



# Lunch Menu

ちかんごはん。大戸屋



# OOTOYA TEISHOKU

SIDE  
DISH

副菜

## THE METABOLISM BOOSTER

からだの調子を整えるもと

Side dishes contain many healthy vitamins and fiber to help the body with digestion and promote good health.

野菜などを使った料理で、ビタミン・ミネラル・食物繊維などを多く含みます。

There is a saying in Japan that states, having a main dish, rice and side dish on a tray

## 大戸屋の定食バランス

定食の良さは、“一汁三菜”スタイル。お盆の上に、おかず  
いろいろな食材からバランスの良

meal with one soup and three other components, creates a healthy and balanced meal.

## 食バランス

(主菜)・ごはん(主食)・野菜(副菜)・味噌汁(汁物)が揃い、  
い食事を摂ることができます。

MAIN  
DISH

主菜

## THE ESSENTIALS

からだをつくるもと

The main dish is typically composed of fish, meats, eggs and beans, all of which contain proteins and lipids the body needs to survive. 魚や肉、卵や大豆製品などを使ったおかず中心の料理で、たんぱく質、脂質を多く含みます。



MISO  
SOUP

汁物

## THE METABOLISM BOOSTER

からだの調子を整えるもと

Miso is a traditional Japanese seasoning produced by fermenting soybeans with salt and Koji and sometimes rice, barley, or other ingredients. It promotes good gut health, which is essential for mental and physical wellness.

味噌は大豆や麦などの穀物に、麹と塩を加えて発酵させた、日本の伝統的な発酵食品です。

RICE

主食

## THE ENERGY BOOSTER

エネルギーのもと

Rice, or sometimes noodles, contain carbohydrates which are very important as they allow the body to use them for the production of energy.

ご飯、麺類などで、炭水化物を多く含み、エネルギーのもとになります。

## OOTOYA ORIGINAL INGREDIENTS

米



### Rice

Rice is one of the most important components for Japanese cuisine. Ootoya uses one of the highest quality rice, carefully chosen and imported with temperature control from Japan. Our rice is stored at optimal temperature and milled just before delivery to ensure its quality and freshness.

出汁



### Dashi

Ootoya uses an original blend of fish, premium Kombu seaweed, and freshly shaved bonito flakes to create a unique dashi stock with an elegant and pure aroma, as well as a rich flavor. Contains no additives.

鰹節



### Bonito Flakes

Our carefully selected bonito comes from Kagoshima (Makurazaki), Japan, and is freshly shaved daily with a specially designed machine to enrich its natural flavor and maximize the aroma it contributes to our dashi.

麹



### Koji

Koji (fermented seasoning) is used at Ootoya to soak ingredients, bringing out their natural taste with a deeper flavor and robustness, and make their texture juicier.

## PREMIUM MEAT



### Washu Beef

Washu beef comes from American-bred cattle, using a custom Japanese program that carefully selects superior genetic traits (Japanese Black Wagyu), cross breeding them with the finest Black Angus cattle. Typically in addition to the fine meat quality, it has moderate texture and rich taste.



### Silky Pork

Silky Pork is a new brand of pork introduced in 2010. Chester White, the fourth breed, is added to the three breeds of pig that is the traditional American pork production. Silky Pork is tender and juicy with cherry-blossom-pink colored flesh, notable marbling and a soft and subtly sweet fat layer.

# TEISHO

Teishoku set comes with rice, miso

## STEP 1 Choose Your Entree (Essentials)



**Recommended Rice Options**  
**HIJIKI SEAWEED** +\$1  
 TORI KUROZU AN SET  
 鶏と野菜の黒酢あん定食  
 \$22  
 Fried chicken and vegetables served with an original sweet and sour vinegar sauce



**SHIMA HOKKE SET**  
 しまほけ定食 \$25  
 Grilled Aka mackerel served with Japanese grated radish



**SABA SET**  
 さば塩焼き定食 \$24  
 Grilled salted mackerel served with Japanese grated radish



**JAPANESE BUTTERFISH SET**  
 沖日鰯御飯定食 \$25  
 Grilled Japanese butterfish imported from OOTOYA Japan, marinated in a special soy-sauce based Koji and Japanese grated radish on the side



**CHICKEN KATSU SET**  
 チキンかつ定食 \$20  
 Breaded and deep fried chicken cutlet served with an original Tonkatsu sauce



**KAASAN NI SET**  
 チキンかきん煮定食 \$24  
 Breaded and deep fried chicken and onion topped with Japanese grated radish and a poached egg served in a soy sauce infused broth



**SALMON SAIKYO YAKI SET**  
 鮭の西京焼き定食 \$25  
 Grilled salmon marinated in a special Saikyo Miso served with Japanese grated radish



**PORK KIMCHEE NABE SET**  
 豚キムチ鍋定食 \$26  
 Mergery pork belly slices, kanchu, Tofu, egg, Nira chives and vegetables with an original spicy kimchee soup in a hot pot



**TORI SHIO KOJI SET**  
 鶏の塩麹焼き定食 \$24  
 Grilled chicken marinated in a special salt based Koji



**WASHU BEEF SUKIYAKI NABE SET**  
 大戸屋風和牛すき焼き鍋定食 \$32  
 Japanese traditional hot pot contains freshly sliced beef and vegetables with a soy based original sweet Sukiyaki sauce in a hot pot



**KAKI FRY NABE SET**  
 カキフライみぞれ鍋定食 \$29  
 Breaded and deep fried oyster and tofu simmered with an original broth and grated daikon radish



**SALMON TONYU NABE SET**  
 サケ、豆腐、野菜 \$27  
 Salmon, Tofu, and vegetables with a creamy soy milk broth in a hot pot



**MISO KATSU SET**  
 豚ロースかつの味噌煮定食 \$25  
 Breaded and deep fried silky pork loin cutlet, vegetables and a poached egg served in a Miso infused broth



**ONSEN TAMAGO**  
 オートン卵 \$13  
 Japanese style organic poached egg



**TONKATSU SET**  
 豚ロースかつ定食 \$21  
 Breaded and deep fried silky pork loin cutlet served with an original Tonkatsu sauce



**TONKATSU CURRY SET**  
 豚かつカレー定食 \$24  
 Japanese style curry with breaded deep fried silky pork loin cutlet



**KATSU TOJI SET**  
 豚ロースかつの(卵)玉子とじ定食 \$25  
 Breaded and deep fried silky pork loin cutlet and onion topped with a layer of half cooked egg served in a soy sauce infused broth



**PONZU and GRATED RADISH**  
 おしん汁 \$2  
 A ponzu and grated radish dipping sauce



**EBI FRY CURRY SET**  
 海老フライカレー定食 \$23  
 Japanese style curry with breaded deep fried shrimp

# KU SET

soup, salad, and homemade pickles

## STEP 2 Choose Your Rice (Energy Booster)



### Rice Upgrade Options



**JAPANESE PREMIUM WHITE** 日本産 白米  
**MULTI GRAIN RICE** 五穀米 (V) +\$1  
**JAPANESE YAM** とろろご飯 +\$2  
**HOUSEMADE CURRY** カレーソース +\$3  
**HIJIKI SEAWEED** ひじきご飯 +\$1

MISO SOUP OPTION Change to Clear Soup for free

### Rice Topping Options



**OOTOYA BLEND KATSU MISO** \$3  
 大戸屋オリジナルかつお味噌  
 Seasoned miso blended with freshly shaved Bonto flakes  
**SALMON ROE** いくら (★) \$5  
 Fresh Salmon roe  
**SALMON FLAKES** ナーモンほぐし身 \$3  
 Grilled Salmon flakes lightly seasoned with salt  
**NORI SEAWEED** 味付け海苔 (V) \$2  
 Seasoned crunchy Nori seaweed

## STEP 3 Choose Your Sides (Metabolism Booster)



**MINI HOMEMADE TOFU** 手造り豆腐 (V)(G) \$4  
 Served with special bonito flakes  
**MINI EDAMAME** 枝豆 (V)(G) \$3  
 Boiled soybean sprinkled with salt  
**SASHIMI 3TEN** (Tuna or Salmon) 刺身3点 (★)(G) \$9  
**CHAWANMUSHI** 茶碗蒸し (★) \$5 (Plan \$2)  
 Homemade egg omelet with chicken, shrimp, and scallop inside, topped with salmon roe  
**ORGANIC NATTO** オーガニック納豆 (V)(G) \$3  
 Fermented organic soy beans imported from Japan  
**ONSEN TAMAGO** オーガニック温泉卵 (★)(G) \$3  
 Japanese style organic poached egg  
**BONITO FLAKES** 本枯れ削り節 (G) \$3  
 Freshly sliced special bonito flakes

## STEP 4 Choose Your Salad Dressing



**MATCHA SOYMILK RANCH**  
**NON-OIL GINGER MISO**  
**KANZURI SPICY**  
**OOTOYA VEGETABLE WAFU**  
**DIJON SESAME MUSTARD MAYONNAISE**

## STEP 5 Add Your Favorite (Metabolism Booster)



**HANDMADE GRILLED PORK GYOZA DUMPLING** (Spicy) 手作り豚餃子 \$3  
 Original Pork Gyoza with a soy-sauce based Koji dipping sauce  
**BEEF POTATO CROQUETTE** (Spicy) 牛肉ポテトコロッケ \$3  
 Breaded and deep fried mashed potato and minced beef, served with an original Tonkatsu sauce  
**CHICKEN KARAAGE** (Spicy) 鶏唐揚げ \$3  
 Fried chicken flavored with a garlic soy sauce  
**SHISHITO FRY** (Spicy) ししとうフライ \$3  
 Fried Shishito peppers sprinkled with salt

\*(★) Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

\*(V) Vegetarian option. (G) Gluten free option available. Please ask staff for more details.

# NOODLES SET

Set comes with salad and homemade pickles

STEP 1

## Choose Your Rice & Noodles

### KATSU JU

かつ重 (★)  
Regular \$25  
Small \$19  
Breaded and deep fried silky pork loin cutlet and onion simmered in a Dashi broth wrapped with a layer of half-cooked custard egg over rice



OYAKO JU  
親子重 (★)  
Regular \$22 Small \$16  
Grilled chicken and onion simmered in a Dashi broth wrapped with a layer of half-cooked custard egg over rice

### SALMON IKURA DON

サーモンイクラ丼 (★)  
Regular \$30 Small \$20  
Salmon and salmon roe served on top of Sushi rice



### OOTOYA ORIGINAL UNAGI (EEL) JU

大戸屋うなぎ重  
Regular \$39  
Small \$27  
Steamed and grilled eel served with an original sauce over steamed rice



STEAK JU (★)  
和州牛ステーキ重  
Regular \$38  
Small \$26  
Washu-beef top-sirloin steak with an original sauce over rice

### KAISEN DON (★)

海鮮丼 (★)  
Regular \$38  
Small \$22  
Assorted Sashimi served on top of Sushi rice (Assortment is subject to change based on availability) Small has no sea urchin



### BARA CHIRASHI DON (★)

バラチラシ丼 (★)  
Regular \$30 Small \$20  
Finely diced assorted Sashimi containing Tuna, Yellowtail, Scallop, Shrimp, Salmon, Egg, Kampyo, and Salmon roe served on top of Sushi rice



SEIRO SOBA  
せいろそば \$5  
Cold Soba noodles served with an original dipping sauce



SEIRO UDON  
せいろうどん \$5  
Cold Udon noodles served with an original dipping sauce



KAKE UDON  
かけうどん \$5  
Hot Udon noodles served in an original Dashi soup



KAKE SOBA  
かけそば \$5  
Hot Soba noodles served in an original Dashi soup

STEP 2

## Choose Your Sides (Metabolism Booster)



MINI HOMEMADE TOFU  
手造り豆腐 (V)(G) \$4  
Served with special bonito flakes



MINI EDAMAME  
枝豆 (V)(G) \$3  
Boiled soybean sprinkled with salt



SASHIMI 3TEN (2pcs)  
刺身3点 (★)(G) \$9  
(Tuna or Salmon)



CHAWANMUSHI  
茶碗蒸し (★) \$5 (Plain x2)  
Homemade egg custard with chicken, shrimp, and scallop inside, topped with salmon roe



ORGANIC NATTO  
オーガニック納豆 (V)(G) \$3  
Fermented organic soy beans imported from Japan



ONSEN TAMAGO  
オーガニック温泉卵 (★)(G) \$3  
Japanese style organic poached egg



BONITO FLAKES  
本枯れ削り節 (★) \$3  
Freshly sliced special bonito flakes

STEP 3

## Choose Your Salad Dressing



MATCHA SOYMILK RANCH



NON-OIL GINGER MISO



KANZURI SPICY



OOTOYA VEGETABLE WAFU



DIJON SESAME MUSTARD MAYONNAISE

STEP 4

## Add Your Favorite (Metabolism Booster)



HANDMADE GRILLED PORK GYOZA DUMPLING (2pcs) \$3  
手作り豚餃子  
Original Pork Gyoza with a soy-sauce based Koji dipping sauce



BEEF POTATO CROQUETTE (1pc) \$3  
牛肉ポテトコロッケ  
Breaded and deep fried mashed potato and minced beef, served with an original Tonkatsu sauce



CHICKEN KARAAGE (2pcs) \$3  
鶏唐揚げ  
Fried chicken flavored with a garlic soy sauce



SHISHITO FRY (2pcs) \$3  
ししとうフライ  
Fried Shishito peppers sprinkled with salt

# Kids Menu

お子様メニュー

(Menu comes with Chawanmushi and 100% fruit juice)  
(All hand-made and designed for kids 12 years of age or younger)

## OKOSAMA LUNCH

お子様ランチ \$14

Pictured from left to right, the set includes, fried chicken, fried shrimp, grilled minced beef, fried potato, egg omelette, and chicken rice (Ingredients are subject to change)



## OKOSAMA JAPANESE BENTO

お子様寿司 \$11

Fried chicken, egg omelette, sweet potato fry, salmon rice ball, hijiki seaweed rice ball (ingredients are subject to change)

# Dessert Menu デザートメニュー

## SEASONAL DESSERT

季節のデザート  
Please ask your server for more details

## ICE CREAM \$3.5~

アイスクリーム

Green tea or Black sesame

\*Available flavor varies depends on seasonality

Extra Toppings:

Brown Sugar Syrup	\$1	Rice cake	\$1
Soybean flour	\$1	Matcha jelly	\$2
Red beans	\$1		



## MATCHA ANMITSU \$9

抹茶アイスと宇治抹茶寒天の豆乳あんみつ  
十勝産小豆・柚子寒天・白玉添え  
Green tea ice cream, Uji-matcha jelly, Yuzu jelly, rice cake, red beans served with soymilk

(★) Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk foodborne illness.



OOTOYA GROUP WORLDWIDE NETWORK  
OVER 400 STORES  
ACROSS 8 COUNTRIES



OOTOYA AMERICA



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212-704-0833  
141W 41ST St.  
New York, NY 10036



**UNION SQUARE**  
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**CHELSEA**  
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OOTOYA reserves the right to make any changes of menus and rules without prior notice.