

# 四季の里

## 天ぷら Tempura



**とり天ぷら盛合わせ... ¥460**  
人気の天ぷら  
Tempura mix platter (Chicken)  
popular tempura platter



**えび天ぷら盛合わせ... ¥510**  
人気の天ぷら  
Tempura mix platter (Shrimp)  
popular tempura platter



**かき揚げ(小えび入り)... ¥510**  
大ボリューム  
Kakiage  
(vegetable tempura with small shrimp)  
Hearty dishes!

## デザート Dessert



**チョコ南部アイス... ¥360**  
Chocolate Nambu ice cream

## お飲物 Drinks

### ソフトドリンク Soft drinks

**りんごジュース... ¥390**  
岩手県産のりんごを100%使用  
Apple juice Using 100% Iwate-grown apples

**巖手屋のお茶... ¥162**  
カフェインゼロ  
Iwateya tea caffeine free

**ノンアルコールビール... ¥310**  
Non-alcoholic beer

### アルコール Alcohol

**ビール... ¥510**  
Beer

**生酒... ¥510**  
Raw sake

**蕎麦焼酎**  
**そば湯割り... ¥510**  
Soba alcohol with hot water



## お持ち帰りメニュー お土産やご自宅用に

To Go for a "gift" or "yourself"

### おばあちゃんの だいこんの つくだに... ¥280

Home made Radish  
soy sause taste

大根のバリバリとした食感を残した「つくだに」です。どこか懐かしい、でも新しい味。ちょっぴりピリピリッとあとひくおいしさです。

Crisp daikon radish simmered in soy sauce and mirin. It's a new type but will make you feel nostalgic. It's a bit crunchy and quite delicious.



### おばあちゃんの五目おこわ... ¥484

Home made glutinous rice

岩手産のもち米100%、岩手産の原木椎茸100%を使ってもちりした歯ごたえと優しい味でいくらでも食べられそう。

Using 100% Iwate glutinous rice, and 100% Iwate log-grown shiitake mushrooms to make this delicious glutinous rice with a great chewy texture.

## 冷たいお蕎麦 四季の里自慢の石臼自家製粉で手打ちのおそば

Cold soba noodles "Siki no Sato" serving soba noodles made by grinding buckwheat on a stone.

そば大盛りは290円増しになります。  
(冷たいお蕎麦のみ) (そば大盛りはざるそば3分の2の量となります)  
Add more soba noodles for 290 yen. (Only for cold soba noodles) (The larger soba noodle dish is two thirds the size of the zaru soba dish.)

全てのざるを「もりそば」にできます。ご希望の方は注文時にお伝えください。  
If you want to remove the seaweed. Just let us know when you order.



### 佐助豚の肉そば... ¥1,230

Local grown branded pork with soba noodles

### 佐助豚の肉そば[ミニ天丼付き]... ¥1,830

Sasuke Pork with soba noodles (with a mini tempura rice bowl)

全体の15%ほどしか取れない希少部位のリブローズを贅沢に使用  
佐助豚の旨味たっぷりの温かいつけ汁です。  
This dish is made with the highly desired pork rib roast, which only makes up about 15% of the pig.  
The hot spicy dipping sauce is filled with good taste from the branded pork.



### えび天ざるそば... ¥1,250 一番人気

Shrimp tenzaru soba (Cold soba noodles served with dipping sauce and tempura) The most popular!



### とり天ざるそば... ¥1,200 新メニュー

Chicken tenzaru soba (Cold soba noodles served with dipping sauce and tempura) New !!



### ざるそば... ¥880 そば通なら

Zaru soba (Cold soba noodles served with dipping sauce) if you're a soba connoisseur



### かき揚げ天ざる... ¥1,130 ポリューム感満点

Kakiage-tenzaru soba (Cold soba noodles served with dipping sauce and vegetable tempura) Hearty dishes!



### もりそば... ¥880

Mori soba (Cold soba noodles served with dipping sauce)



We'll arrange the menu to be suitable for "VEGAN" or "HALAL".



# 温かい蕎麦 じんわりしみる温かおそば

Hot soba noodles

This is exactly what you've wanted in cold day.

温かいおそばをご注文の場合+610円でミニ天井をお付けできます。  
When you order hot soba noodles, you can additional a small rice topped with tempura for just 610yen.



**えび天ぶらそば ¥1,250**  
Shrimp tempura and hot soba noodles



**かき揚げ天そば ¥1,130**  
かき揚げ(小えび入り)  
Vegetable with small shrimps tempura soba noodles



**とり天ぶらそば ¥1,200**  
新メニュー  
Chicken tempura and hot soba noodles  
New !!



**かけそば ¥880**  
Hot soba noodles in broth

# ごはん Rice menu



**大えび天丼 ¥1,400** 大きなえびが3尾も  
Large shrimp tempura rice bowl  
3 large shrimp tempura included



**かき揚げ天丼 ¥1,100**  
大ボリュームのかき揚げ(小えび入り)  
Vegetable with small shrimps tempura rice bowl  
The vegetable and seafood tempura is quite large and includes small shrimp

**雑穀ごはん**  
二戸産の雑穀入り  
Millet mixed with rice with millet from local

(大)¥190 (large)  
(中)¥140 (medium)  
(小)¥90 (small)



**おばあちゃんの五目おこわ... ¥240**  
岩手産のもち米と肉厚で香り高い椎茸を使っています。

Home made glutinous rice pilaf with glutinous rice and thick shiitake mushrooms all from Iwate-grown



# おそばとごはん 天丼が食べたい。あと...少しおそばも食べたい。

Soba noodles and rice

Enjoy a tempura rice bowl, and some soba noodles as well!



**大えび天丼とミニそば ¥1,800**  
Tempura rice bowl with large shrimp and a side of soba noodles (Hot or Cold)



**かき揚げ天丼とミニそば ¥1,540**  
大ボリュームのかき揚げ(小えび入り)  
Vegetable with small shrimps tempura rice bowl with a side of soba noodles (Hot or Cold)  
The vegetable (with small shrimps tempura)



**ざるそばとミニ天丼 ¥1,400**  
ミニ天丼だけどえびは大きい!  
Zaru soba (cold soba noodles with dipping sauce) with a small tempura rice bowl



**温かいおそばとミニ天丼 ¥1,400**  
ミニ天丼だけどえびは大きい!  
Tempura rice bowl (small size), but the shrimp tempura is big!  
Hot soba noodles with a mini tempura rice bowl

スタッフおすすめ



**四季の里セット【温・冷】 ¥1,590**  
Shiki no Sato Set (Hot or Cold)

四季の里自慢の手打ちそば。季節の味や懐かしい味の小鉢と体によい地元の雑穀ご飯を味わえます。

At Shiki no Sato, we are proud of our delicious hand-made soba noodles. Enjoy little seasonal appetizer and healthy with a bowl of healthy local millet and rice.

そば大盛りは290円増しになります。(冷たいお蕎麦のみ)  
(そば大盛りはざるそば3分の2の量となります)  
Add more soba noodles for 290 yen. (Only for cold soba noodles)  
(The larger soba noodle dish is two thirds the size of the zaru soba dish.)

※プラス110円で雑穀ご飯をおこわに変更することができます。  
※季節により器・料理の内容が変わる場合があります。  
\*For an additional 110 yen the millet rice can be changed to a bowl of glutinous steamed rice.  
\*Some menu items and dishes are subject to change based on the season.

Staff recommendation



**レディースセット【温・冷】 ¥1,560**  
Ladies Set (Hot or Cold)

女性はいろいろ少しずつ食べたいもの。そんな希望を叶えたセットをご用意いたしました。  
「ミニざる蕎麦」と「ミニ天丼」、日替わりの小鉢にデザートがついたお得なセットです。いろいろ食べたい男性もどうぞご注文ください。

Many women prefer to eat a variety of dishes in small quantities. So we made this meal set just for them. This great set includes a small zaru soba noodle dish, a small tempura rice bowl, today's appetizer, and dessert. Men that would like to enjoy a variety of dishes are also of course welcome to order this.