

中華料理

# 成都

Seito

TEL 03-3330-3251

3-22-4, Koenji-Kita, Suginami-ku

11.00am-3.00pm, 4.00pm-2.00am



23. 麻婆豆腐 (Spicy Tofu Sauce)



34. エビマヨ (Shrimp Mayonaisse)



85. 成都焼き餃子 (Fried Gyoza Dumplings)

**オーダー式食べ放題 ¥1980 Tabehodai**  
**(120分/2名様より)**  
**(All You Can Eat (2hrs/from 2 people))**

## 前菜 (Appetizers)

- 野菜サラダ Yasai salad (Vegetable Salad) 🍴
- 豆腐サラダ Tofu salad (Tofu Salad) 🍴
- 揚げ鶏サラダ Agedori salad (Fried Chicken Salad) 🍴🐔
- チャーシューサラダ Cha-shu- salad (Pork Fillet Salad) 🍴🐷
- 海老サラダ Ebi salad (Shrimp Salad) 🍴🍤
- 四川冷奴 Shisen hiyayakko (Shisen Cold Tofu) 🍴
- ピータン Pi-tan (Preserved Egg) 🍴
- ピータン豆腐 Pi-tan doufu (Preserved Egg Tofu) 🍴
- ザーサイ Za-sai (Chinese Pickles) 🍴
- トウモロコシ和え To-myo-ae (Pea Sprouts)
- ニンニク胡瓜 Nin-niku kyu-ri (Garlic Cucumber) 🍴
- 山椒胡瓜 Sansho kyu-ri (Japanese Pepper Cucumber) 🍴
- エダマメ Edamame (Edamame Soy Beans) 🍴
- ゆでピーナッツ Yude peanuts (Boiled Peanuts)

- よだれ鶏 Yodare dori (Chicken) 🍴🐔
- バンバンジー Ban ban ji- (Spicy Chicken) 🍴🐔
- ネギ塩鶏 Negi shio dori (Negi Onion Chicken) 🍴🐔
- 蒸し鶏四川風 Mushidori shisen fu (Steamed Chinese Chicken) 🍴🐔
- 砂肝 Sunagimo (Gizzards) 🍴🐔
- 豚耳和え Buta mimi ae (Pork Ears) 🍴🐷
- クラゲ冷菜 Kurage reisai (Cold Jelly Fish Salad) 🍴🐙
- 木耳和え Kikurage Ae (Kikurage Mushroom) 🍴🍄

## 野菜 Vegetables

- 麻婆豆腐 Ma-bo- doufu (Spicy Tofu Sauce)
- 麻婆春雨 Mabo Harusame (Spicy Tofu Vermicelli Noodles)
- 麻婆ナス Mabo nasu (Spicy Eggplant)
- 八宝菜 Happa-sai (Chop Suey) 🍴
- ニラ玉子 Nira tamago (Chives and Eggs) 🍴🍳
- トマト玉子 Tomato tamago (Tomato and Eggs) 🍴🍳
- 椎茸と青梗菜 Shi-take to chingensai (Shiitake Mushrooms and Chinese Spinach) 🍴🍄
- 四川風ピーマン Shisenfu- pi-man (Chinese Green Peppers) 🍴
- ジャガイモ炒め Jagaimo itame (Stir Fried Potato) 🍴
- ナスの甘味噌 Nasu no amamiso (Eggplant with Sweet Miso Dip) 🍴
- トウモロコシ炒め To-myo- itame (Stir Fried Pea Sprouts) 🍴🌿

## 海鮮 Seafood

- エビマヨ Ebi mayo (Shrimp Mayonaisse) 🍴🍤
- エビチリ Ebi chili (Shrimp Chili) 🍴🍤
- エビカシューナッツ Ebi Cashew nuts (Shrimp and Cashew Nuts) 🍴🍤
- エビ玉子 Ebi tamago (Shrimp and Eggs) 🍴🍳
- ホタテとブロッコリー Hotate to broccoli (Scallop and Broccoli) 🍴🍤
- 白身魚の四川風煮 Shiromi zakana no shisen fu ni (Chinese Style Shisen Fish) 🍴🐟
- 白身魚の甘酢 Shiromi zakana no amazu (Fish with Sweet Vinegar) 🍴🐟
- 渡り蟹の四川風 Watarigani no shisen fu (Chinese Style Shisen Crab) 🍴🦀

- 渡り蟹のチリソース Watarigani no chili source (Crab with Chili Sauce) 🍴🦀
- 渡り蟹の塩味揚げ Watarigani no shioaji age (Fried Salted Crab) 🍴🦀

## 肉類 Meat Dishes

- 四川風「辛」揚げ Shisenfu- kara age (Chineneese Spicy Fried Chicken) 🍴🐔
- とり唐揚げ Tori karaage (Fried Chicken) 🍴🐔
- 揚げ鶏黒酢 Agedori kurozu (Black Vinegar Fried Chicken) 🍴🐔
- ユウリンジー Yu-rin ji- (Fried Sweet Chicken) 🍴🐔
- 揚げ鶏四川風ソースかけ Agedori shisen fu source kake (Fried Chicken with Shisen Sauce) 🍴🐔
- 揚げ手羽先 Age tebasaki (Fried Wings) 🍴🐔
- 鶏肉の四川風炒め Toriniku no shisen fu itame (Grilled Shisen Chicken) 🍴🐔
- 鶏肉とカシューナッツ Toriniku to cashew nuts (Chicken with Cashew Nuts) 🍴🐔
- 鶏肉の甘味噌 Toriniku no amamiso (Chicken with Sweet Miso) 🍴🐔
- 豚千切りの甘辛酢 Buta sengiri no amakarazu (Sliced Pork with Sweet and salty vinegar) 🍴🐷
- 角煮 Kakuni (Braised Pork Belly) 🍴🐷
- 豚足醤油煮 Tonsoku shouyuni (Pork Leg in Soy Sauce) 🍴🐷
- ホイコーロー Hoi ko-ro- (Twice Cooked Pork) 🍴🐷
- 酢豚 Subuta (Sweet and Sour Pork) 🍴🐷
- 豚肉と木耳と玉子 Butaniku to kurage to tamago (Pork, Kikurage Mushroom, and Eggs) 🍴🐷🍳
- ニラレバ Nira lever (Chives and Liver) 🍴🌿

### <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

- 60. 牛肉の四川風煮 Gyu-niku no shisen hu ni  
(Beef with Shisen Sauce) 🐮
- 61. 牛肉のカキソース Gyu-niku no kaki source  
(Beef with Oyster Sauce) 🐮
- 62. 牛肉の黒コショウ Gyu-niku no kuro koshou  
(Black Pepper Beef) 🐮
- 63. チンジャオロース Chin jao ro su (Green Pepper Beef) 🐮
- 64. 牛肉とニンニクの芽 Gyu-niku to nin-niku no me  
(Beef and Garlic) 🐮

## 麺飯類 Noodles and Rice 🍜

- 65. 黄金チャーハン Ougon cha-han (Fried Rice)
  - 66. エビチャーハン Ebi cha-han (Shrimp Fried Rice) 🍤
  - 67. チャーシューチャーハン Cha-shu- cha-han  
(Pork Fried Rice) 🐷
  - 68. 海鮮チャーハン Kaisen cha-han (Seafood Fried Rice) 🍤
  - 69. 醤油チャーハン Shoyu cha-han (Soy Sauce Fried Rice)
  - 70. 焼きビーフン Yaki bi-fun (Stir Fried Vermicelli Noodles)
  - 71. 麻婆丼 Ma-bo- don (Spicy Tofu Bowl)
  - 72. 中華丼 Chu-ka don (Chinese Mix Bowl)
  - 73. 天津丼 Tenshin don (Omelet with White Gravy Bowl)
  - 74. ジャンジャン麺 Jan jan men  
(Ground Pork Wheat Noodles)
  - 75. 五目焼きそば Gomoku yakisoba  
(5 Flavor Stir Fried Noodles)
  - 76. 海鮮塩焼きそば Kaisen shio yakisoba  
(Seafood Stir Fried Noodles) 🍤
  - 77. 中華ソース焼きそば Chu-ka source yakisoba  
(Chinese Stir Fried Noodles)
  - 78. 辛焼きそば Kara yakisoba (Spicy Stir Fried Noodles) 🌶️
  - 79. 五目ラーメン Gomoku ra-men  
(5 Flavor Ramen Noodles)
  - 80. 海鮮塩ラーメン Kaisen shio ra-men (Seafood Ramen) 🍤
  - 81. 醤油ラーメン Shoyu ra-men (Shoyu Ramen)
  - 82. サンラーメン San ra-men (Topped with a sticky sauce Ramen)
  - 83. 担々麺 Tantan men (Chinese Spicy Ramen)
- ## 点心・スープ・デザート (Dim Sum, Soup, Desserts)
- 84. ショウロンポー Shou ron po-  
(Chinese Steamed Soup Dumplings)

- 85. 成都焼き餃子 Seito yaki gyo-za  
(Fried Gyoza Dumplings)
- 86. 水餃子 Sui gyo-za (Boiled Gyoza Dumplings)
- 87. ビーフン春巻き Bi-fun harumaki  
(Vermicelli Spring Rolls)
- 88. 春巻き Harumaki (Spring Rolls)
- 89. サンラースープ San ra soup  
(Chinese Mixed Sunra Soup)
- 90. コーンスープ Corn soup (Corn Soup)
- 91. 杏仁豆腐 An-nin doufu (Almond Jelly)
- 92. マンゴプリン Mango pudding (Mango Pudding)
- 93. ゴマ団子 Goma dango (Sesame Dumplings)

## コースメニュー ¥1980 (120分/飲み放題/4名様より) (All You Can Drink (2hrs/from 4 people))

- 94. サラダ、マーボー豆腐、若鶏の唐揚げ、焼きギョウザ、五目チャーハン Salad, Ma-bo- doufu, Wakadori no kara-age, Yaki gyo-za, Gomoku cha-han (Salad, Spicy Mabo Tofu, Fried Chicken, Fried Gyoza, 5 Flavor Fried Rice)

## その他一品メニュー (Other A la Cartes)

- 95. 川エビの醤油揚げ Kawa ebi no shoyu age  
(Fried River Shrimp) ..... ¥380 🍤
- 96. ゲソのウイグル風 Geso no Uighur fu  
(Tentacles Uighur Style) ..... ¥380 🍤
- 97. ネギチャーシュー Negi cha-shu-  
(Negi Onion Pork Fillet) ..... ¥380 🐷
- 98. 春雨の冷菜 Harusame no reisai  
(Vermicelli Salad) ..... ¥380 🍴
- 99. セット A (四川冷奴+エビチリ+ドリンク 1杯)  
(A Set (Chinese Tofu, Shrimp Chili, 1 Drink)) ..... ¥980
- 100. セット B (ニンニク胡瓜+唐揚げ+ドリンク 1杯)  
(B Set (Garlic Cucumber, Fried Chicken, 1 Drink)) ... ¥980
- 101. 月見ピタ Tsukimi pita (Egg with Pita) ..... ¥280
- 102. 揚げ鶏四川風ピタ Agedori shisen fu pita  
(Fried Chicken Pita) ..... ¥380 🍗
- 103. 角煮ピタ Kakuni pita (Cubed Belly Meat Pita) ..... ¥380 🍗
- 104. エビチリピタ Ebi chili pita (Shrimp Chili Pita) ..... ¥480 🍤

- 105. 豚肉北京風ピタ Butaniku pekin fu pita  
(Beijing Pork Pita) ..... ¥480 🐷

## Set Menu (Rice, Soup, Pickles, Dessert)

- 106. 麻婆豆腐セット Mabo doufu set  
(Spicy Mabo Tofu Set) ..... ¥500 🍴
- 107. 唐揚げセット Karaage set (Fried Chicken Set) ..... ¥500 🍗
- 108. 角煮セット Kakuni set (Braised Pork Belly Set) ..... ¥500 🐷
- 109. ホイコーローセット Hoi ko-ro- set  
(Twice Cooked Pork Set) ..... ¥600 🐷
- 110. 酢豚セット Subuta set  
(Sweet and Sour Pork Set) ..... ¥600 🐷
- 111. 揚げ鶏の四川風セット Age dori no shisen fu set  
(Fried Chicken Set) ..... ¥600 🍗
- 112. ニラレバセット Nira lever set  
(Chives and Liver Set) ..... ¥600 🍴
- 113. 八宝菜セット Happa-sai set (Chop Suey Set) ... ¥600 🍴
- 114. 麻婆木耳セット Ma-bo- kikurage set  
(Mabo Tofu and Kikurage Mushroom Set) ..... ¥600 🍴
- 115. エビチリセット Ebi chili set  
(Shrimp Chicken Set) ..... ¥700 🍤
- 116. 牛肉のカキソースセット Gyu-niku no kaki source set  
(Beef with Oyster Sauce Set) ..... ¥700 🐮
- 117. チンジャオロースセット Chin jao ro su set  
(Green Pepper Beef Set) ..... ¥700 🐮
- 118. もちふわ豆腐の坦々煮込鍋セット Mochifuwa doufu no tan tan nikominabe set (Tofu Spicy Hot Pot Set) ..... ¥780
- 119. もちふわ豆腐の白湯煮込鍋セット Mochifuwa doufu no pai tan nikominabe set (Tofu Hot Pot Set) ..... ¥780
- 120. もちふわ豆腐の麻婆煮込鍋セット Mochifuwa doufu no mabo nikominabe set (Tofu Spicy Mabo Hot Pot Set) ..... ¥780
- 121. ラーメンと半チャーハンセット Ra-men to han cha-han set (Ramen with Half Fried Rice Set) ..... ¥780
- 122. 担々麺と半チャーハンセット Tan tan men to han cha-han set (Spicy Ramen with Half Fried Rice Set) ..... ¥880
- 123. エウリンジーとエビ玉セット Yu-rin ji- to ebi tama set (Shrimp Omelet Set) ..... ¥980 🍤