinner Dinner only

·¥1,050 ·¥945

¥693

五目ラーメン … Ramen topped with lots of vegetables. ●五目やきそば… ·¥945

Yakisoba noodles topped with more veggies. 五目チャーハン … ·¥693 Fried rice topped with still more vegetables.

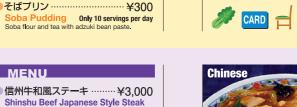
華林焼き餃子 …… Karin's fried pot sticker dumplings, set of 5.

日替わりランチ

ランチセット

杏仁豆腐 … ¥420 Dessert tofu in a fruity almond sauce

¥850



"Ba-teki" Horse Meat Steak With a ginger sauce. The healthier red me

Puri-Puri Shrimp-Mayo Salad ● アボガドとホタテのコロコロサラダ…¥1,200

●おなおやき…

■餃子



Shichifuku "Oyaki" dumplings are Nagano's soul food. And Shichifuku is our town's own little ovaki shop. Take Out is available, but it's

信州牛和風ステーキ ……¥3.000 「馬テキ」馬肉のステーキ…¥1,500

●牛タンシチュー ···· Beef Tongue Stew With Hagoromo's special demiglace sauce. ■プリプリ海老マヨサラダ…¥800 Sm.

Gourmet Japanese cuisine in a traditional setting. Sit at the counter and watch Avocado & Scallops Koro-Koro Sa Featuring little round scallops and avocado owner/chef Hata-san work his magic, or at one of the kotatsu tables with sunken floors



19 七 福

Elegant French dining highlighting local

TEL: 026-275-5575 c/o Kamiyamada Hote http://www.kamiyamada.com/lapis



Shoamai Steamed Dumplings
Shoryuen's specially hand made dumplings.

·¥300



·¥300

·¥700

¥600

·¥600

Tebasaki Chicken Wings Grilled chicken wings

●アスパラ券・

Tonsoku" Pigs Feet Boiled pigs feet, served chilled