

Lunch

11:00 AM – 2:00 PM (Last Order)

Enjoy a moment of Sanuki Time
at the historic Former Nanbara Residence,
built in 1912 at the foot of Goshikidai.

Our meals celebrate the blessings of this region,
enhanced by the power of natural fermentation.
We invite you to savor nourishing dishes that bring comfort
and vitality to both body and mind.

Seasonal Sanuki Vegetable Lunch

¥2,200 Includes a drink

This Month's Main Dish



Enzyme-Brown Rice (Kōso Genmai)

Made with pesticide-free rice and adzuki beans grown by Mr. Anabuki in Kawabe, Takamatsu, and seasoned with carefully selected natural salt. Cooked in a special pressure cooker and aged for more than three days, this traditional fermented brown rice develops a rich flavor and satisfying texture. Kōso Genmai is often described as a source of “living enzymes,” and is valued for its many reported health benefits.

Today's Miso Soup A seasonal selection personally recommended by our chef.

1 Marumi Koji Honten (Okayama)
Mitai no Uta Koji Miso

2 Marumi Koji Honten (Okayama)
Gohyaku no Haru Brown
Rice Miso

+ ¥100

Pesticide-free rice and miso are also available for purchase.

Seasonal Sanuki Vegetable & Soy Meat Lunch

¥2,200 Includes a drink

Available Sundays and Mondays Only



“A Satisfying Plant-Based Meal — Make One Day a Week Your Veggie Day”

Incorporating fermented foods and seasonal vegetables into daily meals was once a natural part of traditional Japanese wellness. Inspired by the wisdom of classic Japanese home cooking, we hope this meal offers a simple opportunity to enjoy a way of eating that is both nourishing and relevant to modern life.

Please Note:

The Soy Meat Lunch is not strictly vegan.

Traditional Japanese stock made from dried ingredients such as bonito flakes and dried sardines may be used. Free-range eggs may also be included in certain dishes.

Seasonal Sanuki Vegetable Amazake Curry



¥1,800 Includes a drink

A gluten-free curry made with tomatoes, onions, carrots, and shimeji mushrooms, gently sweetened with traditional amazake.

Prunes, ginger, and miso add depth and richness, creating a flavorful curry that highlights the natural goodness of its ingredients.

Served with seasonal vegetables from local producers.



Topping

Shio Koji Grilled Japanese Chicken Thigh

¥2,200 Includes a drink



Topping

Onion Koji Hamburger Steak

¥2,200 Includes a drink

Extra Rice +¥200

Kids' Meal



¥1,100

Served with
Miso Soup
and Ice Cream

À La Carte

- Kōso Genmai (Fermented Brown Rice) ¥250
- White Rice with Pearl Barley ¥150
- Onion Koji Hamburger Steak ¥500
- Miso Soup ¥300

Lunch Drinks

- Seasonal Blend Coffee (Hot / Iced) + ¥50 Mug-Size Coffee
- Takase Black Tea (Hot) + ¥100 Café au Lait (Hot / Iced)
- Persimmon Leaf Tea (Hot / Iced) + ¥200
- Amazake (Hot / Iced)
- + ¥300 Seasonal Herbal Tea (See Separate Menu)

About Our Coffee

We partner with Midori no Egao Roastery in Marugame, Kagawa, to create a seasonal coffee blend specially selected to complement the dishes and sweets served at Kyu Nanbara-tei.

Their coffee is made from certified organic green beans grown without pesticides or chemical fertilizers and roasted using the unique "50°C Hot Water Washed Roasting®" method.

- Coffee Beans / Ground Coffee (100g) ¥1,100

Midori no Egao Roastery

Coffee drip workshops led by Mr. Urayama ("Usa-san") are held seasonally at Kyu Nanbara-tei.

For upcoming dates and details, please follow our official LINE account.
If you are interested, please feel free to ask our staff.

What is Amazake?

Naturally sweet yet made without added sugar, amazake derives its gentle sweetness from rice fermented with koji.

Rich in glucose, amino acids, and vitamins, it is often referred to in Japan as a "drinkable nourishment."

A versatile fermented food, amazake can be enjoyed as a drink or used in cooking as a natural sweetener.

Our chef also hosts Shio Koji and Amazake workshops once or twice a month.

Lunch Desserts



Seasonal Mini Dessert
¥380

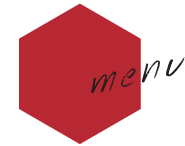
Seasonal Ice Cream
¥680

Made with seasonal fruits and vegetables sourced from local farmers.



Happiness Dessert Plate ¥680





Drinks & Desserts

2:00 PM – 4:30 PM (Last Order)

Enjoy a relaxing tea time while surrounded
by the gentle flow of time at Kyu Nanbara-tei.

Please make yourself comfortable
and savor a peaceful moment.

Drinks

- Seasonal Blend Coffee (Hot) ¥550

Mug Size +¥50

*Coffee beans are available for purchase. 100g /¥1,100

- Seasonal Blend Coffee (Iced) ¥580

- Coffee Float ¥680

- Café au Lait (Hot) ¥580

- Café au Lait (Iced) ¥600

- Persimmon Leaf Tea (Hot / Iced) ¥550

A naturally caffeine-free tea made from pesticide-free persimmon leaves grown in Kagawa and Tokushima.

- Fermented Black Tea “Takase Benicha” ¥550

A fermented tea made from the Japanese tea cultivar “Meiryoku.”

*Tea bags are available for purchase. ¥1,080

- Seasonal Fruit & Amazake Smoothie ¥700

A healthy smoothie blended with homemade amazake, soy milk, and seasonal fruit.

- Homemade Syrup Soda ¥650~

Seasonal homemade syrups, including plum, shiso, and kumquat, served with sparkling soda.

- Homemade Amazake ¥350

Desserts



Rice Flour Chiffon Cake

Made with rice flour from Mr. Anabuki and served with seasonal fruit.

Please ask our staff about today's fruit selection.

¥550

Anabuki Rice Flour (500g) ¥410



Amazake Basque Cheesecake

A rich and creamy Basque cheesecake made with our homemade amazake.

¥660



Today's Special Sweet

Please ask our staff for today's selection.

¥600~



Seasonal Ice Cream

See separate menu.

¥700~

*Not eligible for discounts.