

Sawa
沢

TEL 03-3337-1078

3-69-11, Koenji-minami-Suginami-ku

Open 5:00pm-11:00pm

Close Wednesdays, Thursdays

フードメニュー Food Menu

お好み焼き Japanese Crepe/Pancake

1. とん平焼 Tompei yaki (Fried pork wrapped in crepe) ¥ 500 
2. 野菜入り Yasai iri (Vegetables) ¥ 600 
3. イカ入り Ika iri (Squid) ¥ 600 
4. 豚肉入り Butaniku iri (Pork) ¥ 600 
5. 牛肉入り Gyuniku iri (Beef) ¥ 700 
6. 牡蠣入り Kaki iri (Oyster) ¥ 700 
7. 海老入り Ebi iri (Shrimp) ¥ 800 
8. 豚ミックス Buta mix (Pork Mix) ¥ 850 
9. 牛ミックス Gyu mix (Beef Mix) ¥ 850 
10. 牡蠣ミックス Kaki mix (Oyster Mix) ¥ 1000 
11. 海老ミックス Ebi mix (Shrimp Mix) ¥ 1000 
12. シーフードミックス Seafood mix (Seafood Mix) ¥ 1000 
13. 牛すじネギ入り Gyu-suji negi iri (Beef Sinew with Negi Onion) ¥ 850 
14. ネギ太郎 Negi taro (Green Onion) ¥ 500 

鉄板焼き Teppan Yaki - Hot Plate

15. 浅蜆焼 Asari yaki (Clam) ¥ 1000 
16. 蛤焼 Hamaguri yaki (Grilled Clam) ¥ 1000 
17. 牡蠣焼 Kaki yaki (Grilled Oyster) ¥ 800 
18. 帆立焼 Hotate yaki (Grilled Scallop) ¥ 800 
19. 海老焼 Ebi yaki (Shrimp) ¥ 1000 
20. つぶ貝焼 Tsubugai yaki (Whelk) ¥ 800 
21. イカバター焼 Ika butter yaki (Buttered Squid) ¥ 600 
22. ゲソ焼 Geso yaki (Squid Legs) ¥ 600 
23. 鱧のソテー Hamo no saute (Sauteed Sillaginoid Fish) ¥ 650 
24. 活鮑 Katsu awabi (Abalone) ¥ (時価) 
25. 貝三点盛合せ焼 Kai santen moriawase yaki (3 Assorted Shellfish) ¥ 1300 
26. 海老の包み焼 Ebi no tsutsumi yaki (Wrapped Shrimp) ¥ 650 
27. 茄子の肉はさみ焼 Nasu no niku hasami yaki (Eggplant Wrapped in Ham) ¥ 650  
28. 椎茸の肉詰め焼 Shiitake no nikuzume yaki (Beef Stuffed Shiitake Mushroom) ¥ 750  
29. ピーマンの肉詰め焼 Pi-man no nikuzume yaki (Beef Stuffed Green Pepper) ¥ 650  
30. 蓮根の肉はさみ焼 Renkon no niku hasami yaki (Lotus Root and Beef) ¥ 650  
31. 茄子焼 Nasu yaki (Grilled Eggplant) ¥ 550 
32. トマトのチーズ焼き Tomato no cheese yaki (Grilled Tomato and Cheese) ¥ 600  
33. ジャガバター焼 Jaga butter yaki (Potato Grilled with Butter) ¥ 600  
34. しめじバター焼 Shimeji butter yaki (Shimeji Mushroom Grilled with Butter) ¥ 500  
35. コーンバター Corn butter (Buttered Corn) ¥ 500  
36. 野菜焼 (もやし炒め) Yasai yaki (Stir Fried Vegetables) ¥ 500 

37. スペシャル野菜焼 Special yasai yaki (Special Stir Fried Vegetables) ¥ 800 
38. ニンニクチップ Nin-niku (Garlic Chips) ¥ 400 
39. 単品焼き野菜 (ピーマン・長ネギ・しし唐・大根
キャベツ・玉葱・隠元・椎茸)
Yaki yasai (Pi-man/Naganegi/Shishito/Daikon/
Cabbetsu/Tamanegi/Ingen/Shiitake)
(Single Item Vegetables (Green Pepper, Long Green
Negi Onion, Shishitou Pepper, Daikon Radish,
Cabbage, Onion, Green Beans, Shiitake Mushroom))
¥ 各 400 










特選牛 Special Beef

40. サーロインステーキ (ニンニク焼・野菜焼付)
200g Sirloin steak (Sirloin Steak (w/ grilled Garlic and
Vegetables)) ¥ 7000 
41. コロコロステーキ (ニンニク焼付) Korokoro steak
(Cubed Steak (w/ grilled Garlic)) ¥ 1800 
42. おろしポン酢 ステーキ Oroshi ponzu steak
(Steak with Grated Radish) ¥ 1800 
43. 牛バラ生姜焼 Gyu bara shouga yaki
(Ginger Beef) ¥ 900 
44. 豚バラ生姜焼 Buta bara shouga yaki
(Ginger Pork) ¥ 700 
45. 豚レバー焼 Buta lever yaki (Pork Liver) ¥ 650 
46. 豚ヒレ焼 Buta fillet yaki (Pork Loin) ¥ 900 
47. 牛すじ焼 Gyu suji yaki (Beef Tendon) ¥ 500 


<Notice>

Some of restaurants accept CASH ONLY
The price including or excluding TAX is depending on the restaurant
Some of restaurants require COVER CHARGE
Some of restaurants require to order at least ONE DRINK

<Ingredients/Taste>


 Chicken  Pork  Seafood  Vegetables  Flour
 Beef  Fish  Egg  Dairy Products  Spicy

協力: **なみじゃない、杉並!**
中央線あるある PROJECT




 EXPERIENCE
SUGINAMI TOKYO

- 48. 砂肝焼 Sunagimo yaki (Gizzards) ¥ 650 
- 49. 鶏なん骨焼 Tori nankotsu yaki
(Chicken Cartilage) ¥ 500 
- 50. 鶏皮の塩焼 Torikawa no shio yaki
(Salted Chicken Skin) ¥ 500 
- 51. ポークソーセージ Pork sausage
(Pork Sausage) ¥ 600 
- 52. 目玉焼きベーコン Medamayaki bacon
(Fried Egg and Bacon) ¥ 500  
- 53. チーズオムレツ Cheese omelet
(Cheese Omelet) ¥ 700  
- 54. 豆腐焼 Tofu yaki (Fried Tofu) ¥ 600 
- 55. 厚揚げ焼 Atsuage yaki (Thick Egg) ¥ 550
- 56. キツネ焼 Kitsune yaki (Fried Tofu) ¥ 500
- 57. 焼そば Yakisoba (Stir Fried Noodles) ¥ 600   
- 58. 焼うどん Yaki udon
(Stir Fried Udon Noodles) ¥ 600   
- 59. オムソバ Omu soba (Omelet with Soba) ¥ 700   
- 60. オムライス Omu rice (Omelet with Rice) ¥ 750  
- 61. ガーリックライス Gerlic rice (Garlic Rice) ¥ 750 
- 62. チャー飯 Cha-han (Fried Rice) ¥ 750 
- 63. 海鮮塩焼そば Kaisen shio yakisoba
(Seafood Stir Fried Noodles) ¥ 1000   

その他 Others

- 70. 冷奴 Hiyayakko (Cold Tofu) ¥ 400
- 71. お新香 Oshinko (Yellow Pickled Radish) ¥ 450 
- 72. お味噌汁 Omisoshiru (Miso Soup) ¥ 350

サラダ Salad

- 64. トマトサラダ Tomato salad
(Tomato Salad) ¥ 500 
- 65. ポテトサラダ Potato salad
(Potato Salad) ¥ 500 
- 66. マカロニサラダ Macaroni salad
(Macaroni Salad) ¥ 500 
- 67. わかめサラダ Wakame salad
(Seaweed Salad) ¥ 500 
- 68. 豆腐サラダ Tofu salad (Tofu Salad) ¥ 550 
- 69. SAWA サラダ SAWA salad
(SAWA Salad) ¥ 650 