

釜寅 全国 カロリー・アレルギー一覧表

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(全国)

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①カロリー情報は、原則として検査機関で分析した数値です。(一部の食材については、五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がございますので、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ので、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。  
※『銀のさら』『釜寅』『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『釜飯』『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『釜飯』『おだし(250ml)』『薬味』『漬物』を含んでおります。  
※釜飯KIDSメニューに『薬味』『漬け物』は付きません。

|             | 商品名               | カロリー (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 | まつたけ | 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 |   |   |  |  |
| 定番          | 「釜寅」五目            | 743         | ●     |   | ●  |    |     |     |    | ●   |    |      |    |     |    |     |    | ●  | ●  |    |    |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
|             | とり釜飯              | 865         | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
|             | 鮭いくら釜飯            | 842         | ●     |   | ●  |    |     |     |    | ●   |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      | ●   |     |      |    |         |          |       |   |   |  |  |
|             | 鯛と鮭ハラスの釜飯         | 790         | ●     |   | ●  |    |     |     |    | ●   |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    | ●    |     |     |      |    |         |          |       |   |   |  |  |
|             | 海鮮五目釜飯            | 707         | ●     |   | ●  |    |     |     |    | ●   | ●  |      |    |     |    |     |    | ●  | ●  | ●  | ●  |      |    | ●    |     |     |      |    |         |          |       |   |   |  |  |
|             | 炭火焼とり釜飯           | 817         | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    |    | ●  | ●  | ●  |      |    |      |     |     |      |    |         |          |       | ● |   |  |  |
|             | カキ釜飯              | 776         | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    |    | ●  | ●  | ●  |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
|             | 鯛釜飯               | 784         | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    |    | ●  | ●  | ●  |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
| 傑作うなぎ       | 「釜寅」 贅沢茶漬け        | 688         |       |   | ●  |    |     |     |    | ●   |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       | ● |   |  |  |
|             | うなたまぶし            | 956         | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       | ● |   |  |  |
|             | うなぎごぼう            | 898         |       |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       | ● |   |  |  |
|             | うなぎまぶし            | 995         |       |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       | ● |   |  |  |
| さっぱり        | うなぎ               | 1214        |       |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       | ● |   |  |  |
|             | 白エビと桜エビの釜飯        | 729         | ●     |   | ●  |    |     |     |    | ●   |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       | ● |   |  |  |
|             | しらすと明太子の釜飯        | 608         |       |   | ●  |    |     |     |    | ●   |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       | ● |   |  |  |
| がっつり        | あさり釜飯             | 707         |       |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       | ● |   |  |  |
|             | 牛たん釜飯             | 1133        |       | ● | ●  |    |     |     |    |     |    |      |    | ●   |    |     |    | ●  | ●  | ●  |    |      |    |      |     | ●   |      |    |         |          |       | ● |   |  |  |
|             | 牛たん釜飯 (肉1.5倍)     | 1393        |       | ● | ●  |    |     |     |    |     |    |      |    | ●   |    |     |    | ●  | ●  | ●  |    |      |    |      |     | ●   |      |    |         |          |       | ● |   |  |  |
|             | 牛すき釜飯             | 841         | ●     |   | ●  |    |     |     |    |     |    |      |    | ●   |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       | ● |   |  |  |
|             | イベリコ豚キムチ釜飯        | 1158        | ●     |   | ●  |    |     |     |    |     | ●  |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       | ● |   |  |  |
| 贅沢          | 豚釜飯               | 638         | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       | ● |   |  |  |
|             | かにいくら釜飯           | 723         |       |   | ●  |    |     |     |    | ●   |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    | ●    |     |     |      |    |         |          |       |   |   |  |  |
|             | かに釜飯              | 656         |       |   | ●  |    |     |     |    | ●   |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
|             | 特上五目釜飯            | 833         | ●     |   | ●  |    |     |     |    | ●   | ●  |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    | ●    |     |     |      |    |         |          |       |   |   |  |  |
| お重          | 金目鯛釜飯             | 751         | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
|             | 鶏重                | 734         |       |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   | ● |  |  |
|             | 豚重                | 603         | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   | ● |  |  |
|             | トロ鉄火重             | 810         | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   | ● |  |  |
|             | 胡麻だれマグロ重          | 721         |       |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   | ● |  |  |
|             | うな重 (特上)          | 1085        |       |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
| 釜寅KIDS      | うな重 (上)           | 910         |       |   | ●  |    |     |     |    |     |    |      |    |     |    |     | ●  | ●  | ●  |    |    |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
|             | 釜寅KIDS釜飯          | 588         | ●     | ● | ●  |    |     |     |    |     |    |      |    | ●   |    |     |    | ●  | ●  | ●  |    |      |    | ●    | ●   |     |      |    |         |          |       |   |   |  |  |
| ランチ         | ランチうなぎごぼう         | 839         |       |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   | ● |  |  |
|             | ランチ鶏釜飯            | 837         | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
|             | ランチ五目釜飯           | 728         | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
|             | ランチしらす釜飯          | 763         |       |   | ●  |    |     |     |    |     | ●  |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   | ● |  |  |
|             | ランチ牛ごぼう釜飯         | 802         |       |   | ●  |    |     |     |    |     |    |      |    |     | ●  |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   | ● |  |  |
| SP商品        | 松茸五目釜飯            | 766         | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
|             | 竜田揚げ (5コ) (ボン酢)   | 286         | ●     | ● | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
| サイドメニュー     | 竜田揚げ (5コ) (タルタル)  | 402         | ●     | ● | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
|             | 竜田揚げ (10コ) (ボン酢)  | 572         | ●     | ● | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
|             | 竜田揚げ (10コ) (タルタル) | 668         | ●     | ● | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
|             | 手羽先2本             | 87          | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   | ● |  |  |
|             | 手羽先4本             | 173         | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   | ● |  |  |
|             | ぶっかけうどん           | 223         |       |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
|             | カップ赤だし (あさり)      | 82          |       |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
|             | 茶碗蒸し              | 72          | ●     | ● | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
|             | 海鮮茶碗蒸し            | 136         | ●     | ● | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
|             | お茶 (1本)           | 0           |       |   |    |    |     |     |    |     |    |      |    |     |    |     |    |    |    |    |    |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
|             | 温玉ぶっかけうどん         | 313         | ●     |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
|             | 刺身一人盛             | 144         | ●     |   | ●  |    |     |     |    | ●   | ●  |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
|             | わらびもち             | 196         |       |   |    |    |     |     |    |     |    |      |    |     |    |     |    |    | ●  | ●  | ●  |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
|             | クレームブリュレ          | 240         | ●     | ● | ●  |    |     |     |    |     |    |      |    |     |    |     |    |    | ●  | ●  | ●  |      |    |      |     |     |      |    |         |          |       |   | ● |  |  |
|             | 大学いも              | 312         |       |   |    |    |     |     |    |     |    |      |    |     |    |     |    |    | ●  | ●  | ●  |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
|             | 枝豆                | 264         |       |   |    |    |     |     |    |     |    |      |    |     |    |     |    |    | ●  | ●  | ●  |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
|             | ミルクチョコレート アイスクリーム | 166         |       |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    |    | ●  | ●  | ●  |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
| 濃厚バスクチーズケーキ | 158               | ●           | ●     |   |    |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
| トッピング       | いくら               | 51          |       |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    | ●  | ●  | ●  |    |      |    |      |     |     |      |    |         |          |       |   |   |  |  |
|             | ちりめん山椒            | 29          |       |   | ●  |    |     |     |    |     |    |      |    |     |    |     |    |    |    |    |    |      |    |      |     |     |      |    |         |          |       |   |   |  |  |