

# ひもの屋

HIMONOYA

TEL 03-3338-8188

3-2-16 koenjikita, Suginamiku

5.00pm-3.00am  
Credit Cards Accepted

## ひもの屋厳選! 干物メニュー Special Dried Fish Menu

### ●厳選高級干物

1. 赤魚の開き Akazakana no hiraki  
(Cut- Open and dried Red fish) ..... ¥ 1590
2. 半身 (Half) ..... ¥ 890
3. 伴助さばの開き Bansuke saba no hiraki  
(Cut-open and dried mackerel) ..... ¥ 1490
4. 半身 (Half) ..... ¥ 790
5. 本つば鯛の開き Hontsubodai no hiraki  
(Cut-open and dried Boar fish) ..... ¥ 1290
6. 半身 (Half) ..... ¥ 690
7. 金目鯛の開き Kinmedai no hiraki  
(Cut-open and dried Red snapper) ..... ¥ 1290
8. 半身 (Half) ..... ¥ 690
9. 太刀魚の醤油干し Tachiuo no shouyuboshi  
(Dried cutlass fish with Soy sause) ..... ¥ 1190
10. 半身 (Half) ..... ¥ 690
11. かさごの開き Kasago no hiraki  
(cut-opened and dried scorpionfish ) ..... ¥ 1290
12. 半身 (Half) ..... ¥ 690

### ●定番

13. しまほっけの開き Shimahokke no hiraki  
(cut-open and dried Atka mackerel) ..... ¥ 1360
14. 半身 (Half) ..... ¥ 730
15. あじの開き Aji no hiraki  
(cut-open and dried horse mackerel ) ..... ¥ 590
16. さばの文化干し Saba no bunkaboshi (Dried mackerel) ¥ 490
17. さばのみりん干し Saba no mirinboshi  
(Dried mackerel with Mirin) ..... ¥ 590
18. さばの醤油干し Saba no shouyuboshi  
(Dried mackerel with Soy sause) ..... ¥ 590
19. 鮭のハラス焼き Shake no harasuyaki  
(Grilled Salmon Belly) ..... ¥ 590
20. なめたカレイの一夜干し Nameta karei no ichiyaboshi  
(Dried flatfish ) ..... ¥ 390
21. えぼ鯛の開き Ebodai no hiraki  
(Cut-open dried Butter fish) ..... ¥ 390
22. 赤魚の醤油干し Akauo no shouyuboshi  
(Dried Red Fish with Soy Sauce) ..... ¥ 590
23. 銀鮭の塩焼き Ginjake no shioyaki (Grilled Coho salmon ) ¥ 590
24. さんまの丸干し Sanma no maruboshi (Dried Saury) ¥ 390

### ●おつまみ干物

25. いかの一夜干し Ika no ichiyaboshi (Dried squid) ..... ¥ 790
26. 肝入り丸干しいか Kimoiri maruboshiika  
(Dried squid with liver) ..... ¥ 490
27. えいひれの炙り Eihire no aburi (Grilled Ray fin) ..... ¥ 490
28. いわし明太 Iwashimantai (sardine and cod roe) ..... ¥ 390
29. 大羽いわしの丸干し Oba iwashi no maruboshi  
(Dried Sardine) ..... ¥ 280
30. はたはた一夜干し Hatahata ichiyaboshi (Dried Sandfish) ¥ 180
31. たたみいわし Tatami iwashi (sheet of dried sardines) ¥ 180
32. 片口いわしの丸干し Katakuchi iwashi no maruboshi  
(Dried anchovy) ..... ¥ 240
33. ししゃもの炙り Sishamo no aburi (Grilled smelt) ..... ¥ 180

### ●西京焼き

34. 鮭ハラス西京焼き Shakeharasu saikyoyaki  
(Grilled pickled Salmon Belly) ..... ¥ 590
35. 真たらの西京焼き Matara no saikyoyaki  
(Grilled pickled Pacific cod) ..... ¥ 430
36. さわらの西京焼き Sawara no saikyoyaki  
(Grilled pickled Spanish mackerel) ..... ¥ 690

### ●かま焼き

37. まぐろのかま焼き Maguro kamayaki ( Grilled tuna collar) ¥ 590
38. ぶりのかま焼き Buri no kamayaki  
(grilled yellowtail collar) ..... ¥ 590


## 即菜 Appetizer

39. マグロと熟アボカドのわさびマヨ和え Maguro to juku  
avocado no wasabi mayo ae (Tuna and Avocado with wasabi  
and mayonnaise) ..... ¥ 590 
40. 親鶏ムネ肉のタタキ Oyadori mune niku no tataki  
(Chopped chicken breast ) ..... ¥ 530 
41. 茶豆の備長炭炙り Chamame no binchotan aburi  
(Charcoal grilled Chamame) ..... ¥ 290
42. こだわりの白菜キムチ Kodawari no hakusai kimchi  
(Kimchi) ..... ¥ 290 
43. 不揃いキュウリのニンニクたたき漬け Fuzoroi kyuri no  
ninniku tatakiduke (Pickled Cucumber and garlic) ..... ¥ 330 
44. ホタルイカわさび Hotaruikawasabi  
(Firefly squid and Wasabi) ..... ¥ 330 
45. たこ梅きゅうり Tako ume kyuri  
(Octopus with pickled plum and cucumber) ..... ¥ 330 
46. 完熟とまとの冷やしとまと Kanjuku tomato no hiyashi tomato  
(Riped Cold Tomato) ..... ¥ 390 
47. オニオンライス 滋養卵添え Onion slice jiyouran soe  
(Sliced Onion with Egg) ..... ¥ 390 
48. 土佐名物! 酒盗 Tosameibutsu shuto  
(salted and fermented bonito intestines) ..... ¥ 390 
49. 頑固職人直伝のこだわりチャンジャ Gankoshokunin jikiden  
no kodawari chanja (Changer:salted Pacific cod entrails in spicy  
sauce ) ..... ¥ 390 
50. 鶏味噌ユッケ 長芋添え Torimiso yukke nagaimo soe  
( yukhoe : Miso seasoned raw chicken with yam) ..... ¥ 390 
51. 福岡名物! 明太子一本炙り Fukuokameibutsu mentaiko  
ippon aburi (Grilled cod roe) ..... ¥ 490 
52. 梅水晶と海水晶 Umesuisho to umisuisho  
(shark cartilage with plum paste and agar weed noodle) ¥ 430 
53. 厳選寄せ豆腐 Gensen yose tofu (Tofu) ..... ¥ 490
54. 厳選漬物盛合せ Gensen tsukemono moriawase  
(Pickled Vegetables) ..... ¥ 490

## 刺身 Sashimi

- 55. 脂ののった炙り鯖 Abura no notta aburisimesaba (Grilled sauced mackerel) ..... ¥ 790
- 56. 本まぐろ Honmaguro (Pacific bluefin tuna) ..... ¥ 790
- 57. 炭火炙り かつおたたき Sumibi aburi katsuo tataki (Chacoal light grilled bonito) ..... ¥ 590
- 58. とろサーモン Toro samon (Toro Salmon) ..... ¥ 590

## サラダ Salad

- 59. 熟アボカドとスモークサーモンのシーザーサラダ Juku avocado to smoke salmon no caesar salad (Caesar salad with Avocado and smoke salmon) ..... ¥ 890 
- 60. 海鮮チョレギサラダ Kaisen choregi salad (kochori (raw vegetables with a kimch style sauce) ) ..... ¥ 890
- 61. シャキシャキ大根と熟トマトのサラダ Shakishaki daikon to juku tomato no salad (Daikon radish and tomato salad) ¥ 690

## 干物 Dried fish






- 62. 縞ホッケの開き Shimahokke no hiraki (Cut-open and dried Atka mackerel) ..... ¥ 1360
- 63. 半身 (Half) ..... ¥ 730
- 64. トロアジの開き Toroaji no hiraki (Cut-open and dried Large horse mackerel) ..... ¥ 590
- 65. 太刀魚の醤油干し Tachiuo no shoyuboshi (Dried cutlass fish with Soy sause) ..... ¥ 1190
- 66. 半身 (Half) ..... ¥ 690
- 67. 鯖の開き味醂干し Saba no hiraki mirinboshi (Cut-open and dried horse mackerel with mirin) ..... ¥ 990
- 68. 半身 (Half) ..... ¥ 590
- 69. 大きなイカの一晩干し Okina ika no ichiyaboshi (Dried large squid) ..... ¥ 790

## 炙り Grilled

- 70. 天然ブリカマ Tennen buri kama (grilled yellowtail collar) ¥ 590
- 71. 鮭ハラス焼き Shake harasu yaki (Grilled pickled Salmon Belly) ..... ¥ 590
- 72. 福岡名産イワシ明太 Fukuoka meisan iwashi mentai (Sardine and cod roe) ..... ¥ 390
- 73. 肝入り丸干しイカ Kimoiri maruboshi ika (Dried squid with liver) ..... ¥ 490

- 74. エイヒレ Eihire (Grilled Ray fin) ..... ¥ 490








## 肉 Meat

- 75. 日南どりのつくね Nichinan dori no tsukune (Nichinan chicken meat ball) ..... ¥ 690 
- 76. 鶏もも炭火炙り 岩塩と柚子胡椒で Torimomo sumibiaburi gan-en to yuzugosho de (Grilled Chiken Thigh with Yuzu pepper) ..... ¥ 590 
- 77. 秘伝のタレの手羽先 Hiden no tare no tebasaki (Chicken wing with Special sauce ) ..... ¥ 230 
- 1 本追加 (+1) ..... ¥ 130
- 78. ホルモン火柱焼き Hormone hibashira yaki (Grilled hormone) ..... ¥ 690 
- 79. 炙り豚しそチーズ巻き Aburi buta shiso cheese maki (Grilled Pork, Shiso leaf and cheese roll) ..... ¥ 530 

## 焼野菜 Grilled Vegetable

- 80. マコモダケ炭火焼 Makomodake sumibiyaki (Charcoal Grilled Manchurian Wild Rice) ..... ¥ 590
- 81. 長茄子の炭火焼 Naganasu no sumibiyaki (Charcoal Grilled long egg plant) ..... ¥ 490
- 82. エノキ炭火焼 Enoki sumibiyaki (Charcoal grilled Enoki mashroom) ..... ¥ 390
- 83. 皮付き山芋炭火焼 Kawatsuki yamaimo sumibiyaki (Charcoal Grilled yam with skin) ..... ¥ 390

## 温 Steamed/ Boiled

- 84. 栃尾油揚げのネギ味噌炙り Tochio aburaage no negimiso aburi (Grilled deep - fried tofu with green onion and soy bean paste) ..... ¥ 490
- 85. 出し巻き玉子 Dashimaki tamago ( Japanese omelette) ¥ 490 
- 86. 酒盗じゃがバター Shuto jaga butter (Potato with butter) ¥ 490  
- 87. はんぺんチーズ Hanpen cheese (Hampen cheese: fish minced and steamed with cheese) ¥ 490  
- 88. 牛煮込み Gyunikomi (Beef stew) ..... ¥ 690 
- 89. あさりの八海山蒸し Asari no hakkaisan mushi (Sake-Steamed Clams) ..... ¥ 690 

## 飯 Rice

- 90. 白飯 Shiromeshi (Steamed rice) ..... ¥ 190
- 91. 本日の汁物 Honjitsu no shirumono (Today's soup) ... ¥ 230
- 92. 釜揚げシラスと大粒いくら飯 Kamaage shirasu to otsubu ikura meshi (Boiled whitebaite and salmon roe) ..... ¥ 890 
- 93. まるごと一本！明太子ごはん Marugoto ippon mentaiko gohan (Whole cod roe and rice) ..... ¥ 490 
- 94. カツオ漬け茶漬け Katsuo duke chaduke (Marinadebonito and tea on rice) ..... ¥ 590 
- 95. 滋養卵の玉子かけご飯 Jiyouran no tamago kake gohan (Raw egg on Rice) ..... ¥ 390 
- 96. 盛岡生冷麺 Morioka nama reimen (Cold noodle) ..... ¥ 680
- 97. 味噌焼きおにぎり Misoyaki onigiri (Soy bean paste grilled rice ball) ..... ¥ 290
- 98. 醤油バター焼きおにぎり Shoyu butter yaki onigiri (Soy sauce and butter gurilled rice ball) ..... ¥ 290 
- 99. お茶漬け(梅・明太子・ちゃんじゃ・岩海苔) Ochaduke (Tea on Rice(Pickled plum, cod roe,spicy cod roe, seaweed paste)) ..... ¥ 390











## 甘味 Sweets

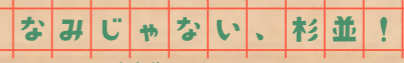
- 100. 白玉抹茶クリームぜんざい Shiratama cream zenzai (Shiratama Green tea Cream Zenzai) ..... ¥ 490
- 101. 黒蜜きなこアイス Kuromitsu kinako ice (Ice cream with Dark Syrup and soy bean powder) ..... ¥ 330
- 102. 濃厚ベルギーチョコレートアイス Nouko belgian chocolate ice (Rich Belgian Chocolate Ice cream) ..... ¥ 290


### <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