

| | エネルギー(kcal) | たんぱく質(g) | 脂質(g) | 炭水化物(g) | ナトリウム(mg) | 食塩相当量(g) | アレルゲン27品目 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|-------------|----------|-------|---------|-----------|----------|-----------|----|----|--|--|--|--|--|--|--|--|----|----|--|--|--|----|--|--|--|----|--|--|--|--|--|--|--|--|--|--|--|--|----|----|----|----|
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【単品温麺】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 家族庵そば | 598 | 35.8 | 26.9 | 78.8 | 370 | 8.0 | 卵 | 小麦 | そば | | | | | | | | | えび | | | | | | | | | 牛肉 | | | | | | | | | | | | | ごま | | | |
| 家族庵うどん | 607 | 33.2 | 26.4 | 84.5 | 936 | 9.5 | 卵 | 小麦 | そば | | | | | | | | | えび | | | | | | | | | 牛肉 | | | | | | | | | | | | | | ごま | | |
| 大海老天ぷらそば | 509 | 26.4 | 23.7 | 74.9 | 105 | 7.3 | 卵 | 小麦 | そば | | | | | | | | | えび | | | | | いか | | | | | | | | | | | | | | | | | ごま | | | |
| 大海老天ぷらうどん | 517 | 23.8 | 23.2 | 80.6 | 671 | 8.8 | 卵 | 小麦 | そば | | | | | | | | | えび | | | | | いか | | | | | | | | | | | | | | | | | | ごま | | |
| 鴨なんそば | 475 | 29.0 | 16.8 | 60.2 | 32 | 7.1 | | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鴨なんうどん | 484 | 26.4 | 16.3 | 66.0 | 598 | 8.6 | | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 肉そば | 423 | 22.1 | 20.2 | 66.3 | 301 | 7.7 | | 小麦 | そば | | | | | | | | | | | | | | | | | | 牛肉 | | | | | | | | | | | | | | | | |
| 肉うどん | 431 | 19.5 | 19.7 | 72.1 | 867 | 9.2 | | 小麦 | そば | | | | | | | | | | | | | | | | | | 牛肉 | | | | | | | | | | | | | | | | |
| 揚げ餅そば | 406 | 20.0 | 11.6 | 83.1 | 89 | 7.2 | 卵 | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ごま | | |
| 揚げ餅うどん | 415 | 17.4 | 11.1 | 88.8 | 655 | 8.7 | 卵 | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ごま | | |
| 梅の華そば | 300 | 19.5 | 9.3 | 63.1 | 572 | 8.4 | 卵 | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 梅の華うどん | 308 | 16.9 | 8.8 | 68.9 | 1138 | 9.9 | 卵 | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| かき揚げそば | 779 | 22.0 | 54.8 | 75.4 | 77 | 7.2 | 卵 | 小麦 | そば | | | | | | | | | 乳 | えび | | | | | | | | | | | | | | | | | | | | | | | | |
| かき揚げうどん | 788 | 19.4 | 54.3 | 81.1 | 643 | 8.7 | 卵 | 小麦 | そば | | | | | | | | | 乳 | えび | | | | | | | | | | | | | | | | | | | | | | | | |
| きつねそば | 330 | 19.3 | 12.1 | 64.2 | 163 | 7.4 | 卵 | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| きつねうどん | 339 | 16.7 | 11.6 | 70.0 | 729 | 8.9 | 卵 | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| わかめそば | 284 | 18.1 | 9.2 | 61.3 | 309 | 7.8 | 卵 | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| わかめうどん | 292 | 15.5 | 8.7 | 67.1 | 875 | 9.3 | 卵 | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【単品冷麺】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 大海老天ざるそば | 750 | 29.5 | 18.4 | 116.7 | 1099 | 2.8 | 卵 | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ごま |
| 大海老天ざるうどん | 545 | 19.1 | 16.3 | 80.5 | 1662 | 4.3 | 卵 | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ごま |
| イペリコ豚ざるつけ麺○そば○ | 705 | 28.1 | 22.1 | 102.2 | 989 | 3.5 | | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 豚肉 |
| イペリコ豚ざるつけ麺○うどん○ | 503 | 17.9 | 20.0 | 66.4 | 1552 | 5.0 | | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 豚肉 | |
| 鴨つけそば | 707 | 32.5 | 12.4 | 101.1 | 848 | 3.1 | | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鴨つけうどん | 505 | 22.2 | 10.3 | 65.3 | 1410 | 4.6 | | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 大海老天ぶっかけそば | 586 | 30.3 | 16.9 | 77.1 | 1235 | 3.2 | 卵 | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ごま |
| 大海老天ぶっかけうどん | 540 | 25.7 | 15.9 | 72.1 | 1801 | 4.7 | 卵 | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ごま |
| 山かけそば | 516 | 24.6 | 10.4 | 80.8 | 1174 | 3.0 | 卵 | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 山芋 | |
| 山かけうどん | 472 | 20.1 | 9.5 | 76.1 | 1739 | 4.5 | 卵 | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 山芋 | |
| ぶっかけかき揚げそば | 873 | 19.8 | 48.3 | 88.5 | 1076 | 2.7 | 卵 | 小麦 | そば | | | | | | | | | 乳 | えび | | | | | | | | | | | | | | | | | | | | | | | | |
| ぶっかけかき揚げうどん | 827 | 15.2 | 47.4 | 83.5 | 1642 | 4.2 | 卵 | 小麦 | そば | | | | | | | | | 乳 | えび | | | | | | | | | | | | | | | | | | | | | | | | |
| 梅しぐれそば | 376 | 16.1 | 2.8 | 73.1 | 1570 | 3.9 | | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 梅しぐれうどん | 330 | 11.5 | 1.8 | 68.1 | 2136 | 5.4 | | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ざるそば | 343 | 13.3 | 2.5 | 67.5 | 671 | 1.7 | | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ざるうどん | 297 | 8.7 | 1.5 | 62.5 | 1236 | 3.2 | | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ぶっかけそば | 576 | 25.7 | 17.0 | 79.2 | 1276 | 3.1 | 卵 | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ぶっかけうどん | 530 | 21.1 | 16.1 | 74.2 | 1841 | 4.6 | 卵 | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| おろしそば | 370 | 15.4 | 3.1 | 70.6 | 1006 | 2.5 | | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| おろしうどん | 326 | 10.8 | 2.2 | 65.9 | 1572 | 4.0 | | 小麦 | そば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

