

ShinFukuRai

新 福 来

TEL 03-3393-5010

3-37-2, Asagaya-Minami, Suginami-ku

前菜 Appetizers

- 1. 三種前菜の盛り合わせ Sanshu Zensai No Moriwase (Assorted 3Kinds of Appetizers) ¥ 1680
- 2. ピータン豆腐 Pitan Dofu (Cold Tofu Topped with Century Egg) ¥ 480
- 3. バンバンジー Ban Ban Ji (Bang Bang Chicken (Szechuan Dish of Chicken in a Spicy Sauce)) ¥ 480
- 4. ネギ油掛け蒸し鶏 Negi Abura Kake Mushi Dori (Steamed Chicken Topped with Leek Oil) ¥ 480
- 5. 鶏肉山椒ごまソース掛け Toriniku Sansho Goma Sauce Kake (Chicken Topped with Japanese Pepper and Sesame Sauce) ¥ 480
- 6. 干し豆腐の冷菜 Hoshi Dofu No Reisai (Dried Tofu Cold Dish) ¥ 480
- 7. ピーナッツ (Peanuts) ¥ 480
- 8. ジャガイモの冷菜 Jagaimo No Reisai (Potato Cold Dish) ¥ 480
- 9. きゅうりのニンニク和え Kyuri No Ninniku Ae (Cucumber Dressed with Garlic) ¥ 480
- 10. クラゲ冷菜 Kurage Reisai (Jellyfish Cold Dish) ¥ 480
- 11. 台湾腸詰 Taiwan Chozume (Taiwan Sausage) ¥ 520
- 12. 牛ハチノスラー油和え Gyu Hachinosu Rayu Ae (Beef Reticulum Dressed with Chili Oil) ¥ 680
- 13. ピータン Pitan (Century Egg) ¥ 320
- 14. ザーサイ Zasai (Szechuan Pickles) ¥ 320

海鮮 Seafoods

- 15. えびマヨ Ebi Mayo (Fried Shrimps with Mayonnaise Sauce) ¥ 1050

- 16. えびチリソース Ebi Chili Sauce (Fried Shrimps with Chili Sauce) ¥ 1200
- 17. えびの香り揚げ Ebi No Kaori Age (Deep-fried Seasoned Shrimps) ¥ 1000
- 18. えびと青菜炒め Ebi To Aona Itame (Stir-fried Shrimps with Leafy Green Vegetables) ¥ 1000
- 19. えびとセロリ炒め Ebi To Celery Itame (Stir-fried Shrimps with Celery) ¥ 1000
- 20. えびとアスパラ炒め Ebi To Aspara Itame (Stir-fried Shrimps with Asparagus) ¥ 1050
- 21. あわびと青菜炒め Awabi To Aona Itame (Stir-fried Abalone with Leafy Green Vegetables) ¥ 1200
- 22. あわび醤油煮 Awabi Shoyu Ni (Simmered Abalone with Soy Sauce) ¥ 1300
- 23. あわびのオイスターソース Awabi No Oyster Sauce (Simmered Abalone with Oyster Sauce) ¥ 1300
- 24. ホタテとブロッコリー炒め Hotate To Broccoli Itame (Stir-fried Scallops with Broccoli) ¥ 1200
- 25. イカネギ炒め Ika Negi Itame (Stir-fried Squid with Leek) ¥ 980
- 26. 三種海鮮炒め Sanshu Kaisen Itame (Stir-fried 3 Kinds of Seafood) ¥ 1200
- 27. 車海老のマヨソース Kuruma Ebi No Mayo Sauce (Fried Prawn with Mayonnaise Sauce) ¥ 1600
- 28. 車海老のチリソース Kuruma Ebi No Chili Sauce (Fried Prawn with Chili Sauce) ¥ 1800
- 29. ふかひれ醤油煮 Fukahire Shoyu Ni (Simmered Shark's Fin with Soy Sauce) ¥ 3980
- 30. 五目おこげ Gomoku Okoge (Starchy Sauce Crispy Rice with Various Toppings) ¥ 1050
- 31. 海鮮おこげ Kaisen Okoge (Starchy Sauce Crispy Rice with Seafood) ¥ 1300
- 32. あわびおこげ Awabi Okoge (Starchy Sauce Crispy Rice with Abalone) ¥ 1200

野菜, 豆腐, 玉子 Vegetables, Tofu & Eggs

- 33. 玉子キクラゲ豚肉炒め Tamago Kikurage Butaniku Itame (Stir-fried Eggs, Jew's Ear and Pork) ¥ 800
- 34. ニラと玉子炒め Nira To Tamago Itame (Stir-fried Chinese Chive with Eggs) ¥ 800
- 35. マーボー豆腐 (Mapo Tofu) ¥ 1050
- 36. 干し豆腐炒め Hoshi Dofu Itame (Fried Dried Tofu) ¥ 900
- 37. トマト玉子炒め Tomato Tamago Itame (Stir-fried Tomato with Eggs) ¥ 800
- 38. えびと豆腐炒め Ebi To Tofu Itame (Stir-fried Shrimps with Tofu) ¥ 900
- 39. もやし炒め Moyashi Itame (Fried Bean Sprouts) ¥ 750
- 40. 八宝菜 Happosai (Chop Suey (Stir-fried Vegetables and Meat in Starchy Sauce)) ¥ 1050

- 41. 青梗菜炒め Chingensai Itame (Fried Qing-geng-cai (a Spinach-like Green Vegetable Originating in China)) ¥ 700
- 42. えびと玉子炒め Ebi To Tamago Itame (Stir-fried Shrimps with Eggs) ¥ 900
- 43. カニ肉と白卵炒め Kaniniku To Ranpaku Itame (Stir-fried Club Meat with the White of Eggs) ¥ 900
- 44. ジャガイモ炒め Jagaimo Itame (Fried Potato) ¥ 680
- 45. 揚げなすソースがけ Agenasu Sauce Gake (Deep-fried Eggplant Topped with Sauce) ¥ 800
- 46. なすの醤油味炒め Nasu No Shoyu Aji Itame (Fried Eggplant with Soy Sauce) ¥ 800
- 47. グリンピースの芽炒め Green Peas No Me Itame (Fried Green Peas Sprouts) ¥ 780

肉類 Meat Dishes

- 48. スペアリブ揚げ物 Spare Rib Agemono (Deep-fried Spare Ribs) ¥ 980
- 49. 豚肉千切り中華味噌炒め Butaniku Sengiri Chuka Miso Itame (Fried Shredded Pork with Chinese Miso) ¥ 950
- 50. 豚肉とピーマン細切り炒め Butaniku To Piman Hosogiri Itame (Stir-fried Shredded Pork and Bell Pepper) ¥ 900
- 51. 牛肉とピーマン細切り炒め Gyuniku To Piman Hogogiri Itame (Stir-fried Shredded Beef and Bell Pepper) ¥ 1050
- 52. 豚肉千切り四川風炒め Butaniku Sengiri Shisen Fu Itame (Stir-fried Shredded Pork Szechuan Style) ¥ 800
- 53. 牛肉黒胡椒焼き Gyuniku Kurokosho Yaki (Fried Beef Black Pepper) ¥ 1050
- 54. 豚肉とニンニクの芽炒め Butaniku To Ninniku No Me Itame (Stir-fried Pork with Garlic Shoots) ¥ 900
- 55. 鶏肉とカシューナッツ炒め Toriniku To Cashew Nuts Itame (Stir-fried Chicken with Cashew Nuts) ¥ 950
- 56. 鶏肉中華みその炒め Toriniku Chuka Miso No Itame (Fried Chicken with Chinese Miso) ¥ 950
- 57. 羊肉とネギ香り炒め Hitsuji Niku To Negi Kaori Itame (Stir-fried Mutton with Leek) ¥ 1050
- 58. 北京風黒酢のスブタ Pekin Fu Kurozu No Subuta (Sweet and Sour Pork with Beijing Style Black Vinegar) ¥ 900

<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











- 59. **ホイコーロー** Hoi Ko Ro (Twice Cooked Pork) ¥ 780  
- 60. **鶏肉の唐揚げ** Toriniku No Karaage
(Fried Chicken with Chinese Miso) ¥ 900 
- 61. **鶏肉香り揚げソース掛け** Toriniku Kaori Age Sauce Kake
(Deep-fried Seasoned Chicken Topped with Sauce) ¥ 900 
- 62. **ニラレバ** Nira Liver (Stir-fried Chinese Chive with Liver) ¥ 800  
- 63. **豚肉角煮** Butaniku Kakuni (Braised Pork Belly) ¥ 1050 

スープ Soups

- 64. **野菜スープ** Yasai Soup (Vegetable Soup) ¥ 600 
- 65. **トマト玉子スープ** Tomato Tamago Soup
(Tomato and Eggs Soup) ¥ 750  
- 66. **コーンスープ** (Corn Soup) ¥ 750
- 67. **酢入り玉子辛味スープ** Suiiri Tamago Karami Soup
(Spicy Egg Soup with Vinegar) ¥ 800  
- 68. **ふかひれスープ** Fukahire Soup (Shark's Fin Soup) ¥ 1300 
- 69. **玉子スープ** Tamago Soup (Egg Soup) ¥ 600 

麺類 Rice & Noodles

- 70. **玉子チャーハン** Tamago Chahan (Fried Rice with Eggs) ¥ 700 
- 71. **腸詰チャーハン** Chozume Chahan (Fried Rice with Sausage) ¥ 800 
- 72. **えびチャーハン** Ebi Chahan (Fried Rice with Shrimps) ¥ 850 
- 73. **高菜チャーハン** Takana Chahan (Fried Rice with Leaf Mustard) ¥ 800 
- 74. **レタスチャーハン** Lettuce Chahan (Fried Rice with Lettuce) ¥ 700 
- 75. **鮭チャーハン** Sake Chahan (Fried Rice with Salmon) ¥ 800 
- 76. **カニ肉正油チャーハン** Kaniniku Shoyu Chahan
(Fried Rice with Club Meat, Seasoned with Soy Sauce) ¥ 800 
- 77. **フカヒレ掛けご飯** Fukahire Kake Gohan
(Fried Rice Topped with Braised Shark's Fin) ¥ 1050 
- 78. **五目チャーハン** Gomoku Chahan
(Fried Rice with Vegetables and Seafood) ¥ 750  
- 79. **海鮮掛けご飯** Kaisen Kake Gohan
(Rice Topped with Cooked Seafood) ¥ 950 
- 80. **天津丼** Tenshin Don (Crab Omelet on Rice) ¥ 700 
- 81. **カレー丼** Curry Don (Curry on Rice Bowl) ¥ 700
- 82. **マーボー丼** Mapo Don (Mapo dofu on Rice Bowl) ¥ 700
- 83. **中華丼** Chuka Don (Chinese Rice Bowl
(a bowl of rice with a chop - suey - like mixture on it)) ¥ 800 
- 84. **豚角煮丼** Buta Kakuni Don
(Braised Pork Belly on Rice Bowl) ¥ 850 
- 85. **メンマラーめん** Memma Ramen (Bamboo Shoot Ramen) ¥ 650
- 86. **ラーメン** (Ramen) ¥ 650
- 87. **チャーシューめん** Chashu Ramen
(Ramen Topped with Roasted Pork) ¥ 800 
- 88. **天津めん** Tenshin Men (Crab Omelet Ramen) ¥ 750 
- 89. **豚角煮めん** Buta Kakuni Men (Braised Pork Belly Ramen) ¥ 850 
- 90. **ニラタンメン** Nira Tan Men
(Stir-fried Chinese Chive and Vegetables on Ramen) ¥ 800 
- 91. **もやしタンメン** Moyashi Tan Men
(Stir-fried Bean Sprouts and Vegetables on Ramen) ¥ 800 

- 92. **五目タンメン** Gomoku Tan Men
(Stir-fried a lot of Vegetables on Ramen) ¥ 800 
- 93. **鶏肉タンメン** Toriniku Tan Men
(Stir-fried Chicken with Vegetables on Ramen) ¥ 750  
- 94. **えびタンメン** Ebi Tan Men
(Stir-fried Shrimps with Vegetables on Ramen) ¥ 850  
- 95. **野菜タンメン** Yasai Tanmen (Fried Vegetables Ramen) ¥ 750 
- 96. **黒ごまタンタンメン** Kuro Goma Tan Tan Men
(Dandan Noodles (Szechuan dish of noodles covered with a sauce
of sesame paste and chili oil) with Black Sesame) ¥ 800  
- 97. **タンタンメン** Tan Tan Men (Dandan Noodles) ¥ 800
- 98. **マーボーメン** Mapo Men (Mapo Dofu on Ramen) ¥ 700
- 99. **五目焼きそば** Gomoku Yakisoba
(Vegetables with Seafood Fried Noodles) ¥ 750 
- 100. **台湾焼きビーフン** Taiwan Yaki Bifun
(Fried Rice Noodles Taiwan Style) ¥ 800 
- 101. **フカヒレめん** Fukahire Men
(Braised Shark's Fin on Ramen) ¥ 1200 
- 102. **上海焼きそば** Shanghai Yakisoba
(Shanghai Style Fried Noodles) ¥ 750 

点心 Dim Sum

- 103. **焼き餃子** Yaki Gyoza (Roasted Gyoza Dumplings) ... ¥ 500
- 104. **水餃子** Sui Gyoza (Boiled Gyoza Dumplings) ¥ 500
- 105. **ハルマキ** Harumaki (Spring Rolls) ¥ 500
- 106. **肉シューマイ** Niku Shumai (Meat Dumplings) ¥ 480
- 107. **ショウロンポウ** Sho Ron Po (Soup Dumplings) ¥ 650
- 108. **ごま団子** Goma Dango (Deep-fried Sesame Dumplings) ¥ 500

四川風味 Szechuan Style Cuisine

- 109. **蒸し鶏肉の四川風** Mushi Toriniku No Shisen Fu
(Szechuan Style Steamed Chicken) ¥ 880 
- 110. **牛ハチノスとセロリ炒め** Gyu Hachinosu To Celery Itame
(Stir-fried Tripe with Celery) ¥ 880  
- 111. **鶏肉の四川風炒め** Toriniku No Shisen Fu Itame
(Szechuan Style Fried Chicken) ¥ 880 
- 112. **ナンコツのサクサク揚げ** Nankotsu No Sakusaku Age
(Crispy Deep-fried Chicken Gristle) ¥ 880 
- 113. **ナスとアスパラの香り揚げ** Nasu To Aspara No Kaori Age
(Spicy Deep-fried Eggplant and Asparagus) ¥ 780 
- 114. **鶏の手羽先四川風揚げ** Tori No Tebasaki Shisen Fu Age
(Szechuan Style Deep-fried Chicken Wing) ¥ 780 
- 115. **牛肉の辛味煮込み** Gyuniku No Karami Nikomi
(Spicy Beef Stew) ¥ 1200  
- 116. **豚肉の辛味煮込み** Butaniku No Karami Nikomi
(Spicy Pork Stew) ¥ 1000  
- 117. **イカの鉄板炒め** Ika No Teppan Itame
(Squid Grilled on a Hot Plate) ¥ 880 

デザート Desserts

- 118. **アンニン豆腐** Annin Dofu (Almond Jelly) ¥ 380
- 119. **漢方風仙草ポンチ** Kanpo Fu Senso Ponch
(Chinese Mesona Jelly Punch) ¥ 380
- 120. **台湾風レモンゼリー** Taiwan Fu Lemon Jelly
(Taiwan Style Lemon Jelly) ¥ 380

中国酒 Chinese Liquor

- 121. **3年陳酒** Sannen Chinshu (Shaoxing Rice Wine 3y) ¥ 1680
- 122. **陳年紹興酒(10年かめ)** Chinnen Shokoshu (Junen Kame)
(Shaoxing Rice Wine (10y, Jar)) ¥ 1980
- 123. **陳年紹興酒(15年)** Chinnen Shokoshu (Jugo Nen)
(Shaoxing Rice Wine (15y)) ¥ 2300
- 124. **特注陳年紹興酒(18年)** Tokuchu Chinnen Shokoshu
(Ju Hachi Nen) (Shaoxing Rice Wine (18y)) ¥ 2800
- 125. **女兒紅(ボトル)** (Jojiko Shaoxing Rice Wine (Bottle)) ¥ 2600
- 126. **台湾紹興酒(ボトル)** Tawan Shokoshu (Bottle)
(Tawan Shaoxing Rice Wine (Bottle)) ¥ 1900
- 127. **桂花陳酒(ボトル)** Keika Chinshu (Bottle)
(Kuei Hua Chen Chiew; a distilled liquor flavored with sweet
osmanthus flowers (Bottle)) ¥ 1800
- 128. **杏露酒(ボトル)** Shin Ru Chu (Bottle)
(Apricot Wine (Bottle)) ¥ 1800

ビール Beer

- 129. **サッポロ生ビール(中)** (Sapporo Draught Beer (Medium)) ¥ 480
- 130. **サッポロ生ビール(小)** (Sapporo Draught Beer (Small)) ¥ 380
- 131. **サッポロ瓶ビール** (Sapporo Bottled Beer) ¥ 480
- 132. **青島ビール** (Tsingtao Beer) ¥ 480

日本酒・焼酎 Sake/Shochu

- 133. **一合** Nihonshu Ichigo (Sake 180ml) ¥ 420
- 134. **二号** Nihonshu Nigo (Sake 360ml) ¥ 720
- 135. **いいちこ(ボトル)** Iichiko (Bottle) ¥ 2100

- 136. **ウーロンハイ** Oolong High (Shochu with Oolong Tea) ¥ 380
- 137. **ライチサワー** (Lychee Sour) ¥ 380
- 138. **あんずサワー** Anzu Sour (Apricot Sour) ¥ 380
- 139. **桂花サワー** Keika Sour (Kuei Hua Sour) ¥ 380
- 140. **巨峰サワー** Kyoho Sour (Kyoho Grape Sour) ¥ 380
- 141. **梅サワー** (Ume Sour) ¥ 380
- 142. **レモンサワー** (Lemon Sour) ¥ 380

ソフトドリンク Soft Drinks

- 143. **ウーロン茶(冷・熱)** (Oolong Tea (Cold/Hot)) ¥ 200
- 144. **コココーラ** (Coca Cola) ¥ 250
- 145. **マンゴジュース** (Mango Juice) ¥ 380
- 146. **オレンジジュース** (Orange Juice) ¥ 250
- 147. **台湾グアバジュース** (Taiwan Guava Juice) ¥ 380