

Gaiya

が い や

TEL 03-6383-5255









3-37-5, Asagaya-Minami, Suginami-ku

Open: 5:00pm-12:00am

Closed Tuesdays

Credit Cards Accepted






Assorted Seasonal Sashimi (Direct from Uwajima Fishing Port)

- 1. がいや盛り (3 ~ 5 人前) Gaiya Mori
(Gaiya Sashimi Sampler (for 3 to 5 People)) ¥1980  
- 2. 宇和島盛り (2 ~ 3 人前) Uwajima Mori
(Uwajima Sashimi Sampler (for 2 to 3 People)) ¥1580  
- 3. 本日の三点盛り Honjitsu No Santen Mori
(Today's Assorted 3 Kinds of Sashimi) ¥980  
- 4. おひとり様用三点盛り Ohitorisama Yo Santen Mori
(Assorted 3 Kinds of Sashimi (for 1 Person)) ¥780  



3. 本日の三点盛り (Today's Assorted 3 Kinds of Sashimi)

Side Dishes

- 5. 鱈のなめろう Aji No Namero
(Chopped Horse Mackerel with Miso) ¥780 
- 6. アジフライ Aji Fry (Deep-Fried Horse Mackerel) ¥480 
- 7. 真鯛の天ぷら Madai No Tempura
(Red Sea Bream Tempura) ¥580 
- 8. いろいろ鮮魚の漬け Iroiro Sengyo No Zuke
(Marinated Fresh Fishes) ¥480 
- 9. じゃこ天 Jakoten (Deep-Fried Fish Cake with Young Sardines) ¥580 
- 10. 珍味せい Chinmi Sei (Percebes, Seafood Delicacy) ¥580 
- 11. エイヒレの炙り Eihire No Aburi (Seared Skate Fin) ¥480 
- 12. スルメイカの一晩干し Surumeika No Ichiyaboshi
(Overnight-Dried Squid) ¥780 



7. 真鯛の天ぷら (Red Sea Bream Tempura)







Uwajima Local Cuisine

- 13. じゃこ天 Jakoten
(Deep-Fried Fish Cake with Young Sardines) ¥580 
- 14. 珍味せい Chinmi Sei (Percebes, Seafood Delicacy) ¥580 
- 15. 真鯛のかぶと煮 Madai No Kabutoni
(Braised Red Sea Bream Head) ¥780 
- 16. ふくめん (Fukumen) ¥480 
- (味をつけたコンニャクに薬味を乗せた郷土料理) (Local Cuisine of Uwajima, Flavored Konjac with Toppings)
- 17. 太刀魚巻き焼き Tachiuo Maki Yaki
(Grilled Hairtail Rolls) ¥580 
- 18. 宇和島鯛めし Uwajima Taimeshi
(Uwajima Sea Bream Rice) ¥780 
- 19. さつま (Satsuma) ¥680 
- (白身魚のすり身と麦味噌を合わせた宇和島の冷汁) (Local Cuisine of Uwajima, Cold Miso Soup with Minced Fish Meat Over Rice)






Appetizers

- 20. 麦味噌たたききゅうり Mugimiso Tataki Kyuri
(Chopped Cucumber with Barley Miso) ¥380 
- 21. お新香盛り合わせ Oshinko Moriawase
(Assorted Pickles) ¥380 
- 22. クリームチーズの味噌漬け Cream Cheese No Misozuke
(Cream Cheese Pickled with Miso) ¥380 
- 23. カツオの酒盗 Katsuo No Shuto (Pickled Skipjack) ¥480 
- 24. イカのウニ和え Ika No Uni Ae
(Squid Dressed with Sea Urchin) ¥480 
- 25. ほたるいかの沖漬け Hotaruika No Okizuke
(Fresh Squid Pickled with Soy Sauce) ¥480 

Vegetables

- 26. カリカリじゃこサラダ Karikari Jako Salad
(Crunchy Young Sardines Salad) ¥580  
- 27. バター醤油のきのこサラダ Butter Shoyu No Kinoko Salad
(Mushrooms Salad with Butter and Soy Sauce) ¥580  
- 28. 豆腐と塩昆布のヘルシーサラダ
Tofu To Shio Kombu No Healthy Salad
(Tofu and Salted Kelp Healthy Salad) ¥580 
- 29. 根菜のホットシーザーサラダ Konsai No Hot Caesar Salad
(Root Vegetables Hot Caesar Salad) ¥580 











Chicken Skewers

- 30. 串盛り合わせ (5 本) Kushi Moriawase
(Skewers Sampler (5 Pcs)) ¥800 
- 31. やげんなんこつ串 Yagen Nankotsu Kushi
(Breast Cartilage) ¥180 
- 32. もも串 Momo Kushi (Thigh) ¥180 
- 33. レバー串 Liver Kushi (Liver) ¥180 
- 34. 皮串 Kawa Kushi (Skin) ¥180 


<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

- 35. 砂肝串 Sunagimo Kushi (Gizzard) ¥180 🍗
- 36. 手作りつくね Tezukuri Tsukune (Handmade Meatball) ¥180 🍗

A la Carte

- 37. もつ煮 Motsuni (Beef Innards Stew) ¥580 🍗
- 38. だし巻き玉子 Dashimaki Tamago (Japanese Rolled Omelette) ¥480 🍳
- 39. 海鮮お好みピザ Kaisen Okonomi Pizza (Seafood Pizza, Okonomiyaki Style) ¥980 🍕
- 40. 色々鮮魚の漬け Iroiro Sengyo No Zuke (Marinated Fresh Fishes) ¥480 🍣
- 41. 鶏皮ポン酢 Torikawa Ponzu (Chicken Skin with Ponzu Sauce) ¥480 🍗
- 42. 漬けアボカド Zuke Avocado (Pickled Avocado) ¥480 🥑

Grilled Dishes

- 43. 本日の一夜干し Honjitsu No Ichiyaboshi (Today's Overnight-Dried Fish) ¥ Ask 🍷
- 44. エイヒレの炙り Eihire No Aburi (Seared Skate Fin) ¥480 🍷
- 45. 炙りベーコン Aburi Bacon (Seared Bacon) ¥680 🍷
- 46. スルメイカの一晩干し Surumeika No Ichiyaboshi (Overnight-Dried Squid) ¥780 🍷
- 47. ポン酢で食べる鶏グリル Ponzu De Taberu Tori Grill (Grilled Chicken with Ponzu Sauce) ¥780 🍗

Fried Dishes

- 48. チーズと大葉の揚げ春巻き Cheese To Oba No Age Harumaki (Deep-Fried Cheese and Shiso Spring Rolls) ¥480 🍷
- 49. 若鶏の竜田揚げ Wakadori No Tatsuta Age (Crispy Fried Chicken) ¥580 🍗
- 50. 豆腐とつくねの揚げ出し Tofu To Tsukune No Agedashi (Deep-Fried Tofu and Meatball in Dashi Broth) ¥580 🍷
- 51. ハムカツ Hamukatsu (Ham Cutlet) ¥480 🍷
- 52. 砂肝の黒コショウ揚げ Sunagimo No Kurokosho Age (Deep-Fried Chicken Gizzards with Black Pepper) ¥480 🍗
- 53. 厚揚げ Atsuage (Deep-Fried Tofu) ¥380 🍷
- 54. ポテトフライ Potato Fry (French Fries) ¥380 🍷

Rices

- 55. 宇和島鯛めし Uwajima Taimeshi (Uwajima Sea Bream Rice) ¥780 🍣🍷

鯛めしのおいしい食べ方 (How to eat deliciously Sea Bream Rice)

1. 出汁に卵を溶き鯛をよくからめる (1. Beat an egg and put it in the broth, dip sea bream there.)
2. からめた鯛をご飯の上へのせる (2. Put the sea bream sashimi on rice.)
3. お好みで出汁をかけてお召し上がりください (3. You can add Dashi broth as you like.)

Uwajima Taimeshi (Sea Bream Sashimi Over Rice)

- 56. さつま (Satsuma) ¥680 🍣
 - (白身魚のすり身と麦味噌を合わせた宇和島の冷汁)
 - (Local Cuisine of Uwajima, Cold Miso Soup with Minced Fish Meat Over Rice)
- 57. じゃこ天うどん Jakoten Udon (Udon Noodles with Deep-Fried Fish Cake) ¥580 🍣🍷
- 58. おにぎり (鮭 / 梅 / 昆布)Onigiri (Sake/Ume/Kombu) (Rice Ball (Salmon / Pickled Ume / Kombu Kelp)) ¥180 🍣
- 59. あら汁 Arajiru (Soup Made from the Bony Parts of Fish.) ¥180 🍣

Desserts

- 60. 季節のフルーツシャーベット Kisetsu No Fruit Sherbet (Seasonal Fruit Sherbet) ¥380 🍷



Drinks

Sake from Ehime Pref. 90ml/180ml

- 61. 梅錦 夢人 (Umenishiki Yumebito) ¥330/580
- 62. 久米の井 超辛 (Kumeno Chokara (Very Dry)) ¥380/680
- 63. 千鳥 極辛おとろし (Chidori Gokukara Otoroshi (Extra Dry)) ¥380/680
- 64. 梅錦 杜氏の酒 (Umenishiki Toji No Sake) ¥430/780
- 65. 山丹正宗 特別純米 (Yamatan Masamune (Made from special pure rice)) ¥430/780
- 66. 日本心 紅 (Yamatogokoro Beni) ¥430/780
- 67. 雪雀 純音 (Unjaku Sumine) ¥480/880
- 68. 加儀屋 赤ラベル (Kagi-Ya Red Label) ¥480/880
- 69. 石鎚 無濾過純米 (Ishizuchi (Unfiltered Pure Rice)) ¥480/880
- 70. 梅錦 つうの酒 (Umenishiki Tsu No Sake) ¥430/780
- 71. 久米の井 純米吟醸 (Kumeno Junmai Ginjo (Made from highly polished rice)) ¥480/880
- 72. 栄光 しずく媛 (Eiko Shizukuhime) ¥480/880
- 73. 京ひな 美しき日々 (Kyohina Utsukushiki Hibi) ¥480/880

Carefully Selected Sake 90ml/180ml

- 74. 本日の利き酒セット Honjitsu No Kikizake Set (Today's Blind Sake Tasting Set) ¥780 ~
- 75. 美丈夫 (Bijofu) ¥430/780
- 76. 亀泉 (Kameizumi) ¥430/780
- 77. 酔鯨 特別純米 (Suigei Tokubetsu Junmai (Special Pure Rice)) ¥430/780
- 78. 金陵 濃醇純米 (Kinryo (Pure Rice)) ¥430/780
- 79. 鳴門鯛 (Narutotai) ¥430/780
- 80. 李白やまたのおろち (Rihaku Yamata No Orochi) ¥430/780
- 81. 初孫 魔斬 (Hatsumago Makiri) ¥430/780



74. 本日の利き酒セット (Today's Blind Sake Tasting Set)

