

the KING of Macrobiotic

カラダをリセットするマクロビ 6・7号食。

No6・7 diet resets your body.

No.6 diet

brown rice-ball * 2pcs
miso-soup, pickled.

65bht



No.7 diet

brown rice-ball * 2pcs

30bht



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What is No.7 diet?

We are overeating usually.
We have lost the indicator of the meal which should exist.
And the disorderly meal (like a No.1-3) is carried out.



No.3



rice + soup + 3 dishes
(Veg or Seafood)

No.2



rice + soup + 4 dishes
(Veg, meat, seafood)

No.1



eat anything, no limited !!

-These become a general physical complaint (chronic disease) gradually.

Illustration by <http://www.yuwaenji.com/paper/gimma7go07.htm>

Now, let's reset your mind and the body
with this meal!

厳選素材のマクロビ素食でココロと身体をリセット！

Raw VEGAN RAW VEGAN SWEETS,

ロースイーツとは、小麦、砂糖、卵、乳製品を一切使わず、48℃以上の加熱をしないお菓子です。小麦粉の代わりに生のナッツ類や穀類、生クリームの代わりに生カシュークリーム等をベース状にしたもの、砂糖の代わりにアガベネクターやメープルシロップ、デークなどが多いられています。生きた酵素が摂取できるローフードは今、世界中で注目されています。

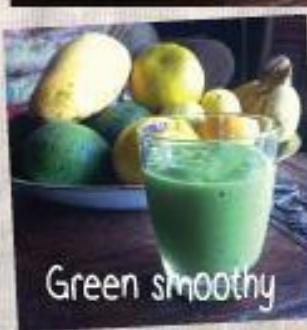


DAILY VEGAN SWEETS

Gluten Free
Muffin
from our oven

Vegetables into our
muffin 30% or more.

この自家製グルテンフリーマフィンには、野菜を30%以上練り込んでいます。



Please check
the counter top.

日替りのビーガンスイーツは、黒板をご覧ください。



Gluten-free Pasta

Vegan Bolognese with organic Rice Pasta



It is an organic gluten free pasta containing mulukhiya, the original pasta sauce of our shop -- please try. The sauce has deep substance and is very delicious.

+15b grilled vegetables on
ex) eggplant, zucchini,etc

+50b big size (大盛り)

130bht

Pita sand

with
Hummus

Soup set

Whole wheat pita bread (Vegan)
Home made Hummus by Navy beans.
mini soup set

Navy beans are good fiber which make cholesterol reduce, and are the source of a high protein of Manganese, Copper & Manganese—Help with Energy Production Plus antioxidant Defenses.

110bht



No.1 Vegan Burger

with drink
hot coffee or Healthy tea



Whole wheat buns
全粒粉パンズ
fresh vegetables
Home made Tofu mayonnaise
自家製豆腐マヨネーズ
Amrita's special patty
アムリタ特製ベジバーグ

110bht

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Kombu-cha

紅茶キノコ

Kombucha has Many lactic acid bacteria, digestive enzymes, and papain.

It neutralizes a toxin over the digestive-organs whole region, and is said to improve an immune function.



Since this tea improves blood circulation, tiredness is removed very very much.

a glass
60bht

日本では「紅茶キノコ」と呼ばれている健康飲料は、海外では何故か「KOMBUCHA」と呼ばれています。発酵飲料で乳酸菌や消化酵素をよく含み、消化器全域で解毒を図るとともに、身体の免疫力を向上させると言われています。私は肩が凝った時、疲れを感じる時にグビッと一杯頂いています。

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Soy-Yogurt, Cereal

Soy-Yogurt 豆乳ヨーグルト

40bht



Soy-Yogurt Muesli

豆乳ヨーグルト +トライフルーツ、シリアル



Wheat flakes, oats, dried banana / fig / date / pear / apricot / apple / plum

*not included: Fruit sauce and fresh fruits.

50bht

Granola bar

グラノーラバー(4種類)

- * Banana
- * Orange
- * plum
- * cranberry

35bht

日替わりマクロビ玄米菜食ランチ

Daily Lunch set :)

It is a set of beautiful **brown rice**,
detoxification **vegetables soup** and
exellent vegetables **plate**,
a cup of **papaya leaf tea**.



macrobiotic cooking L. amrita



In order to enjoy the exact taste of vegetables,

We cook very simply :)

Please ask us
what is today's Lunch.

set price

99bht



*changing**

(A) a bowl of rice to (B) rice-ball +10B
wrapped by seaweed or pickled mustard leaf

same again?

お代ありいかが?

Rice . 20B

a Rice-ball . 15B

soup . 30B

Veggy plate . 60B

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“SOBA” Buckwheat Noodles

アムリタ特製 お野菜つゆの温蕎麦と夏季限定ざる蕎麦

What Is Soba?

Soba noodles are native Japanese noodles made of buckwheat flour.

the major health benefits of buckwheat.



- *Decreases cholesterol
- *Lowers blood pressure
- *Reduces fat accumulation
- *Promotes healthy bowel movements
- *Fits a well-balanced and low-calorie diet.

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all season

amrita Microbiotic Way

hot SOBA, amrita garden VEGGY style



seasonal vegetables,
:Veggy soup ::
kombu & shiitake mash-
room, soy-sause, sweet
rice-wine, ancient salt, only

90bht



hot season only

amrita Microbiotic Way

cold SOBA, amrita garden VEGGY style



seaweed, pickled plum, ginger
:Veggy soup ::
kombu & shiitake mash-
room, soy-sause, sweet
rice-wine, ancient salt, only

90bht