

List of calories/allergen information

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	Menu	Calorie unit: kcal	F l o u r	E g g	M i l k	S o b a	P e a n t	S h r i m p	C r a b
Okonomiyaki	Ultimate Mix Okonomiyaki	635	●	●	●			●	
	Ultimate Yuzu Salt Pork Okonomiyaki	1019	●	●	●			●	
	Ultimate Squid Okonomiyaki	501	●	●	●				
	Ultimate Shrimp Mayo Okonomiyaki	650	●	●	●			●	
	Ultimate Octopus Okonomiyaki	660	●	●	●				
	Mochi Mentaiko Cheese Okonomiyaki	615	●	●	●				
	Mochi Mentaiko Okonomiyaki	518	●	●	●				
	Iwashita New Ginger Creamy Japanese-Flavored Beef Okonomiyaki	716	●	●	●				●
	Dohtonbori Mix Light	196		●	●			●	
	Low-carbohydrate deep-fried Chinese chicken Okonomiyaki	569	●	●	●				
	Potato with butter okonomiyaki	906	●	●	●				
	Squid king okonomiyaki	394	●	●	●				
	Dohtonbori Mix	526	●	●	●			●	
	Seoul	514	●	●	●				
	Beef gristle	482	●	●	●				
	Mayodaku (Lots of Mayonnaise)	561	●	●	●			●	
	Okonomiyaki with cheese inside	637	●	●	●				
	Okonomiyaki Plain	369	●	●	●				
	Mochi Rice Cake and Cheese	653	●	●	●				
	Spicy Pork-Cheese	623	●	●	●				
	Umigo (Seafood)	461	●	●	●			●	
	Potato mochi cheese	603	●	●	●				
	Mega Pork Okonomiyaki	960	●	●	●				
Mega Cheese Okonomiyaki	863	●	●	●					
Good value pork okonomiyaki	576	●	●	●					
Extra pork okonomiyaki	704	●	●	●					

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Hiroshima-Yaki	Hiroshima-style okonomiyaki	927	●	●	●				
	Hiroshima-style mix okonomiyaki	989	●	●	●			●	
Modern-Yaki	Dohtonbori Modern-Yaki	1067	●	●	●				
Monjayaki	Iwashita New Ginger Creamy Monja	424	●	●	●				●
	Mochi Cheese Monjayaki	468	●		●				
	Squid king monjayaki	209	●		●			●	
	Dohtonbori Mix Monja	342	●					●	
	Beef Rib Monja with Salted Leek Topping	385	●						
	Kimchi Pork	330	●						
	Hokkaido Potato Monja	457	●	●	●			●	
	Seafood Salt Monja	246	●					●	
	Yamamori Eringi monja	294	●	●	●				
	Mochi Rice Cake, Spicy Cod Roe and Cheese	431	●		●				
	Rice Cake-Mentaiko	334	●						
	Snack Ramen Monja	355	●						
	Squid, Kimchi and Cheese Monjayaki	297	●		●				
	Seaweed Salt and Potato Monjayaki	175	●						
Corn Salt Monjayaki	447	●		●					
Monjayaki Plain	184	●							

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Yaki men	Seafood Tomato Yakisoba	664	●	●	●			●	
	Shrimp Salt Yakisoba	554	●	●	●			●	
	Iwashita New Ginger Light Pork Salt Yakisoba	613	●	●	●			●	●
	Dohtonbori Style Fujinomiya Yakisoba	436	●						
	Yakisoba Omelette	726	●	●					
	Mix Yakisoba(Sauce)	563	●	●				●	
	Mix Yakisoba(Salt)	579	●	●	●			●	
	Pork Yakisoba(Sauce)	565	●	●					
	Pork Yakisoba(Salt)	581	●		●			●	
Yaki meshi	Shrimp Mayo Fried Rice	503	●	●	●			●	
	Exquisite garlic fried rice	571	●		●			●	
	Miso Cheese Grilled Rice Balls	354	●		●				
	Grilled Rice Balls (Soy sauce)	255	●						
	Fried Rice with Beef Tendon	433	●		●			●	
Grilled Meat	Dohtonbori Yakisoba and Rice	905	●					●	
	Melty Cheese Hamburg Steak	747	●	●	●				
	BIG super-hot chorizo 1pc	218			●				
	Thick-Sliced Beef Tongue	251			●				
	Beef Skirt Steak	130	●	●					
	Short Rib	275	●	●					
	Ton toro(Pork)	278		●					
	Tasty salt offal	163							
	Pork Rib Steak	392	●						
	Chicken steak	235	●						

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Teppan yaki	Potato mochi	127		●	●					
	Corn & Margarine	177			●					
	Fried Xiaolongbao	302	●							
	Hokkaidō Potato Teppanyaki	250	●		●					
	King Oyster Mushroom and Bacon	174	●	●	●					
	Beef tendon and king trumpet mushroom	143	●		●					
	Gyoza	187	●							
	Minced Sausages	300			●					
	Steaming baked garlic	294	●		●					
	Teppan grilled squid	177	●		●					
	Side Dishes	Snack Iwashita New Ginger	4							●
		Beef stew	317	●						
		Cod fish kimchi	48							●
Chilled Tofu made from Organic Soybeans		124								
Mountain of Cabbage		124		●						
Beef gristle with Pnze sauce		211	●							
Squid and Wasabi		32	●							
Domestic Edamame	182									
Kimchi	24									

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Salad	Iwashita New Ginger Refreshing Radish Salad	109	●						●
	Ceasar Salad with Freshly Fried Bacon (regular)	226	●	●	●				
	Ceasar Salad with Freshly Fried Bacon (Half-sized)	105	●	●	●				
	Daikon Radish and Seaweed Salad (regular)	36							
	Daikon Radish and Seaweed Salad (half)	17							
	Daikon Radish and Seaweed Salad (regular) Japanese sesame dressing	130	●						
	Daikon Radish and Seaweed Salad (Half) Japanese sesame dressing	59	●						
	Daikon Radish and Seaweed Salad (regular) black vinegar black sesame dressing	92	●						
	Daikon Radish and Seaweed Salad (Half) black vinegar black sesame dressing	42	●						
Dessert	Fluffy and Creamy Pudding Pancakes	458	●	●	●				
	Crema Catalana	254		●	●				
	Berry Berry Cheese Mousse	201		●	●				
	Hawaiian Pancake (Berry)	1220	●	●	●				
	Hawaiian Pancake (Chocolate)	1245	●	●	●				
	Fluffy cream cheese pancake	651	●	●	●				
	Mini Berry Parfait	190	●		●				
	Mini Chocolate Parfait	190	●	●	●				
	Rich Pudding	213		●	●				
	Frozen Mikan Slices	57							
	Sesame vanilla Ice	192			●				
	Chocolat muffin baked on ceramic plate	601	●	●	●				
	Waffle Mini Parfait	311	●	●	●				

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Kid's menu	Kids' Set (make the okonomiyaki yourself)	465	●	●	●				
	Kids' Set (okonomiyaki and yakisoba)	667	●	●	●				
	Kids' Curry Set	441							
	Kids' Udon Set	359	●						
Rice	Iwashita New Ginger Refreshing Dashi	222	●						●
	Rice	300							
	Rice(Large)	450							
	Grated Yam Rice	342	●						
	Rice set (Rise&Miso soup)	328	●						
Set menu	Rice balls (Rice ball & Miso soup)	284	●						
	Beer set	189	●						
	French fries *	264							
Deep fried food	Fried cartilage *	317	●		●				
	Fried chicken *	318	●		●				
	Fried Potato mochi *	234	●	●	●				

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Topping	Squid	44							
	corn	29							
	Shrimp	30					●		
	Red Pickled Ginger	8							
	Green onion	11							
	Snack Ramen	170	●						
	Egg	84		●					
	Kishū Nankō Plums	18							
	Octopus	50							
	Meat-Kasu	338							
	Pork	154							
	Noodles	343	●	●					
	Kimchi	14							
	Rice Cake	109							
	Cheese	137			●				
	Bacon	106		●	●				
Cubed Mayonnaise	112		●						
Mentaiko	40								

	Menu	F l o u r	E g g	M i l k	S o b a	P e a n t	s h r i m p	C r a b
Re:Life in a different world from zero Menu	Emilia's Pretty Girl Pancake	●	●	●				
	Rem's Gratin Okonomiyaki	●	●	●			●	
	Beatrice's Skirt Pork Okonomiyaki	●	●	●			●	
	Ram' Spanish Omelet Okonomiyaki	●	●	●			●	
	Echidna's Witches' Tea Party Set	●	●	●				
Spring cabbage	Grilled spring cabbage	●	●					
	Stir-fried spring cabbage on an iron plate	●		●			●	